

# Preschool 2 May 2026 Calendar

"I continue to believe that if children are given the necessary tools to succeed, they will succeed beyond their wildest dreams." ~ David Vitter



## Days to Observe

May 5<sup>th</sup> – Cinco de Mayo

May 10<sup>th</sup> – Mother's Day

May 18<sup>th</sup> – Victoria Day (Centre Closed)



## Enriching the Program

We will be enriching our program by offering extra experiences focusing on literacy, music and creative movement.

We also have an entertainer by the name of "Miss K" who comes in twice in the month to play her ukulele and sing with the children.

## Mindfulness

Sometimes things can become overwhelming, and behaviours or anxieties can take over. Remembering a simple exercise can help to have us slow down and take a breath to recenter oneself. Here is an example of one of these exercises:

"Smell the flowers (take a deep breath in) and blow out the candle (exhale and breathe out)."  
Doing this a few times either yourself or with your little one can help in calming, slowing things down and recentering again.

## Skills we will be Working On:

### Pre-reading Skills

- Learning prepositions in, out, on, under, beside etc using two simple objects.
- Asking for wants and needs using full sentences.
- Learning to say hello/goodbye in different languages



## Things you can try at home:

Learn the difference between recycling and garbage. Practise sorting these with your child

## Math Skills

- Counting from 1 to 10 in different languages
- Sorting objects into the appropriate buckets.

## Motor Skills

- Practice using tongs and handling utensils in dramatic and cognitive activities to strengthen skills during mealtimes
- Practise jumping with two feet together

## Self Help Skills

- Practice zipping/unzipping our jackets independently strengthening fine motor skills
- Practice sitting closer to the table during cognitive play and/or mealtimes



## Science Skills

- Observing different nature items outside and discussing them.
- Understanding the change in weather: rain, sun, thunderstorms, heat, cold etc and when they happen.



## Social Skills

- Practice turn taking with a friend eg. "Can I have a turn when you are finished?"
- Being more mindful with friends eg. Helping one another with belongings, complete a skill and passing foods at mealtimes.



so they learn the how and why we do this. Learn and identify between the garbage and recycle vehicles. Most of all, have fun!