

Southeast Alaska Parent Tips ~Preschooler~

Mindfulness Tip of the Day

Imaginary Hugs

Picture family, friends, and yourselves in a peaceful place where we are happy, healthy, and having fun. *What does it feel like to hug someone you care about? If someone you'd like to hug isn't with you, can you give them an imaginary hug anyways?*



Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you feel comfortable doing so. Take a few breaths together. Now imagine a peaceful place that you would like to visit with your family and friends. Wrap your arms around yourself and imagine hugging your family and friends in this peaceful place as you all play and have fun. Send them a silent friendly wish with each hug.

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

Taking Care of You!

Create a Cuddle Zone

Make a cozy spot – make a blanket fort with your kids and climb in it with them (resting and hiding and giggling).



Source: <https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>



Daily Activity

Letter collage



In this activity your child explores letter sounds by making a collage. A fun way to reuse old magazines. Using scissors will help them improve their fine motor skills as they get creative with their collages. See if they can spell out words or their name with the different letters! A fun way to learn letters and phonics.

Source: <https://www.greatschools.org/gk/articles/kindergarten-learning-games-activities/>

Read with Me!

Assist your child in writing letters of their name when they show an interest (Help your child label or sign artwork; when your child wants to have attribution for or to save a project). Create alphabet games with your child.



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