

# Southeast Alaska Parent Tips



~Soon to be KINDERGARTNERS~

## Mindfulness Tip of the Day

Mindfulness Activity: 4, 5, 6 Breathing

Deep, belly breathing is a great way to restore calm when we are feeling stressed.

Take a deep inhale down into your belly and a full exhale through the mouth.

Now breathe in through your nose for a count of four

Hold your breath for a count of five

Breathe out for a count of six.

Repeat this deep breathing three times.

Notice how you feel—physically and emotionally—after breathing



Source: <https://www.zerotothree.org/resources/2268-mindfulness-for-parents>

## Taking Care of You!

It may not seem like doing chores are good ways to take care of yourself. After all, you might feel like cleaning up and running errands is all you do sometimes. On the other hand, checking something off your to-do list that has been bothering you can free up a lot of mental energy. Whether it's scheduling an appointment for yourself or finally cleaning that messy cabinet, consider doing something on your to-do list that will give you a sense of relief and a feeling of accomplishment.

Source: <https://www.verywellfamily.com/self-care-for-parents-4178010>

## Kinder-ready Daily Activity

### Alphabet Rocks

Literacy and Gross Motor Skills

This uppercase and lowercase literacy activity will begin in the great outdoors have your family go out and collect 52 rocks. Wash the rocks and write an uppercase letter on one side, with the corresponding lowercase letter on the opposite side. Then show words or pictures on index cards and challenge them to re-create the word.



Source: <https://www.rasmussen.edu/degrees/education/blog/literacy-activities-for-preschoolers/>

## Read with Me!

Set aside a regular time to talk to your child about an interest (if child is bilingual, in both languages separately at different times of the day).



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**  
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