Parent  Activity

Letter

**Today** we recommend you to read **“Hands Are Not for Hitting”** by Martine Agassi. This is a free spirit publish book that talks about all different color hands, and everything positive we can do with them. For example, playing, making music, learning, counting, helping. This gentle and encouraging book teaches children that violence is never a choice.

**At home**, help your child through strong emotions by practicing deep breathing. Some ideas are making a flower with your hand, and a candle of your finger. Blow the candle, and smell the flower. Model this for your child, and encourage them to do this. To extend this ask your child how they are feeling- happy, sad, mad etc. This activity will help your child to regulates own emotions and behaviors.

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child. ![C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf]()***

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5**

Comments about the activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room: **N1 &N2**