



Choices

Week 1	I Make Choices
Week 2	Healthy Choices
Week 3	Healthy Habits
Week 4	Problem Solving



Our character education focus will be on developing the concepts of *fairness* and *confidence*.

Dear Family,

During the next four weeks, we will be learning about thoughtful choices, smart choices, healthy choices, safe choices, and kind choices. Children will begin to consider and evaluate the pros and cons of their actions as they make decisions. They will learn about the importance of maintaining healthy eating habits, daily exercise, strategies for relieving stress, and regular visits to the doctor and dentist.

Literacy

We will learn to sing this little song by Pam Schiller. It reminds us that when we have a choice to make, we need to think it through.

Choices

Tune: "Itsy Bitsy Spider"

When I have a choice I know just what to do.
I don't jump right in. I stop to think it through.
I think about what's safe. I think about what's fair.
I think about what's helpful. I show that I prepare.

Math

Children will continue to practice one-to-one correspondence, learn about geometric shapes, and count. Since we can describe the attributes of different objects, we will begin to notice patterns. At home, point out a pattern (a row of big and little books that you have arranged) and say: *Look at the books—a big book, a little book, a big book, a little book, a big book, a little book. Do the same things repeat over and over? Do you see the pattern? Touch each book as you describe the pattern: big book, little book. Yes, this is a pattern. You see the big books and the little books in the same order over and over.* Invite your child to read this pattern along with you. Touch the books and read the pattern aloud.



Notes

For additional at-home activities, see the Choices PATT Mat.