

Ready, Set, Kindergarten

This Week's Theme:

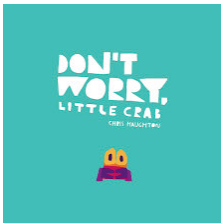
Emotions: Problems, Worry, and Empathy.

During the preschool years, children are continuing to develop their ability to manage their own emotions. Sometimes they will have behaviors that are challenging to manage, like tantrums or aggression. Below are some tips to help manage those tough behaviors.

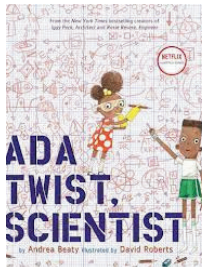
Take a Breath

- Away from stimulation, sit next to your child and breathe deeply in and out. Show them how to place their hand on their stomach and notice and count their breaths.
- Give your child plenty of opportunities to make choices. Example: What clothes to wear each day.
- Role play positive ways to solve problems, take turns, and cooperate. For example, practice what your child would do if another child took her toy or if she was asked to do something she didn't want to do by her teacher. Talk together about what the appropriate and inappropriate responses would be.

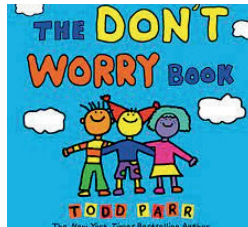
Check Out These Books



Don't Worry, Little Crab
Chris Haughton



Ada Twist, Scientist
Andrea Beaty



The Don't Worry Book
Todd Parr

Sing This Song

Three Kind Mice
(Tune: Three Blind Mice)
Three kind mice, three kind mice,
Kind as they can be.
They always share their corn and
cheese,
They always say 'thanks' and 'please'
They remember it's not nice to tease
They're three kind mice.



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Ready, Set, Kindergarten.
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