

Preschool 2

January 2025 Calendar



“Enriching the Program”

- 1) “Yoga and Creative Movement”
 - 2) “Literacy Activity”
 - 3) “Music and Movement”
- *all done on a weekly basis



Skills we will be Working On:

Pre-reading Skills

- Repeat or echo simple words/sentences
- Listening to books and labelling pictures

Math Skills



- Counting from 1 to 10
- Counting objects (toys when tidying up)

Motor Skills

- Practise holding a writing utensil using a pincer grasp (eg. marker or pencil)



Self Help Skills

- Practice pulling the Velcro, holding the table and stepping (pushing) into shoes
- Practice sitting closer to the table

Science Skills



- Labelling basic colours and matching them
- Labelling and describing sights and sounds eg. Birds, sun, trees and snow

Social Skills



- Practice taking turns talking with a friend
- Using language with friends: eg. “Stop it I don’t like it”, “Help please” and “Good morning” and “Thank you”.

How Does Learning Happen?

Every child has a sense of belonging when he or she is connected to others and contributes to their world. Every child is developing a sense of self, health and well-being. Every child is an active and engaged learner who explores the world with body, mind and senses.

Pg 12 How Does Learning Happen?

During gross-motor activities children are exercising their bodies and minds through movement. This is done through play either inside or outside using all muscle groups and following certain routines/creative movements. Some movements like these on a daily basis even twice a day help to promote healthy bodies and minds while engaging in our everyday routines.



Ideas For You To Try At Home

Have your child try to pull up and down their own pants/snowpants during dressing or toilet learning. Have them tuck in their thumbs in the top of the pants, squeeze and pull up or down.

Praise them for their efforts, offer to help if they ask and most of all, have fun with it!



Mindfulness & Breathing Techniques

Here are some deep breathing techniques when things seem overwhelming. “Smell the flowers (breathe in) and blow out the candles (release breath).” Show me Five with your hand trace up, down and around each finger and back again while doing some deep breathing. Doing that a few times can help to calm or centre yourself.