



FAMILY NEWSLETTER

experience
toddler

All About Me

FEATURED CONCEPTS

Letters & Sounds:



Shape & Color:



Character Trait:

Kindness

Body Stretch:

Forward
Fold Pose

Number:



Sign Language:



This month, your child will explore the theme *All About Me* and discover what makes them unique. Through movement, music and hands-on play, they will learn about their body, senses and everyday routines. As your child points to body parts and notices what they see and feel, they begin to understand how their body works. Dressing up and practicing simple routines help them gain confidence and independence. These experiences support a growing sense of self and awareness of others.

Body Parts: Exploring their body and familiar people through movement and play.

Five Senses: Using their senses to discover what they see, hear and feel in the world around them.

Clothing: Noticing what they wear and how clothing connects to everyday routines.

Staying Healthy: Practicing simple routines that support independence and well-being.

Head to toe, come and see, All the things that make me, me!





Bedtime Photo Checklist

WHAT?	HOW?	WHY?
This week, your child learned about daily routines and how caring for their body is part of staying healthy.	Take photos of your child completing parts of their bedtime routine, like brushing teeth or getting into bed. Display the pictures where your child can see and follow them each night.	Seeing and following a routine helps your child feel calm, build independence and understand what comes next.



Car Ride Emotions

WHAT?	HOW?	WHY?
This week, your child explored feelings and how they can show emotions through actions and sounds.	While driving or during daily routines, sing songs and name different emotions. Invite your child to respond with simple movements, like clapping, smiling or making a face.	This activity helps your child connect emotions with actions and builds early communication skills.



Circle Walk

WHAT?	HOW?	WHY?
This week, your child explored clothing and began noticing shapes, like circles, in the world around them.	Go on a walk together and look for circles on clothing, signs or in nature. Talk about what you see and take pictures to revisit later.	Finding shapes in everyday life helps your child build observation skills and early math understanding.

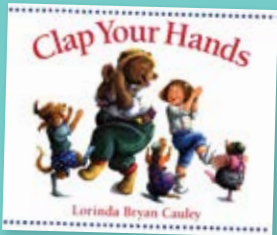


Letters to Loved Ones

WHAT?	HOW?	WHY?
This week, your child learned about kindness and how they can connect with others through simple, thoughtful actions.	Work together to draw or scribble a picture. Help your child tuck it in an envelope and send it to someone special.	This activity encourages kindness and helps your child understand how their actions can make others feel cared for.

READ WITH ME

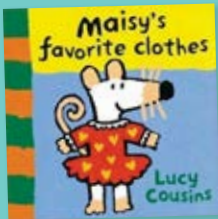
Clap Your Hands
by Lorinda Bryan Cauley



Brown Bear, Brown Bear, What Do You See?
by Bill Martin Jr.



Maisy's Clothes
by Lucy Cousins



Germs are Not for Sharing
by Elizabeth Verdick

