

Preschool 2 February 2026 Calendar



Special Dates

Black History Month

Show and Share (bring your favourite toy, book or something to discuss) – February 13th

Family Day - February 16th (center Closed)

Groundhog Day - February 2nd

Chinese New Year- February 17th

Enriching the Program

Literacy activities – reading/looking at books and discussing them in different languages

Yoga and creative movement with Anjali

Skills we will be Working On:

Pre-reading Skills

- Building sentences using two to three words or more
- Learning opposites on/off, in/out, hot/cold etc

Math Skills

- Counting objects from 1 to 10
- Sorting magnetic letters by colors and practising the sound

Motor Skills

- Practice using tongs and squeezing smaller objects transferring them from one container to the next
- Practise jumping two feet together

Self Help Skills

- Practice putting shoes on and taking them off
- Practice pulling pants up and down during washroom routine and outdoor time with snowpants

Science Skills

- Weight scales – heavy and light objects
- Soap and water, demonstrating how bubbles are formed

How Does Learning Happen?

Self-Regulation

The ability to self-regulate - it's an important component of Children's Development.

Self-Regulation is about using language to regulate your own behaviour, attention and how a child is able to deal effectively with stresses and then recover.

When children are calmly focused and alert they are best able to modulate their emotions, focus, ignoring distractions, control impulses, assess consequence and understand what others maybe will be thinking or feeling.

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Ideas for You to Do at Home



Painting with ice cubes

You will need:

Water
Food color
Ice tray

Pour water in the ice tray add a drop of food color leave it in the freezer for one night and have fun the next day