

Southeast Alaska Parent Tips

~Preschooler~

Mindfulness Tip of the Day

This is a simple activity that helps connect feelings and thoughts to our bodies quickly. We roll a ball back and forth and quickly name an emotion and a physical sensation that we're feeling right now.



This game can be played with players sitting across from each other or as a group sitting in the circle. Take turns rolling the ball to everyone calling out one thing that they are feeling in their mind and one thing they are feeling in their bodies.

Example: "My mind feels happy, and my body feels relaxed" or "My mind feels nervous, and my body feels stiff."

A great way to check in not only with yourself but also with your child.

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

Taking Care of You!

Try writing a gratitude journal! Studies show people who keep gratitude journals sleep longer and experience higher quality sleep (something every parent could use). The best part is, writing in a gratitude journal only takes a few minutes of your time and it doesn't cost you any money. Before you go to sleep, jot down three things you're thankful for. Your list might include simple things, like a sunny day, or it may include big things, like being able to get a debt paid off. Either way, simply reminding yourself of the things you have to be grateful for can help you feel good about life.



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

Daily Activity

Self Portraits



Using a mirror, let the child draw themselves. Point out facial features like eyebrows and eyelashes. If they draw their whole body, add in some fashion design! Don't be surprised if your child takes some liberties, i.e. "Yes, I do have rainbow hair!"



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

Read with Me!

Focus on parts of the word when presenting new words to your child.

Play listening games with your child where they blend the onset (the first part of a syllable) and the rhyme (the ending part) into one word (m-a-man).



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

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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