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| Learning from Home **Preschool and Pre-K 4/13-4/7**We are thrilled to share some fun ideas for your child to do at home this week. **The One My Own** box has an activity your child can do by themselves, while **With My Family** activities can be done together! Keep active and healthy with a **Moving My Body** activity, and maintain routines and life skills with a **Helping at Home** activity. Moving My Body **Dancing Our Feelings**1. When people have different feelings, they can dance in different ways.
2. Put on a song with fast, upbeat tempo. Ask: **If you could not talk how could you show you were happy by dancing?** Now put on a song with a slow tempo. Ask: **How could you show you were sad or angry?**

On My Own **All the Colors of the Rainbow**1. Provide your child with paper, magazines, glue and safety scissors
2. **Encourage them to look at the pictures they see, cut them out, and sort them by color.**
3. Label each paper with a different color, then use the glue to stick all the blue pictures on one paper, all of the red picture on another paper etc.
 |  | With My Family **Family Portraits**1. Provide each person in the family with paper and a pencil or crayon
2. **Invite each person to draw a self-portrait.** Use a mirror if possible.
3. Once everyone is done, share the portraits and hang them in your home

Extend the fun by having each person draw a portrait of someone else.  |  |  |
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| Helping at Home**Making My Bed**1. Encourage your child to begin their day by making their bed
2. Show your child how to find the corners of the sheets and blankets and match them to the corners of the bed.

Encourage your child to continue this chore every day, making it part of their daily routine.S |

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