**PARENT ACTIVITY LETTER**

**CHILD’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RATETHIS ACTIVITY FROM 1-5, CIRCLE YOUR RATING (5=HIGHEST RATING): 1 2 3 4 5**

**COMMENTS ABOUT THE ACTIVITY:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*\*At this time while your child is learning at home, there’s no need to return this PAL to school, but you can keep it to go over with your child as a follow-up learning experience.**

**\*\*Remember to have fun learning together!**



**REMOTE lEARNING ACTIVITIES**

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

**FOCUS BOOK**

**Recommended Read Aloud**: Who Wears What? By Judith Bauer Stamper

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours per week with your child.***

**Why It’s Important:**

Climbing stairs doesn’t happen overnight. Children begin by holding onto the railing with two hands. Then, they climb by stepping with both feet onto each step. Eventually, they can alternate their feet on each step, holding on with one hand.

**Primary Objectives for the activity**

4: demonstrates traveling skills.

**At home,** invite your child to climb the stairs with you and observe how he or she climbs. Does he or she crawls up the stairs? Does he or she walks up the stairs touching one foot per step? Observe how he or she climbs down the stairs as well. Use the information you have gathered to play “Musical Stairs”. Bring a radio or cassette player close to the stairs and invite your child to climb the stairs when he or she hears the music. As he or she is climbing, turn off the music intermittently so he or she will stop. When the music resumes, see if he or she remembers to continue climbing the stairs.

**To extend this activity:** Once your child is comfortable moving up the stairs, consider trying the same activity going down the stairs or selecting music with a faster pace. You can also ask your child to count the steps while climbing the stairs.