

Southeast Alaska Parent Tips

~Preschooler~

Mindfulness Tip of the Day

Tick Tock is an activity that helps us become more aware of our bodies by rocking back and forth. Talk to your child about clocks, What sound does a clock make? Does your child know what a grandfather clock is? What is a pendulum?



Practice sitting with your child, with your back's straight. Lean your bodies from right to left, focusing on how your bodies feel as you move right to left. Say tick tock to keep the beat. You can also use a drum to keep a steady tempo. You can also try to do this activity standing.

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

Taking Care of You!

Try listening to music. Whether you find classical music soothing or you prefer to dance to some 80s tunes, listening to music can be a great way to take care of yourself. You don't necessarily need to set aside a special time to listen to music. Turn it on while you're doing chores, make a freeze dance game with your child or listen to your favorite song while you're getting ready for the day. It's a simple thing that can go a long way toward boosting your mood and helping you feel ready to tackle whatever life throws your way.



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



Daily Activity

Word Family Game



This game requires children to rhyme. Select one word and everyone needs to write as many words as they can that rhyme with that word. Eg. If the word is "Cat", answers could be: hat, bat, rat, sat etc.



Source: <https://bilingualkidspot.com/2018/11/03/english-word-games-for-kids/>

Read with Me!

Play simple word games together. Using commonly used language and key vocabulary, create a Word wall (place word and picture side by side and create opportunities for your child to interact with the different terms and images).



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