

# Southeast Alaska Parent Tips



~Soon to be KINDERGARTNERS~

## Mindfulness Tip of the Day

### Slowly, Slowly

Practice focusing by paying close attention to the sensation in our bodies as we move in slow motion. Let's see what it's like to move very slowly. You and your child are going to move in slow motion together. Demonstrate by moving your arms and describing the sensations in your shoulder, back, and neck as you move.



Make sure you have enough space around you so you won't bump into anyone or anything when you move. Start by moving one leg slowly noticing the feelings in your whole body as you move. Slowly work your way up your body, slowly moving each part. Try this activity again but with your eyes close. How does it feel?

Source: Mindful Games: Activity Cards, by Susan Kaiser Greenland with Annaka Harris

## Taking Care of You!

### Eating Healthy



Eat right: food affects mood, so try to cut down on sugars and processed foods. Just remember frozen fruits and veggies are just as healthy as fresh. Plus, they last longer!

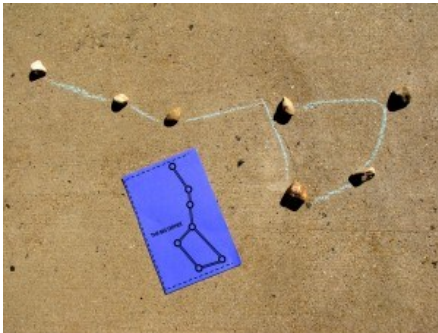


Source: <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>

## Kinder-ready Daily Activity

### Constellation Rocks

*Fine Motor Skills, Listening, and Reading*



A fun way to bring the stars to you! Use books or the internet to research constellations. Tell stories of how each got their name. Use chalk and rocks to then make the constellations on the sidewalk together!

Source: <http://creeksidelearning.com/constellation-art-with-rocks-and-sidewalk-chalk/>

## Read with Me!

Describe and explain the benefits of learning two or more languages and compare words and concepts between the languages with your child. Engage child in conversations that use culture-specific language in play and learning activities ("smoking fish," "regalia," "umiak," traditions from the home country, names, etc.).



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-36-60-months/>

**seaeyc**

Southeast Alaska Association for the Education of Young Children



**BEST BEGINNINGS**  
Alaska's Early Childhood Investment

**PARTNERSHIPS**  
for families & children

thread

**United Way**  
United Way of Southeast Alaska  
Partner Agency