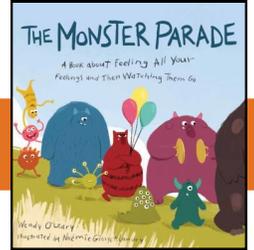
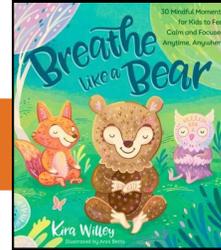
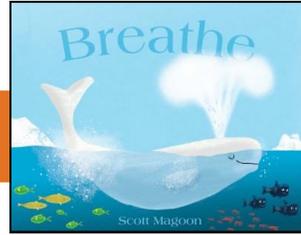
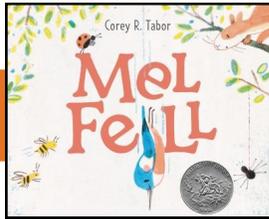


TAKE-HOME FUN!

Early Literacy Tips, Activities & More



tales' tip

Reading and discussing children's books is an excellent way to invite children to identify the characters' emotions and relate the characters' experiences to their own. -NAEYC

activity

Make your own sensory bags! Pour some hair gel into a bag and help your child add in whatever they would like. You could use googly eyes, pom poms, glitter, sequins, etc. Don't forget to tape the bag shut when you are finished! These bags are a fun sensory experience for children and can help them feel calm and focused.

digital fun

[Healthy Kids Learn More: Take 5](#)

Click the links on the left side of the page to find videos about focus and attention, mindful movement, and kindness and compassion.

READ

I am a Peaceful Goldfish

by Shoshana Chaim and Lori Joy Smith

Mad, Mad Bear!

by Kimberly Gee

The Rabbit Listened

by Cori Doerrfeld

PLAY

Play pretend with your child and follow their lead! Whether they like dolls, stuffed animals, action figures, etc., these can be great for role-playing situations. Identify the feelings of the character you are playing and ask your child to help you problem solve!

TALK

Think out loud. When your child hears your thinking process, it helps her understand how to cope with frustration and solve problems: "Whoops. My favorite shopping bag has a hole in it. I'd better take another one with me to the grocery store." -NAEYC

SING

If You're Happy and You Know it

If you're happy, and you know it, clap your hands,
If you're happy, and you know it, clap your hands,
If you're happy, and you know it, then your face will surely show it,
If you're happy, and you know it, clap your hands.

Now replace "happy" with different emotions:

- Mad – cross your arms
- Frustrated – stomp your feet
- Excited – jump up and down
- Sad – make a frown
- Scared – hide your face

WRITE

Make different feelings faces with play-doh! Make a happy face, sad face, mad face, and even a silly face. Working with play-doh builds the small muscles in your child's hands to prepare them for writing in school.