

Family Message



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Activity Title:

We Are What We Value

The Learning Goals we shared with your child are:

- **Ethical Responsibility**
- **Self-Discipline**
- **Analyzing Situations**

We shared these goals by familiarizing children with Our Values:

- We value safety. We can be safe.
- We value others. We can be friendly.
- We value learning. We can work hard.

We discussed that values might be different at home than other places because we have different responsibilities in different environments. These values help us know what is expected of us.



Continue at home by creating a set of values (rules) at home (or use Our Values). Values and expectations should be affirmative (what we should do), brief, and include photographs of your child engaging in the desired behavior (be safe, be kind, be responsible, etc.).



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Activity Title:

The Helping Squad

The Learning Goals we shared with your child are:

- **Teamwork**
- **Ethical Responsibility**
- **Self-Discipline**

We shared these goals by exploring the responsibilities displayed on our Helper Chart. We described the different jobs and demonstrated how each one is done. We reminded children that working together as a team allows us to easily take care of our environment. Everyone will have an opportunity to perform each of the jobs.



Continue at home by creating a family Helper Chart with your child. Ask your child what their Helper Chart includes for jobs. Encourage them to demonstrate and practice at home.

Listen to Audio Track 6: *The Helping Squad* while cleaning up or doing household chores. Discuss how it feels when your hard work helps the family and community.



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Activity Title:

Solve It!

The Learning Goals we shared with your child are:

- **Identifying Problems**
- **Analyzing Situations**
- **Evaluating**

We shared these goals by using puppets to role-play how to problem-solve conflicts. For example, the puppets wanted to play with the same toy before going home. They could use the timer so each one has an opportunity to play with the toy.



Continue at home by talking with your child about how they can use the following solutions to manage conflict:

- Take turns
- Use a timer
- Trade
- Ignore
- Play together
- Flip a coin
- Say, "Please stop."
- Ask for help

Use the Solve It! Cards we have created for your child. These cards encourage children to independently find solutions to the challenges they face.



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Activity Title:

Frustration Station

The Learning Goals we shared with your child are:

- **Stress Management**
- **Impulse Control**
- **Identifying Emotions**

We shared these goals by using items in our Frustration Station to express frustration and anger in a safe way. In the Frustration Station, we can pound clay, tear paper, or color pictures when we feel frustrated or angry.



Continue at home by talking with your child about expressing frustration or anger in healthy ways.

Consider making a Frustration Station for your home. Ours includes:

- A basket of small, colorful pom-poms (to pound with a small hammer or squeeze with our hands)
- Bubble wrap (pinch to pop, pop with a small hammer, stomp or jump to pop)
- Clay (to squish, squeeze, mold, or pound)
- Paper (to rip or draw on)
- Soft balls to squish
- Writing utensils to draw or write about our feelings
- Small hammer (to pound on appropriate items)
- Bean bags to throw at a target



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Activity Title:

Conversation Station

The Learning Goals we shared with your child are:

- **Communication**
- **Analyzing Situations**
- **Respect for Others**

We shared these goals by using puppets to discuss the importance of working together to solve conflict. We talked about their actions and how they could do something different next time. Examples include:

- Agree to meet in a neutral place, not where the incident happened
- Share and label feelings
- Share how they would like to interact
- Come up with a solution (today we used the Solve It! Cards)

We have a neutral space where children can meet called the Conversation Station. Ask your child to show you the space and explain how to use it.



Continue at home by creating or choosing your own Conversation Station (or Peace Place)! Make this a comfortable space to connect with your child, discuss how you both feel, and talk about what you need to solve problems.



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Activity Title:

Team Goals

The Learning Goals we shared with your child are:

- **Goal-Setting**
- **Reflecting**
- **Teamwork**

We shared these goals by setting a team goal. We are filling Our Goals Jar with pom-poms, which children receive when they demonstrate Our Values. When the jar is full, we will have reached our team goal and it will be time to celebrate our accomplishments. We will have opportunities every day to help fill the jar by demonstrating friendly, safe, or hardworking actions.



Continue at home by talking with your child about ways they can be safe, friendly, or work hard at home and in the community. When your child demonstrates a safe, friendly, or hardworking behavior at home, share the story with us so we can add another pom-pom to the jar.



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Activity Title:

We Care!

The Learning Goals we shared with your child are:

- **Empathy**
- **Identifying Emotions**
- **Perspective-Taking**

We shared these goals by learning to recognize opportunities to show care and compassion. We discussed ways children can show kindness and compassion to their friends throughout the day by creating a We Care Bag. We learned the opposite of being kind and compassionate is being mean, which could also be bullying. We learned:

- We are mean to others if we kick, hit, push, call them names, or exclude them.
- When we act mean to others, we might hurt their feelings.
- If we are mean to others over and over again, it is called bullying.
- Bullying is mean and hurtful.

Take time to review the “We Care!” poster the children created.



Continue at home by having a discussion with your child about bullying and the importance of being kind. Try creating your own We Care Bag to practice care and compassion with your child. We Care Bag suggested items include tissues, adhesive bandages, small stuffed animals, a small book, stickers, and other items which could help when someone is feeling sad or hurt.



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Activity Title:

Wishy Washing the Table Clean

The Learning Goals we shared with your child are:

- **Ethical Responsibility**
- **Respect for Others**
- **Teamwork**

We shared these goals by discussing the importance of keeping our environment clean. We practiced cleaning our tables by filling a basin with water and soap and following these steps:

- Use two hands to place the water basin on the floor beside a table.
- Get the sponge wet in the basin and squeeze out extra water.
- Scrub the tables, making circles or horizontal and vertical lines with the wet sponge.
- Sing songs as you scrub!
- Pour the basin water back in the sink and put the materials away when finished.
- Wash hands.



Continue at home by including your child in the cleaning process by having them show you their table-washing skills. Listen to Audio Track 9: *The Helping Squad*. Ask your child to clean for the duration of the song, and consider incorporating this into your daily chore routine.



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Activity Title:

Table-Setting Station

The Learning Goals we shared with your child are:

- **Teamwork**
- **Social Engagement**
- **Organizational Skills**

We shared these goals by emphasizing how to set the table. We added a practice table-setting station to our learning space. Children had a wonderful time setting the table for four with plates, cups, napkins, and utensils.



Continue at home by asking your child to help set and clear the table! Once finished, discuss the meal by asking, “Who ate with us? How many places did we set? What did we eat?” Use the MVP at Home Template and help your child write down their responses. Invite your child to create a picture of the meal as well. Return it so we can help celebrate your child’s hard work!



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Activity Title:

Chairs, Chairs, Chairs

The Learning Goals we shared with your child are:

- **Ethical Responsibility**
- **Self-Discipline**
- **Solving Problems**

We shared these goals by showing the importance of pushing chairs under the table when we get up so they won't be in the way and we can be safe. We practiced carefully holding the backs of chairs with two hands to push them under the table. We also practiced safely carrying chairs and gently placing them at the table.



Continue at home by having your child show you these safe chair skills.



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Activity Title:

Germy Germs

The Learning Goals we shared with your child are:

- **Identifying Problems**
- **Analyzing Situations**
- **Respect for Others**

We shared these goals by discussing the importance of washing our hands after sneezing or coughing to reduce the spread of germs and to keep our environment squeaky clean.

We demonstrated how germs spread by spraying water on the children's hands. Next, we had them touch something with their damp hands to see how the water spreads to that item, just like germs. We discussed how washing our hands after coughing or sneezing in them washes the germs away and keeps us healthy and safe!



Continue at home by having a discussion with your child about ways to prevent the spread of germs.



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Activity Title:

Use a Tissue

The Learning Goals we shared with your child are:

- **Ethical Responsibility**
- **Analyzing Situations**
- **Respect for Others**

We shared these goals by using a spray bottle to demonstrate how germs can be spread into the air when we sneeze. We used tissues to show how we can prevent germs from spreading in order to keep our environment squeaky clean. We also read books about visiting the doctor and learned how doctors help keep our bodies healthy and safe.



Continue at home by practicing using tissues properly with your child. Remember to wash your hands after tissue use! We sing the following song when we wash our hands:

“Wash, Wash, Wash My Hands”
(to the tune of “Row, Row, Row Your Boat”)

Wash, wash, wash my hands,
Play this washing game.
Rub and scrub, and scrub and rub.
The germs go down the drain.



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Activity Title:

Brush 'Em

The Learning Goals we shared with your child are:

- **Identifying Problems**
- **Self-Motivation**
- **Solving Problems**

We shared these goals by discussing the importance of brushing our teeth to promote dental health and establish regular dental hygiene. We practiced brushing our teeth and gums in a circular motion, top-to-bottom and back-to-front.



Continue at home by asking your child to show you their toothbrushing skills!



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Activity Title:

How Fast Can We Do It?

The Learning Goals we shared with your child are:

- Analyzing Situations
- Evaluating
- Teamwork

We shared these goals by talking about the importance of putting toys and materials away when we finish using them. We learned how putting things away in their correct places allows us to know where to find them the next time we want to use them. We made clean-up time fun by turning it into a game. We used a timer and tried to have everything clean before it rang!



Continue at home by asking your child to demonstrate their clean-up skills when it's your family's clean-up time!

Note: We can support success by giving children clear and specific instructions during clean-up time, such as "Aanya, please put the blocks on the bottom shelf;" or "Lucas, please put the books back in the basket."



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Activity Title:

Coats On, Coats Up



The Learning Goals we shared with your child are:

- **Identifying Problems**
- **Solving Problems**
- **Self-Discipline**

We shared these goals by practicing a fun way to put our coats on by ourselves and discussed being responsible for hanging our coats up by ourselves. Have your child show you this easy way to put on a coat:

1. Place the coat on a table (or floor) with the inside of the coat facing up.
2. Place sleeves and front pieces out to each side.
3. Stand facing the collar.
4. Slide arms in through the sleeves as you raise the coat over your head.
5. Pull arms down to your sides, and your coat is on!



Continue at home by encouraging your child to hang their coat and clothes up!



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Activity Title:

Gentle Hands, Listening Ears

The Learning Goals we shared with your child are:

- **Ethical Responsibility**
- **Analyzing Situations**
- **Self-Discipline**

We shared these goals by using the puppets to illustrate the importance of Our Values by taking care of books and toys.



Continue at home by encouraging your child to demonstrate how they show responsibility by following Our Values:

- We value safety. We can be safe.
- We value others. We can be friendly.
- We value learning. We can work hard.



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Activity Title:

Safe and Responsible

The Learning Goals we shared with your child are:

- **Ethical Responsibility**
- **Self-Discipline**
- **Solving Problems**

We shared these goals by discussing how we can be safe and responsible. See the displayed “I Can Be Responsible” poster. We practiced buckling a puppet safely into a car seat while singing this song:

This Is the Way We Buckle Up (to the tune of “This Is the Way”)

This is the way we buckle up,
Buckle up, buckle up.

This is the way we buckle up,
When we’re in the car.

Put the belt across your lap,
Across your lap, across your lap.

Put the belt across your lap,
And listen for the snap.



Continue at home by talking about personal responsibilities such as wearing a seat belt, cleaning our rooms, setting or clearing the table, or feeding pets.



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Activity Title:

Sand-Scapes

The Learning Goals we shared with your child are:

- **Self-Motivation**
- **Organizational Skills**
- **Identifying Emotions**

We shared these goals by discussing how things in nature, such as sand, rocks, or fragrant flowers, can be calming. We combined salt, food coloring, and lavender oil in a container and used forks and cookie cutters to make patterns in the “sand.” We keep this container on a shelf to use to calm ourselves when we feel anxious or upset.



Continue at home by creating a fragrant salt container for your child to use as a calming tool.



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Activity Title:

Calming Boxes

The Learning Goals we shared with your child are:

- **Impulse Control**
- **Self-Discipline**
- **Self-Efficacy**

We shared these goals by using fine-motor skills to explore a variety of Calming Boxes. Calming Boxes allow children to focus, concentrate, be calm, and control their impulses. We tied and untied socks, compared and arranged ribbons of varied lengths and colors, and sorted colored straws in an ice cube tray. We put the Calming Boxes in a special place so everyone can use them when they are feeling anxious, upset, or excitable.



Continue at home by making your own Calming Boxes. They are useful for quiet focus while waiting for dinner, before going to bed, or any time there is a need to transition to a slower pace.



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Activity Title:

Solving Problems

The Learning Goals we shared with your child are:

- Analyzing Situations
- Evaluating
- Reflecting

We shared these goals by practicing how to identify problems and solutions. We discussed that we can ask for a second chance if we have used words or actions that are unkind or hurtful. Then we can try to solve the problem with words or actions that show we value and respect others.



Continue at home by having a discussion with your child about Our Values.

Our Values are:

- We value safety. We can be safe.
- We value others. We can be friendly.
- We value learning. We can work hard.

Praise your child when you see them being safe, friendly, and working hard.



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Activity Title:

Exploring Seashells

The Learning Goals we shared with your child are:

- **Goal-Setting**
- **Organizational Skills**
- **Self-Motivation**

We shared these goals by creating a seashell center. We used a process of first recording what we already know about a subject, then writing down what we want to learn. We let this list guide our discovery process, then recorded our findings to show our success in learning.



Continue at home by helping your child set a goal and identify ways they can reach it! Create a visual to help guide your child's learning process to meet this goal. Celebrate your child's hard work when the goal has been accomplished!



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Activity Title:

What's in the Mystery Box?

The Learning Goals we shared with your child are:

- **Self-Confidence**
- **Evaluating**
- **Communication**

We shared these goals by piquing children's curiosity and excitement as learners. We put several items in a box and gave them clues as to the contents of the box. They all made guesses about what was in the box. At the end of the day, we opened the box to reveal the contents. We discussed how the contents compared with children's expectations and the feelings associated with those expectations.



Continue at home by creating your own Mystery Box to excite your curious learner! Suggested items to include are new art supplies, ingredients for baking together, items for a family game or movie night, etc.



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Activity Title:

What's in the Mystery Bag?

The Learning Goals we shared with your child are:

- **Self-Confidence**
- **Evaluating**
- **Communication**

We shared these goals by playing a guessing game with each child individually. We put a familiar item in a sealed bag so children could not see it. Each child was asked to guess the item by feeling it in the bag. We discussed how to learn more information by asking questions and making confident guesses.



Continue at home by creating your own Mystery Bag game to help your child see themselves as a learner.



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Activity Title:

Counting Critters

The Learning Goals we shared with your child are:

- **Analyzing**
- **Evaluating**
- **Goal-Setting**

We shared these goals by reading *Counting Critters* by Sophia Day. We learned about insects, spiders, and worms and how they are helpful or harmful. We used magnifying glasses to observe and identify insects, spiders, and worms. We discussed how some people think all bugs are harmful and we may feel scared when we see a bug. We set a goal to learn how to identify which ones are safe to help us feel less afraid.



Continue at home by going on a nature walk with your child. See how many insects, spiders, and worms you can observe. Remind your child to look and observe. Ask, “Is this an insect, spider, or worm? Is it helpful or harmful? Why?”



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Activity Title:

Treasured Wisdom

The Learning Goals we shared with your child are:

- **Relationship-Building**
- **Respect for Others**
- **Communication**

We shared these goals by reading *Treasured Wisdom*, by Sophia Day. We discussed the advice and sayings from other generations and cultures and discovered how they relate to Our Values.



Continue at home by having a discussion with your child about the advice and wisdom that has been meaningful to you and why. See how the wisdom you have learned compares to Our Values:

- We value safety. We can be safe.
- We value others. We can be friendly.
- We value learning. We can work hard.

Are there similarities to Our Values?

Are there differences to Our Values?



Social and
Emotional
Learning
Curriculum

Thank you for partnering with us as we inspire character with the *Instill Curriculum*, produced by MVP Kids in partnership with RCU®. We are so pleased that you and your child are part of our learning community!

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