

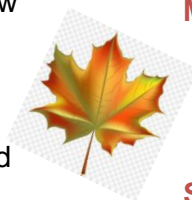
Preschool 2 September 2021

Special Dates

September 6 th	Labour Day (Centre Closed)
September 22 nd	First Day of Fall



Autumn winds begin to blow (blow)
Coloured leaves fall fast and slow
(fall motion with fingers)
Twirling, whirling, all around
(turn self around)
Till at last, they touch the ground
(fall to the ground)



Gratitude

With everything going on in the world and with the new changes in our little one's lives, it is beneficial to talk to your child and teach them about gratitude. Something easy we can do with our preschoolers is at the end of the day (maybe at the dinner table or on your ride or walk home) ask your child what was something that made them happy or something they are thankful for today. Share with your child what you are grateful for or what made you happy, as well. At their age, it may just be materialistic, such as a toy; but, eventually, by example and with growth, it will change.

Enriching the Program

- Yoga with Irina. Stretching our muscles and balancing our bodies.
- Using words to label our feelings. Using deep breathing (smelling the flowers and blowing out the candles) to calm our bodies when we are upset.



Skills we will be working on:

Pre-reading Skills:

- Beginning letter of our names
- Reading and pointing to pictures

Math Skills:

- Counting from 1-10
- Sorting objects by one property

Motor Skills:

- Practice balancing through Yoga and walking on beam
- Working on throwing a ball forward

Self-Help Skills:

- Practicing to hang up our jackets, bags, etc. on our own hooks.
- Working unzipping and unbuttoning sweaters/jackets

Science Skills:

- Mixing primary colours to create secondary colours
- Observing changes in the fall season

Social Skills:

- Turn taking with friends
- Using our words to communicate our needs and wants with friends

Ideas for you to do at Home

Children at this age want more autonomy; but of course, their choices are not always appropriate (i.e. wanting to wear a bathing suit in winter). A good strategy is to give your child a couple of choices; for example, if you are going out to a special function, pick out 2 outfits that you like and have them pick which one they want to wear. This can work with food, too.

