



Preschool 2 January 2022



Special Dates

January 1st New Year's Day
(Centre Closed)



Cheer the Year

(Tune: Row, Row, Row Your Boat)

Cheer, cheer, cheer the year,
A new one's just begun.
Celebrate with all your friends,
Let's go have some fun!

Clap, clap, clap your hands,
A brand new year is here.
Learning, laughing, singing, clapping,
Through another year.



Mindfulness

Winter is here and what a great time to enjoy the beautiful scenery. Take a walk on the trails by the creek and breathe in the crisp, fresh air. Sit on a park bench and just listen to the wind blow or feel the cold snow fall on your face. Lie down in the snow and look up at the sky and the clouds. Breathe and relax while enjoying the winter weather.

Reminders

Winter is definitely here! Please ensure your child comes to child care with their snow pants, winter coat, boots, neck warmers, winter hats and water proof mittens (preferably 2 pairs, in case one gets wet).



Skills we will be working on:

Pre-reading Skills:

- What sound does our name begin with
- Learning new vocabulary words

Math Skills:

- Working on one to one correspondence
- Practising to measure items

Motor Skills:

- Practising to hop on one foot
- Working on catching balls

Self-Help Skills:

- Practising to zip up our coats
- Working on keeping our cubbies organized

Science Skills:

- Mixing primary colours into secondary colours
- Observing changes in the winter weather

Social Skills:

- Practising how to be a good friend
- Using gentle hands 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.

Enriching the Program

Yoga with Irina

Stretching our muscles and balancing our bodies.

