Parent  Activity

Letter

**Today** we recommend you to read **“Hands Are Not for Hitting”** by Martine Agassi. This is a book talks about hands and all the positive ways we can use 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 pretending to pick a flower and smelling the flower. Another way is to make a candle with your finger and then encourage your child to take a deep breath in and then blow the candle out. 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. The learning objective that This activity meets is Social Emotional. Helping your child to regulate own emotions and behaviors. It will also assist your child in managing their feelings.

***\*\*\*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**