

Family Newsletter

THIS MONTH'S THEME

Friends & Feelings

This month, your child will learn new ways to make friends, talk to friends, be respectful of differences and express their feelings. Watch for exciting art to come home throughout the week. Take time to ask why and how your child made the projects. Your child will also bring home games and books. Play and read together. The month is full of discovery, communication and friendship.



How was your day?

Start a conversation about your child's work

Each month, your child will be creating art, participating in classroom projects and sharing what they learned. Watch for exciting activities to come home and use them as communication tools to talk to your child about what they are learning.

Try asking these questions to learn more about your child's experiences:

1. Can you show me your favorite part of this project?
2. How did you make it?
3. Who else made a similar project? What else did you do with that friend?

It is often difficult for children to find the words to express their ideas or feelings. Use movement or visual aids to help your child show you their choices or feelings. Use this mini-theme poster and ask your child to point to the way they felt during different parts of their day. Ask, "How did you feel during circle time? Snack time? Nap time?"



If desired, capture the information on the back before cutting.

Look for the daily notes about your child's art projects!

Today I made friend puppets.

My puppets are special because I chose which supplies to use. I like to talk to my puppets. This builds my communication skills. I can practice saying "hello" or "goodbye."



Today I created a self-portrait.

I can see myself when I look in a mirror. A mirror can help me remember what color eyes I have or how my hair looks. I drew my facial features to create a self-portrait.



ASK ME: What do you like about yourself? Was it difficult to draw yourself?



Topics your child will explore this month.

Friends & Feelings

Making Friends

- 1 Saying Hello
- 2 Places Friends Meet
- 3 You Are Special
- 4 Getting to Know You
- 5 Playing Together

Feelings

- 6 Happy
- 7 Sad
- 8 Mad
- 9 Surprised
- 10 Scared

Communication

- 16 Body Language
- 17 Phone
- 18 Mail
- 19 Technology
- 20 Good Listening

Caring

- 11 Include Everyone
- 12 Share
- 13 Care
- 14 Say Sorry
- 15 Work Together



RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

My Friend Is Sad
by Mo Willems

Feelings
by Aliki

What Is a Friend?
by Etan Boritzer

The Way I Feel
by Janan Cain

We Are Best Friends
by Aliki

Being Friends
by Karen Beaumont



Family Activities



How do you feel?

(Sing to the tune of "Frère Jacques")

Talk to your child about how things make him feel.

Sing this song together as you change your face to match the feeling.

Are you sad? Are you sad?
My dear friend, my dear friend.
Tell me what is wrong,
tell me what is wrong.
Are you sad? Are you sad?

Are you happy? Are you happy?
My dear friend, my dear friend.
We'll sing and dance together,
We'll be friends forever.
Are you happy? Are you happy?

Dear Friend

Write a letter to a family friend or neighbor and invite them to write back. Take a walk to the mailbox and mail the letter. Check the mail each day. Look at the mail and discuss where it came from.

