

LEARNING IS HARD WORK



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

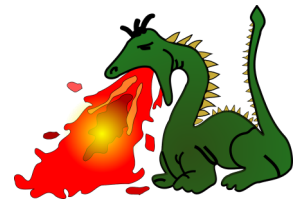
MAKE A LIST

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

PENNSYLVANIA LEARNING STANDARDS FOR EARLY CHILDHOOD: PRE-KINDERGARTEN

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.