Family Newsletter

THIS MONTH'S THEME

Superheroes

This month, your child will go on an adventure to learn about fictional and nonfictional heroes. They will learn about the elements of superhero costumes and the powers that fictional superheroes have. They will learn that saving the world is not just a job for fictional superheroes, and that they can do a lot of things that will help save the world too. They will learn about how they can reduce, reuse, recycle, conserve and protect the world.

Look for the daily notes about your child's art projects!

Teaching Respect

Respect is an important idea to introduce to your child, and it develops over time with practice and support. At its core, respect means understanding that people may have different thoughts, feelings and needs, and that those differences matter.

- **Notice and talk about others' feelings.** For example, "Miles seems sad. What do you think might help him feel better?"
- **Gently guide your child when behavior may hurt others,** and talk together about why certain actions can be upsetting.
- **Explore differences together,** including people from various cultures, as well as different likes and dislikes.
- Help your child **practice kind ways to say "no"** or set boundaries.
- **Practice taking turns** during play and conversation.
- **Show respect in your everyday interactions.** Children learn a lot by watching the adults around them.
- **Encourage your child to listen to others** and begin to understand different perspectives.
- **Offer opportunities for your child to take responsibility** and learn from experiences.
- **Notice and celebrate** moments when your child shows kindness, care and consideration.

Topics your child will explore this month:

Superheroes

Superhero Dress-Up
1 Superhero Symbol
2 Glasses
3 Cape
4 Mask
5 Belt

Super Powers
6 Invisibility
7 Super Speed
8 Flight
9 Super Strength
10 Super Breath

Everyday Superheroes
16 Firefighter
17 Police Officer
18 Peacekeeper
19 Volunteer
20 Good Neighbor

Saving the Planet
11 Reduce
12 Reuse
13 Recycle
14 Protecting Plants
15 Protecting Animals

RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

Super Red Riding Hood
by Claudia Dávila

Ten Rules of Being a Superhero
by Deb Pilutti

The Earth Book
by Todd Parr

Have You Filled a Bucket Today?
by Carol McCloud

Family Activities

Superheroes Help the Earth

(Sing to the tune of "Old McDonald.")

Find some items in your home that can be recycled, then sort them as you sing the song together. Brainstorm other ways you can help "Save the Earth" in your home.

Superheroes help the earth,
When they recycle.
They reuse trash and reduce waste,
When they recycle.
Put the paper here,
And the plastic there,
Here the glass, there the trash;
Everything has a place.
Superheroes help the earth,
When they recycle.

Respect Mural

Work together to make a list of actions and words that show respect to others. Create a mural by cutting the letters for the chosen words from junk mail or old magazines. Share ideas for how to decorate the mural. As you work, talk about ways your family shows care and respect for one another.

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