

Dear Families,

Your child is working on **standing skills** (standing on one foot for several seconds—standing

on one foot with eyes closed, standing heel-to-toe for a few seconds).

You can help your child develop these standing skills by demonstrating and allowing your child time to imitate. Give your child lots of **encouragement and praise!**

Here are some activities to try:



Querida familia:

Su niño está trabajando en las **destrezas para estar de pie** (apoyarse en un solo pie durante varios segundos, apoyarse en un solo pie con los ojos cerrados, mantenerse con un pie justo detrás

Usted puede ayudar a su niño a desarrollar estas destrezas de estar de pie haciéndolo

demostraciones y permitiendo que el niño lo imite. ¡Anime mucho al niño y elógielo!

Puede intentar hacer estas actividades:

Dear Families,

Your child is working on **walking and balancing skills** (walking a straight line, walking



Querida familia:

Su niño está trabajando en las **destrezas para caminar y mantener el equilibrio** (caminar en línea recta, caminar en círculo, caminar de puntillas, avanzar con un pie justo detrás del otro, caminar hacia atrás con un pie justo detrás del otro, subir y bajar escaleras sin sujetarse a un pasamanos, mantener el equilibrio en una pierna).

and jumping rope five consecutive times



Querida familia:

En niño está trabajando en las destrezas como saltar y avanzar o saltitos, lo cual incluye

saltar con un solo pie y saltar la cuerda en cinco saltos seguidos.

Éstas son algunas actividades que puede hacer con su niño para ayudarlo a reforzar estas destrezas de motricidad gruesa:

1. Con cinta de enmascarar o tiza trace una línea de unos seis pies de largo sobre una superficie

Dear Families,

Your child is working on **running and skipping skills** (skipping on one foot, skipping

by alternating feet, timed running, running around obstacles, galloping with alternate feet first).

Here are some activities to try to help your child develop running and skipping and galloping skills:

1. **Demonstrate running** in your backyard or in a nearby playground. Encourage your child

to follow along. You might say, "Run from the swings to the fence." Set up timed races and simple obstacles courses to make it fun.

2. **Show your child how to skip on one foot.** Take a step at the



Querida familia:

Si su niño está trabajando en las **destrezas para correr y brincar** (brincar en un pie, brincar

[Redacted content]

Dear Families,

Your child is learning **ball skills—kicking, throwing, and catching** (kicking a playground ball, throwing a ball, and catching a ball).

Practice ball skills with your child, along with the activities and drawings, on the beginning



Querida familia:

Su niño está aprendiendo **destrezas con pelotas: patear, lanzar y atrapar** (patear una

pelota, lanzar una pelota de tenis a 10 pies de distancia, atrapar una pelota de juegos en rebote).

Practicar las destrezas con pelotas con su niño, junto con correr y brincar, puede ser el inicio de

Dear Families,

Your child is working on basic **fine-motor skills, including drawing and holding and manipulating objects**. These art projects develop many skills, such as eye-hand coordination and fine-motor coordination.

Here are some art activities to try with your child:

1. **Encourage your child to play with play dough.** Show your child how to knead the play dough to soften it. Mold the dough into figures of people or animals. Use rollers and cookie cutters to roll out and cut the dough into different shapes.
2. **Enjoy finger painting** with your child using homemade paint, shaving cream, or pudding. Paint on paper or any washable surface. Show your child how to press a piece of paper over the paint to make a print.
3. **Use old newspapers as art objects.** Show your child how to fold newspaper into hats, coats, and other shapes. Shred newspaper and mix with paste and water to make a papier-

mâché sculpture. Cut out words and pictures to make collages or colorful paper chains.

4. **Make sculptures** of people, animals, or buildings using sand, snow, or mud. Decorate the sculptures using sticks, stones, or leaves to simulate body parts, clothing, or fur. Discuss



Querida familia:

Su niño está trabajando con las **destrezas básicas de motricidad fina, entre otras,**
~~las destrezas para dibujar y para sostener y manipular objetos.~~ Estas actividades de

arte desarrollan muchas destrezas, tales como coordinación visomanual y coordinación motora fina.
Éstas son algunas actividades de arte que puede hacer con su niño:

1. **Anime a su niño a jugar con plastilina.** Muéstrelle cómo amasar la plastilina para

Dear Families,

Cutting with scissors takes a great deal of finger dexterity and so can be frustrating for

young children. They will need your help and encouragement. Your child will need a pair of children's scissors four to five inches long. If your child is left-handed, be sure to get left-handed scissors.

Start by showing your child **how to hold the scissors**, how to open and close them, and how to hold and turn the paper while cutting.

Here are some activities to try together:

1. **Scissors and paper** - Cut out a simple shape like a star or a heart.

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Querida familia:

Para **cortar con tijeras** se necesita muchísima destreza con los dedos, por lo que esta tarea puede resultar frustrante para los niños pequeños. Necesitarán su ayuda y estímulo. Su niño

de comprarle tijeras para zurdos.

Empiece por enseñarle a su niño **cómo sujetar las tijeras**, cómo abrirlas y cerrarlas y cómo

Dear Families,

Your child is learning to perform **self-help skills** at school each day. Self-help skills are a vital

requires practice, encourage your child to practice the following self-help skills at home:

- Putting on and removing clothing

- Fastening clothing.



Querida familia:

Su niño está aprendiendo diariamente a realizar **destrezas de autoayuda** en la escuela. Las destrezas de autoayuda son un escalón primordial para que el niño logre madurez e independencia.

Puesto que las destrezas de autoayuda exigen práctica, anime a su niño a practicar las siguientes destrezas de autoayuda en casa:

- Ponerse y quitarse ropa
- Abrocharse la ropa
- Ponerse el zapato correcto en el pie correcto
- Amarrarse los zapatos

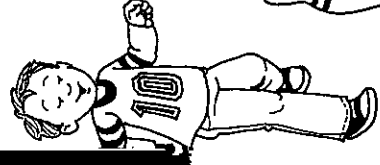
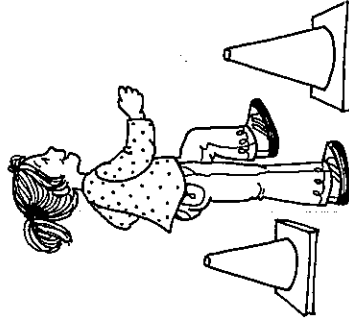
- Seguir medidas de seguridad

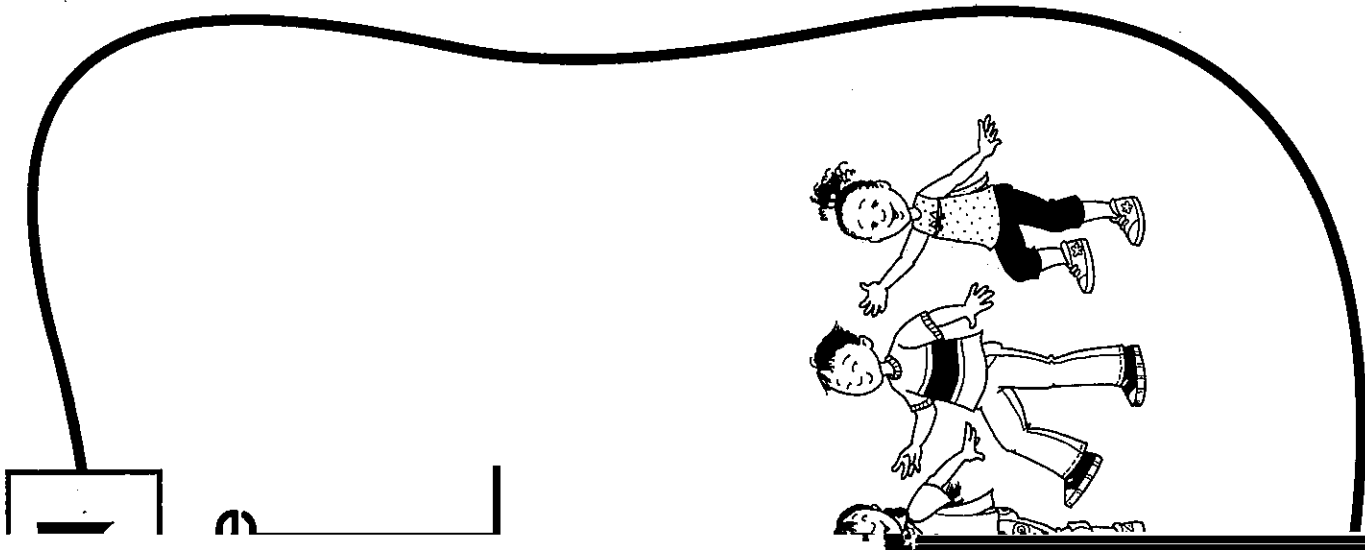
Trate de hacer algunas de estas actividades para ayudar a su niño a practicar estas destrezas:

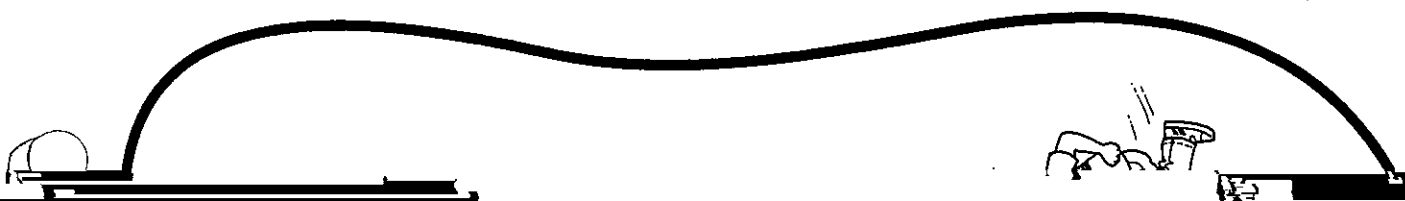
PLAN

walk

ys.







[The remainder of the page is heavily obscured by horizontal black bars, likely representing redacted text or a scanning artifact. No legible text is present.]

MY LEARNING PLAN

I am learning to use my hands
and fingers to do many things.

