

Week 7 May 11-15 Preschool Choice Board

Suggested time: 30-60 minutes a day (spread out in 10-15 min chunks)

LEARNING TARGETS	Literacy: Students will show awareness of separate words and syllables within words	Math: Students will identify and/or recognize numerals 0 to 10.	Social Emotional: Students will balance the needs of themselves and others.
	Clap out the syllables for each family member's name.	Talk about where you can find numbers around your house. (address, phone number, clocks, food labels, etc.)	(Watch video first in READ) Talk about Big rocks, important things for each member of your family (spend time together, exercise, work/school work) and little rocks, less important things (tv)
	Scratch Garden Intro to Syllables	Chicka Chicka 123 Song	Anyone Can Be Friends Songs with Elmo
	Tanka Tanka Skunk	Chicka Chicka 123 By Bill Martin Jr	Habit 3 big rocks
	List the people you love on paper, then practice clapping, stomping, or patting out the syllables in those names.	Paint over numbers 1-10 with Q-tips. Easy water color paints .	Fill out the family worksheet together (see below) or draw pictures of your big rocks on one side of the paper and little rocks on the other.
	<u>Around and Around:</u> “Around and around we go. Where we stop, nobody knows.” Place a variety of items in a circle, say the poem and walk around. When the poem stops, the child stops, and collects the item in front of him/her. He/she picks it up and	Hopscotch-Make the hopscotch tiles according to the usual standards with numbers marked in the ascending order on them. Call out a number and ask the kids to jump to reach the square with the	Listen to a Daniel Tiger Story , How does he solve his problem with his friends? Use the solution strategies below to problem solve!

	says/claps the syllables in the word.	number called out to them. In this way, the children learn to recognize numerals along with getting an enjoyable playing session.	
Additional Activities	Clap out the syllables for each of your classmates names, favorite animals, colors, shapes etc.	abcya BINGO Game	Easy water color paints

Solution Strategies

 Get a Teacher	 Ask Nicely	 Ignore	 Say, "Please."
 Play together	 Say, "Please Stop."	 Share	 Trade
 Wait and take turns.	 Get a Timer		

Habit 3: Put First Things First®

Work First, Then Play

Big Rocks are the most important things for you to do, such as spending time with your family, planning family meals, and getting an education. **Little rocks** are the less important things for you to do, such as watching TV for long periods of time, playing video games, or aimlessly searching the Internet/social media.

"Things which matter most must never be at the mercy of things which matter least."
—Johann Wolfgang von Goethe

STEPS

1. I spend my time on things that are most important.
2. I say no to things I know I should not do.
3. I set priorities, make a schedule, and follow my plan.
4. I am disciplined and organized.

COMMON LANGUAGE

Big Rocks
Traditions
First things first

HOW DO WE PUT FAMILY TIME FIRST?

- Develop a family mission statement.
- Schedule **one-on-one** bonding time.
- Have regular family meals.
- Plan regular family times.
- Build family traditions.

HOW CAN I HELP MY CHILD WITH THEIR BIG ROCKS?

Ask them what they feel are their most important jobs or responsibilities. Suggest they do the hardest part of their homework or chores first. Describe the word 'procrastinate' to your child. What is something they have been procrastinating?

RESOURCES

- Video: Search YouTube for *First Things First, Habit 3, Big Rocks*.
- *Froggy Gets Dressed* by Jonathan London
- *The Little Red Hen* by Paul Galdone
- *The Very Hungry Caterpillar* by Eric Carle

Habit 3: Put First Things First®

PLAN WEEKLY FAMILY TIMES

Family Activity: Keeping the family close with so many distractions can be tricky. Designating a specific time each week for family time will keep everyone on the same page.*

- Read a book together.
- Learn a new skill.
- Play a board game.
- Make a meal together.
- Visit a local attraction.
- Learn about and practice a habit.
- Discuss family matters (school, activities, etc.).
- Plan an important upcoming family tradition.
- Plan your week.
- Share talents.
- Eat together.
- Do a service project.
- Solve problems together.

What day and time of the week are you going to meet as a family?

*Put a reminder in your phone calendars and in a place in the home that can be seen by all.

Why is this a Big Rock for your family?

List three of your family's traditions:

- 1.
- 2.
- 3.

What is a tradition you would like to start?

Habit 3: Put First Things First®

Family Activity: Plan one-on-one time!

Family Member	Activity	Date/Time

Remember to celebrate your family's successes and victories practicing Habit 3!