



Lesson Time

Your child is reviewing the skills that will help him or her learn in kindergarten:

- Listening (Follow the Listening Rules: Eyes watching. Ears listening. Voice quiet. Body calm.)
- Focusing attention (Use an attent-o-scope.)
- Using self-talk (Self-talk helps you remember what you need to do.)
- Asking assertively for what you need or want (Face the person and use a strong, respectful voice.)

Practicing these skills will help your child be a better learner and get along with others in kindergarten.

Play Time

Play a game with your child to practice remembering and following directions.

Say: **We're going to play Listen, Repeat, Do. You are going to listen to me while I say three directions. You repeat the directions. Then you do them!** Before you give the directions, remind your child to listen and focus attention on you. **1) Touch your nose. 2) Hold up one hand. 3) Turn around.** Wait for your child to repeat and then follow the directions.

Continue playing, using any three directions you can think of.

Story Time



Caleb

This week's story is about Caleb. He just started kindergarten. Ask your child about this story.

- **What do you see in this photo?**
- **What can Caleb do to help himself understand and then do what his teacher says?** (Listen. Focus attention. Use self-talk. Ask for help.)

Let's practice _____ (name of skill from Lesson Time section). Have your child practice one (or more) of the skills in the Lesson Time section as you explain how to do something, such as make a simple sandwich.