



## Sorting

When emptying the dishwasher include your child with the silverware - put the eating utensils on the counter, naming them while your child sorts them and puts them in the drawer. At mealtime, put all the utensils on the table and ask your child to sort them.



**Bonus if you show them how to "set" the table.**



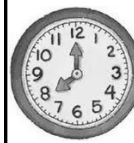
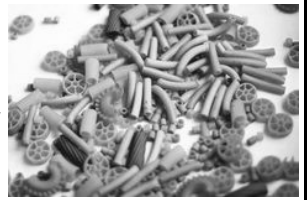
**Clothespin FUN!** Buy a bag of clothespins at the grocery store. Clothespins are a great inexpensive "toy" that can be used in many ways for FUN. What your child doesn't know is that while "playing" with clothespins they are increasing their hand strength and improving their fine motor skills.



## Making Dyed Pasta

Make your own Pasta Dye.

1 Tablespoon food color mixed with 2 Tablespoon rubbing alcohol. Mix the food coloring & rubbing alcohol together in a bowl. Add the pasta (ziti, elbows or other shapes) and toss to coat evenly. Air dry the pasta on paper towels. Now with yarn or pipe cleaners make some Pasta Jewelry!



## Shape FUN!

Shapes: Wherever you are, have your child look around and name objects and tell what shape it is. You can give hints or make the game more like a riddle. Example - a clock is a circle; a window is a rectangle; a box is a square.



**Memory match games** are fun! Buy one at the Dollar Store or make your own using index cards and familiar pictures.



## Healthy foods = healthy bodies = healthy families!



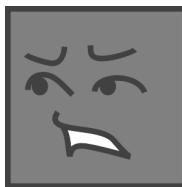
Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups - and for some, up to 6 cups - of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture.

**Learn More ...** <http://www.choosemyplate.gov/>

**Every student can learn,  
just not always on the same day, or in the same way.**

## Anger in Children

Your child has a right to have "good" and "bad" feelings. But your child also needs to learn how to cope with those feelings. You can teach coping methods by the way you express your own anger and by telling and showing your child other ways to act.



It is important to separate behaviors (what the child *does*) from feelings (what the child *feels*). Martha may be angry at Sam because he won't play with her, but breaking his truck is not a good way to deal with her anger.

Let your child know that you *recognize the feelings*. Name the feeling, so your child learns what to call it. When Julio says he hates Rebecca, you might say: "It sounds like you're really angry with Rebecca." Julio then learns to name his feeling and that it's okay to feel angry.

**Make a Rainbow Collage** - you will need a large piece of construction paper (or you can use a cereal box for a sturdier project), magazines, scissors, glue stick. Spend some time with your child as you cut out pictures from a magazine and sort them by color. Arrange the cut-outs on your paper/cardboard in a rainbow shape and glue away!



**Salt Drawing** Pour salt onto a cookie sheet with sides. Allow your child to explore the feel of the salt. Together with your child draw letters, numbers, shapes, or pictures.

