



Preschool 1

Important Days:

Passover starting	April 12th
Good Friday	April 18th Centre Closed
Easter Sunday	April 20th
Easter Monday	April 21st Centre Closed
Earth Day	April 22nd



Skills we will be working on:

- Creating and following rules in games to encourage positive interactions.
- Communicating wants and needs.
- Cutting paper with scissors.
- Sorting and labeling objects by characteristics.
- Writing letters of our names.
- Observing changes in nature.
- Learning continents by using hands-on science activities like maps and globe.



Focusing on making these things fun by singing the song: **“7 Continents”**

There are seven, there are seven
 Continents, Continents
 North & South America
 Europe, Asia, Africa
 Australia, Antarctica

Did you know.....

Why do preschoolers love repetition? Each of their brain cells can have 15,000 connections (or synapses) to other brain cells. How do they strengthen those neural pathways? By using them.

(2021 *Preschool Powl Packets*)

What do I mean when I say?!

- Set clear expectations and rules. Clearly communicate rules and boundaries to your child BEFORE the moment making sure they understand what is expected of them.
- Be consistent. Don't make your consequences severe, make them reasonable and natural. Apply consequences fairly, firmly, and gently so they are to connect and understand what you are trying to convey.
- Give warnings and choices. Before jumping to a consequence, provide a warning or opportunity for your child to correct their behaviour.
- HELP them succeed and CONNECT. When our word is achieved and makes sense, and everyone is in sync, we create harmony and build trust. Consistent parenting minimizes power struggles and arguments.

Mindfulness in our Room

Many important life skills are developing during a preschooler's age. Yoga can help increase body awareness, knowing where our body is in space and improve processing skills such as understanding & following directions. Below there are poses our children will practice doing.

