

# Preschool 2 November 2021

## Special Dates

- November 7<sup>th</sup> Daylight Savings Ends  
(Clocks fall back 1hr)  
November 11<sup>th</sup> Remembrance Day  
November 24<sup>th</sup> Pre 2 Family Zoom Meeting  
@ 7pm



## Skills we will be working on:

### Pre-reading Skills:

- What other words begin with the same letter of our names
- Repeat new vocabulary words

### Math Skills:

- Counting from 1-20
- Labelling 2 dimensional shapes

### Motor Skills:

- Strengthening our muscles through exercise
- Working on catching balls

### Self-Help Skills:

- Practising to put on our sweaters/jackets
- Working on independently putting on our masks



## Remembrance Day Poem

Poppy, poppy what do you say?  
**Wear me on Remembrance Day.**

Poppy, poppy what do you tell?  
**Many soldiers in battle fell.**

Poppy, poppy what should we know?  
**That peace on earth should  
Grow, grow, grow!**



## Mindfulness

The changes in the weather during the fall season gives us the opportunity to enjoy the beauty of the outdoors. Take a walk with your child and feel the crunching leaves beneath your feet. Stop, close your eyes and breathe in the fresh, crisp air. Listen to the blowing wind, the rustling of the leaves and the scurrying animals running around looking for food. Open your eyes and observe the changing leaves. Admire the colours: red, orange, yellow and brown. Take it all in and feel your body relax.

## Enriching the Program

- Yoga with Irina. Stretching our muscles and balancing our bodies.
- Nature walks to observe and appreciate the changing weather.



### Science Skills:

- Sink or float
- Observing changes in the fall season

### Social Skills:

- Asking our friends for a turn
- Expressing our feelings with peers

## Ideas for you to do at Home

- Practice dressing and undressing, including zipping, buttoning and snapping.
- Practice recognizing the first letter in your name.

## Reminders

This time of year, the weather is unpredictable. Please check the weather and dress your child appropriately. We want every child to enjoy the full outdoor program.