


“The Things We Do Together” Book

 On each page below, work with your child to draw and write about a routine or activity your family enjoys doing together. Cut apart the pages and staple them to make a book. To add pages for more memories, cut apart a piece of paper.



**The
Things We Do
Together**


By _____

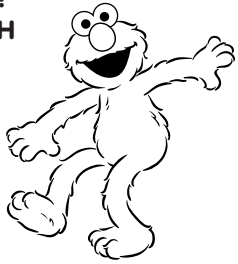
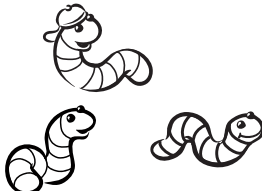
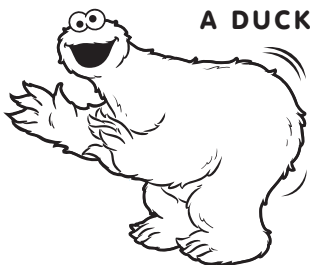

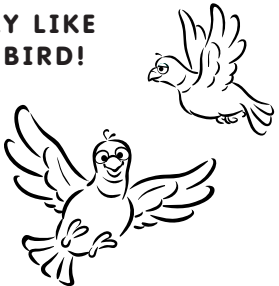











1

2

3

Move It Out!

Physical movement and exercise can be great ways to care for yourself while caring for your children. Try this movement game with the whole family. Point anywhere on this page (to make it a surprise, close your eyes). Together, try the movement you choose.

<p>JUMP! TOUCH YOUR TOES!</p> 	 <p>WIGGLE LIKE SLIMEY!</p>	<p>WADDLE LIKE A DUCK!</p> 	<p>DO A SILLY MONKEY DANCE!</p> 
<p>FLY LIKE A BIRD!</p> 	 <p>STOMP! STOMP! STOMP!</p>	 <p>JUMP UP! TWIRL AROUND!</p>	 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!</p>
 <p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p>	 <p>DO FIVE FROG LEAPS!</p>	<p>DANCE FAST!</p> 	 <p>HOP LIKE A BUNNY!</p>
 <p>DANCE LIKE JUMPING BEANS!</p>	 <p>KICK YOUR LEGS!</p>	 <p>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</p>	<p>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</p> 

Helping Hands

1. Trace your hand here.
2. Have your mom or dad trace their hands.
3. On each finger, write one way you help each other.
4. Sign your names in the middle of each hand. Shake hands when you're done!



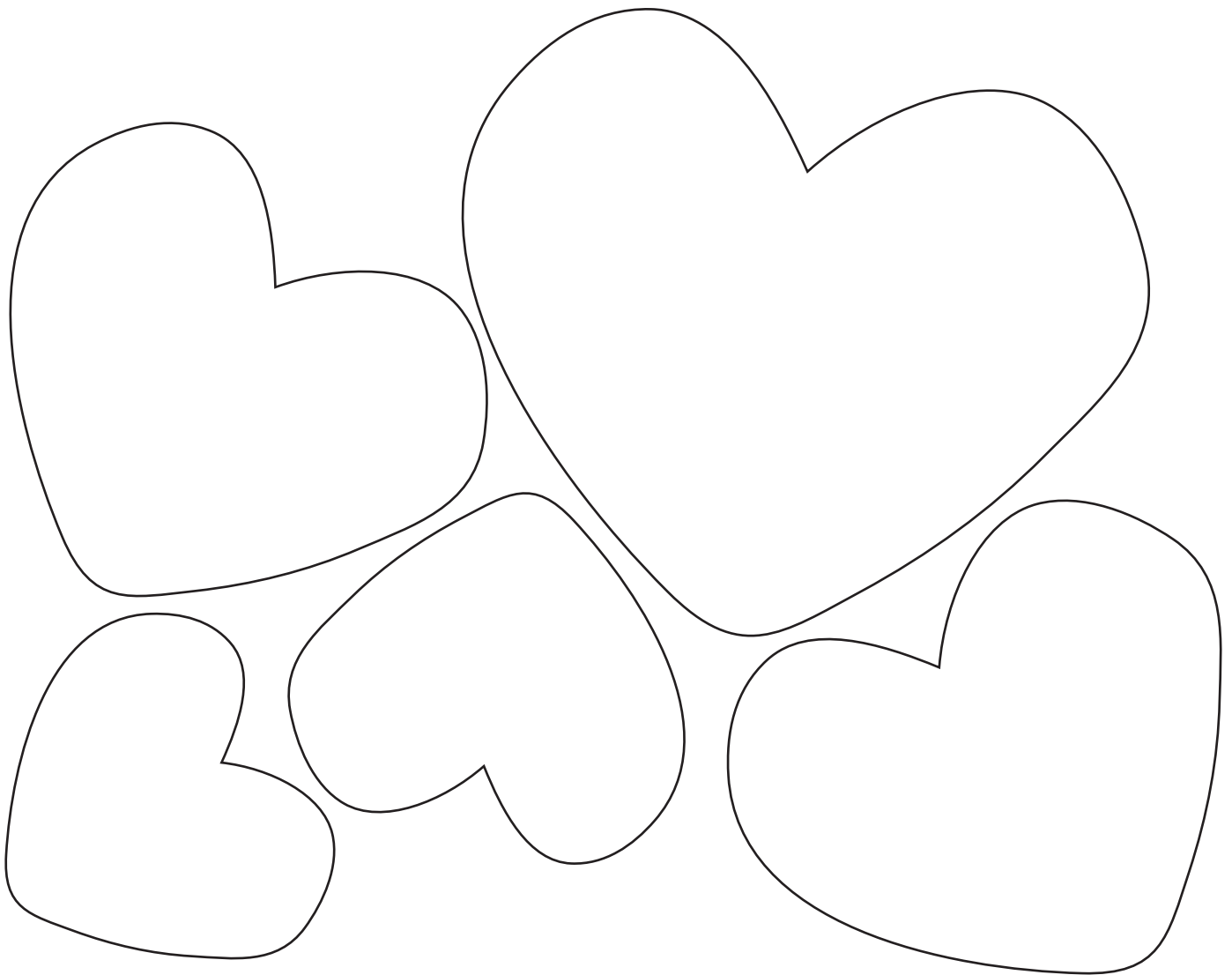
Display the hands in a place everyone can see. Before bed, look at the hands together and invite everyone to name one way they helped someone today. Try it in the morning too. Invite everyone to name one way they plan to help someone today.

Thankful Hearts

Take turns writing on these hearts. Then decorate or color them in any way you like.

On the hearts, write:

- *things you are thankful for
 - *things you love about each other
-



Try This!

Pocketful of Hearts Cut out more hearts from a separate sheet of paper, and then do the same thing you did above. Keep them in your pockets to remind you throughout the day...wherever you are!

It Takes a Village!

Whom do you rely on? Fill in the contact information for friends and family you can reach out to. Keep this page on the refrigerator so that you have important contact information when you need it.



If I feel down I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

If I need advice I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

If I need help with child care I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

If I need a good laugh I can reach out to:

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____



TALK ABOUT IT



Though you don't spend the day in your child's classroom, you're an important part of it. A strong home-school connection sets the stage for school success. Parents and teachers are key players on kids' learning teams!

Talking with your child's teacher is a great opportunity to build this partnership and to help your child learn, grow, and thrive in the classroom learning environment.

QUESTIONS YOU MIGHT ASK

Talking openly will help you and your child's teacher become year-long teammates. Consider asking:

- * What are your goals for my child?
- * What skills do you expect kids to learn throughout the year?
- * How would you describe your teaching style?
- * What can I do at home to help my child in school and how can I support her school success?
- * What's the best way to get in touch with you?

INFORMATION YOU MIGHT SHARE

There are some facts that only you may be able to provide! Your child's teacher will be better able to create a great classroom experience if he or she knows:

- * Your child's special strengths and talents
- * What interests and motivates her
- * Challenges he's facing or ways in which he's struggling
- * Whether you speak another language at home (bilingualism is great for kids' learning experience)
- * Scheduling or logistical challenges you may face at home (such as issues with morning schedules)
- * ...and family stories that can give your child's teacher insights into your family's culture.

...AND STAY INVOLVED ALL YEAR LONG!

- * Check your child's backpack, cubby, notes posted in the classroom, and the teacher's website for information, updates, and notices for events.
- * Consider joining a school parent group, and make connections with other families in your child's class.
- * Talk with your child about what she is doing in school. Extend the learning by visiting places in the community (such as libraries and museums).