Everyday routines can bring difficult challenges for preschoolers as they try to master their environment. Each challenge builds children’s skills in different areas of development: language, social and emotional, cognitive, and physical. Patience and persistence are key to learning these new skills.

**TEAMWORK**

Work as a team. Teamwork requires children to work cooperatively with others towards a shared purpose. Teamwork also helps children feel like a part of a community. *5.2 PK.A Civic Rights and Responsibilities*

**BREAK IT DOWN**

Break a task down into smaller tasks. Create 4 tasks for your child to complete today. Check off each one as they are completed together. *16.1 PK.D Goal Setting*

**MAKE A LIST**

Remember successes. Make a list of things you in which you are proud or thankful. *1.1 E Fluency*

**COPING SKILLS**

Learning is hard work and can be frustrating. Practice deep breathing with your child, especially at night or when they are angry to help them calm themselves down and settle. *16.1 PK.C Resiliency*
The Department of Education and the Office of Child Development and Early Learning use a Standards Aligned System. The Pennsylvania Learning Standards for Early Childhood are designed to support learning. The key areas explored in these activities are Language and Literacy, Connecting to a Community, and Self-Awareness.

1.1 LANGUAGE AND LITERACY DEVELOPMENT—Fluency

**Big Idea:** Emerging reading involves the use of pictures, symbols, and text to gain information and derive meaning.

- 1.1 E Read emergent-reader text with purpose and understanding. Provide a variety of opportunities to engage in pre-reading. (E.g. lists, charts, etc.).

5.1 CONNECTING TO COMMUNITIES—Civics and Government

**Big Idea:** Learning to be a good citizen helps one contribute to society in a meaningful way.

- 5.2 PK.A Identify self-membership of a group such as a class or family. Work cooperatively with other children to achieve an outcome.

16.1 SELF-AWARENESS AND SELF-MANAGEMENT—Resiliency and Goal Setting

**Big Idea:** Understanding of self and ability to regulate behaviors and emotions are inextricably linked to learning and success.

- 16.1 PK.C Recognize that everyone makes mistakes and that using positive coping skills can result in learning from the experience.
- 16.1 PK.D Establish goals independently and recognize their influence on choices. Model goal-setting.