

# Southeast Alaska Parent Tips



~Soon to be KINDERGARTNERS~

## Mindfulness Tip of the Day

### Is it Helpful?

When we're not sure if something we're about to do or say is thoughtful and kind, we ask ourselves three questions: Is it helpful to me? Is it helpful to other people? Is it helpful to the planet?

Give your child an example of a complicated situation when it was to figure out the best thing to do or say. Ask them, "What do you think would be the best thing to do or say in this situation? Discuss your child's ideas and pick one. Think through the three questions with the idea in mind. What are the answers? How can these questions help regulate what we say? Sometimes the answer to all three questions isn't the same. When this is the case, ask a fourth question: what matters most in this situation?"



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

## Taking Care of You!

### Art

If your child is doing an art project, sit down and create your own art! Allow yourself to take a break and enjoy some artistic fun. Not only is art relaxing but you will get to spend time with your child being creative together!



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

## Kinder-ready Daily Activity

### Melted Crayons

#### Creativity and Science Curiosity



This is a fun experiment to do that reuses old, broken crayons. Unwrap the crayons, arrange them in a muffin tin in a single layer, and cook in the oven on 200 degrees for about 10 minutes. Let cool, then stick them in the freezer to make it easier to pop them out. Just turn the pan over and you'll have new cool, round crayons.

Note: When the crayons are fresh out of the freezer, they may not color well. Warm them up in your hands to get them going. You and your child can then make up funny names for the color combination as you color together!

Source: <https://www.parentmap.com/article/25-indoor-play-activities-from-a-preschool-teacher>

## Read with Me!

Listen to an audio story or a story on the radio or musical selection with your child and help them to interpret the story (through words, artforms, dance, acting). If told to a second language learner, help them understand without translation (use gestures, props, demonstrations). Provide recorded stories from your child's home culture and home language.



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

**seaaeyc**

Southeast Alaska Association for  
the Education of Young Children



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