**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:**

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**\*\*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**: Building It From A to Z By Trish Holland

***\*\*\*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:**

Children have lots of energy, and they need opportunities to engage in vigorous physical activity. Regular outdoor play experiences promote physical development. Occasionally providing direction for your child’s outdoor play encourages them to get the most from their outdoor experiences.

**Primary Objectives for the activity**

4: demonstrates traveling skills.

**At home,** Use outdoor play as an outlet for your child’s extra energy. Invite your child to play games such as "Follow the Leader" or "Simon Says." These types of games encourage them to move their body. Supply them with objects to manipulate, such as playground or soccer balls. Have your child suggest various ways to use them. As they play, ask open-ended questions that encourage them to think of new ways to move. “How will you move to get across the monkey bars?”

**To extend this activity:** Take trips when possible to new outdoor locations to play. You can also encourage your child to try using outdoor equipment in new ways. It looks like that jump rope is a snake wiggling behind you as you run. Encourage your child to use their imagination as they coordinate their movements around the outdoor space.