

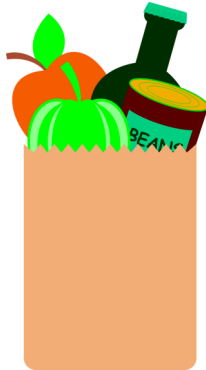
SELF-HELP SKILLS



When children practice self-help skills they practice their large and small motor skills, gain confidence in their ability to try new things, and build their self-esteem and pride in their independence.

SHOPPING

Let your child help you shop for groceries. Make a list and let them help you find the items in the store. *1.4 F Writing*



IN THE KITCHEN

Help your child make his/her favorite sandwich for lunch. Discuss together what are healthy foods to eat at lunchtime. Ask them to set the table before eating and help clean up after. *10.1 PK.C Nutrition*



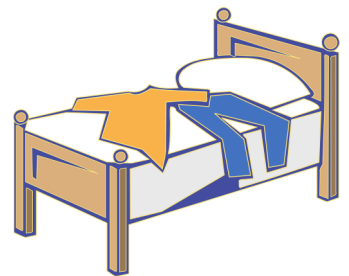
BEING HEALTHY

Teach your child how to bathe, brush their teeth, and wash their hands. Talk about how keeping your body clean is part of being healthy. *10.2 PK.A Health Practices, Products and Services*



INDEPENDENCE

Encourage your child to dress themselves. Talk about the color of clothing that was chosen. Talk about what is appropriate for different weather conditions. *10.5 PKB Eye/Hand Coordination*



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 Health Practices, Products and Services, Interaction of Body Systems, Eye/Hand Coordination and Writing.

1.4 LANGUAGE AND LITERACY DEVELOPMENT—Writing

Big Idea: Audience and purpose influence a writer's choice of organizational pattern, language, and literacy techniques.

- 1.4 F Emerging to spell simple words phonetically.

10.1 CONCEPTS OF HEALTH—Interaction of Body Systems

Big Idea: Awareness of health concepts provides a foundation for healthy decision-making.

- 10.1 PK.C Identify foods that keep our body healthy.

10.2 HEALTHFUL LIVING—Health Practices, Products and Services

Big Idea: Children need to make healthy choices to optimize their learning potential.

- 10.2 PK.A Identify fundamental practices for good health. Practice basic hygiene routines with adult reminders (hand washing, tooth brushing etc).

10.5 CONCEPTS OF MOVEMENT—Fine Motor Development: Eye/Hand Coordination

Big Idea: Fine motor practices helps children develop eye-hand coordination, strength, and controlled use of tools.

- 10.5 PK.B Coordinate eye and hand movements to perform a task (zip, snap or button).