

## Preschool 1 May 2022

In the month of May, we will be welcoming new children and families to our classroom. As our classroom changes, we will be focusing on our helping skills. While practicing our self-help skills, we will be encouraging each other to be gentle and kind with new friends. The emphasis in this month, will be on the ability to “**self-regulate**”, which is an important component of child development. According to HDL, self regulation is about how a child can deal effectively with stressors and then recover from them. When **children** are focused and alert, they are best able to modulate their emotions, pay attention, ignore distractions, inhibit impulses, assess the consequences of their actions, and understand what others are thinking and feeling. (How does Learning Happen pg. 30)



2<sup>nd</sup> - Eid

8<sup>th</sup> - Mother's Day

23<sup>rd</sup> - Victoria Day Center Close



### Social Skills

Assessing hand washing procedure and practicing proper coughing ethics. (Toronto Public Health Guidelines)

Regulating their own behaviour in the face and needs of others

Regulate emotions to solve conflicts

Beginning to express what they want, and are thinking and feeling

Independently dressing in outdoor clothing

### Pre Reading

Creating story orally, using a variety of media

Connecting information and events in text to life and life to text

Continuing to identify the first letter in their names & practice spelling it.

Using sentences to describe objects and events

### Math Skills

Matching number to sets of objects

Observing and recognizing which items or peer is missing from the group and how many are present.

Placing objects, pictures, and things in order along a continuum

Using mathematical processing and language to communicate findings

### Gross Motor

Balancing on zig-zag lines & straight lines

Navigating through obstacles course.

Continue to pedal bikes and scooters as well as throwing a ball at a target.

Matching music to the rhyme and the mood of music.

Throwing with increased coordination

### Did You Know?

That a deep calming breath is a very effective way to reset one's body and to calm down stressful emotions. In addition, pause and identify the emotion and offer solutions.

### Some Books to read at home:

*"I am stronger than my anger"* Elizabeth Cole  
*"Listening to my body"* Gabi Garcia