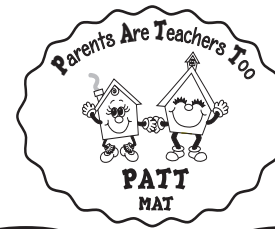




Changes



Literacy

Learn this rhyme and recite it with pride.
You have arrived!

When I Was One

When I was one, I was so small	(hold up one finger)
I could not speak a word at all.	(shake head)
When I was two, I learned to talk,	(hold up two fingers)
I learned to sing, I learned to walk.	(point to mouth and feet)
When I was three, I learned about me.	(hold up three fingers)
And when I turned four, I learned more.	(hold up four fingers)
Now I'm five, (pause) and I've arrived!	(hold up five fingers)

Outdoors

Observe the changes that happen to seeds. Choose the kind of seed you want to plant. Do you want flowers or vegetables? Will the pot be in the sun or in the shade? Have an adult help you read seed packages and ask questions to help you decide. When you have chosen the seeds, place rocks or pieces of a broken pot into the bottom of the pot you will use. This will help the water drain properly. Fill the pot with soil. Plant the seeds according to the instructions on the seed package. Tend the seeds. Notice the changes. Enjoy the harvest.

Calming Strategy

Teach someone in your family how to get rid of stress with the **Bunny Breathing** calming strategy.

Hold one hand up with two fingers standing tall like a peace sign to represent the bunny. The tall fingers are the ears and the balled hand is the bunny body.

Scrunch up your nose and take three short breaths. As you do this, have the bunny's ears go up and down with the breathing.

Hold your breath for three seconds and then exhale slowly, moving (hopping) your hand across your body as if the bunny is hopping away. Try to exhale as long as the bunny is hopping.

Math

Do you remember the thing that was about the same size you were at the beginning of the year? Find it and compare yourself to it again. Have you grown taller? Have you grown in other ways too? Do the clothes and shoes that you wore in the fall still fit you now? Begin a Measure My World journal and record some of your observations. Think about how you will change in the next year.

Theme Job

Create a *Before and Now* book of your own. Think of something that you do well. Think about how you used to do that same thing. Draw a picture to show the "before" and another to show the "now." Add words that tell about your picture or have an adult help you with the words. Add other pages. Read your book proudly.