

Preschool 2

December 2021 calendar



Special Dates

December 24th – centre open until 2:00pm
December 27, 28 & 31st – CENTRE CLOSED
December 25th – Christmas Day
December 26th – Boxing Day

Finger play/Song “5 Little Mice”

(Hide hands behind back bringing 3 fingers around to begin for the mice and the other one in the form of a cat)

“5 little mice went out to play
Gathering crumbs along the way
Out came the big black cat sleek and fat,
chomp, chomp, chomp, two little mice go
scampering back. Two little mice went out to
play...”

Ending: (reminder to be very quiet so the cat cannot hear the last mouse!!!)
“1 little mouse went out to play gathering crumbs along the way. Out came the big black cat sleek and fat...missed me, you didn't catch me.” Blow a kiss to celebrate!

Enriching the Program
Creative Movement with Irina – basic stretches and fun yoga poses
Music – listening to music and dancing/moving

Skills we will be Working On:

Pre-reading Skills

- Repeating words, using visuals, labelling
- Learning concepts on, under, in, on, beside etc.

Math Skills

- Counting from 1 to 10 in other languages
- Size differentiation – big and small objects

Motor Skills

- Practice using tongs or clothespins during cognitive activities eg. Squeezing to pick up small items like pompoms
- Practise balancing on one foot and hopping

Self Help Skills

- Practice pulling on shoes/boots, holding the table and pushing feet in
- Practice pushing the chair into the table after mealtimes/play activities

Science Skills

- Labelling shapes (circle, triangle, rectangle, square etc.
- Identifying objects seen in their environment eg. Car, person, dog house etc.

Social Skills

- Practice conversations with friends and teachers – asking a question to offer a choice, “Would you like a big lunch or little lunch?” “Would you like a book or a toy?”
- Encouraging conversation during dressing/washroom routines, “Can you please help me with my boots? Soap? Can I please have a turn when you are finished?”

How Does Learning Happen?

Every child has a sense of belonging when he or she is connected to others and contributes to their world. Every child is developing a sense of self, health and well-being. Every child is an active and engaged learner who explores the world with body, mind and senses. Pg 12 *How Does Learning Happen?*



Mindfulness Activities

Try some breathing exercises when things become challenging. Smell the flowers (deep breath in/inhale) and blow out the candle (breathe out/exhale).

Exercises – raise shoulders up and down, practise doing some exercises or simply go for a walk or bike ride. Try planting as a different activity and one that can get you outdoors.



Ideas for You to Do At Home

Have your child try to pull up and down their own pants during dressing or toilet learning. Have them tuck in their thumbs in the top of the pants, squeeze and pull them up or down. Hand over hand also helps as they begin. This helps to create independence and build their confidence.

Praise them for their efforts and most of all have fun with it!