



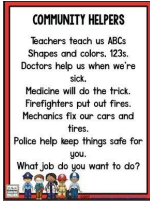







Choice Board-For your learning this week, please feel free to select from the grade level activities below that have been selected by your fabulous Linn-Mar teachers!

Grade Level: **Preschool**

Community Helpers

Date: May 18th-22nd

<p style="text-align: center;"><u>Language Development</u></p> <p>Talk about different helpers in our community. Make a list together of things that different community helpers might do and use. (Example: Nurse--gives shots, helps people. Use: stethoscope, thermometer. Are: in a doctor's office or hospital, helpful.)</p> 	<p style="text-align: center;"><u>Practice this to Stay Safe</u></p> <p>These are ways you can help your child talk to a community helper if they ever are separated from you.</p> <p><i>Can you say your first name and last name when someone asks?</i></p> <p><i>Can you say your parents name when someone asks?</i></p> <p><i>Do you know your parent's phone number?</i></p> <p>https://teachingmama.org/how-to-teach-phone-numbers/</p>	<p style="text-align: center;"><u>Thank a Community Helper</u></p>  <p>Color a "thank you" picture for the safety helpers in your community. Send it to them in the mail or take a picture of it. Post it on their social media pages.</p> <p>Examples: Mail Carrier, Firefighter Teacher, Librarian, City worker, Restaurant worker, Doctor, Nurse, Grocery store worker, Delivery People, etc.</p>
<p style="text-align: center;"><u>Songs</u></p> <p>Sing songs about different community helpers. Find more using the link: https://www.prekinders.com/community-helper-songs-kids/</p> 	<p style="text-align: center;"><u>You Can Help</u></p> <p>Remember that you are an important helper in your home. Surprise your grown up by doing something to help. Maybe you can pick up some of your toys, wipe the kitchen table, or sweep the floor. Helping other people is good for our hearts.</p> 	<p style="text-align: center;"><u>Math Patterns</u></p> <p>Doctors are community helpers. One of their jobs is to listen to our heart. Our heartbeat makes patterns like the sound <i>Lub Dub, Lub Dub</i>. When we are still and calm our heart beats slowly and when we are active our heart beats faster. Use musical instruments or kitchen utensils such as spoons, pans and strainers to make beat patterns. See how many different patterns you can make.</p> 
<p style="text-align: center;"><u>Fine Motor Firefighter Fun</u></p> <p>Use chalk to draw flames on your sidewalk, driveway, or on paper. Fill a water bottle or squirter and squirt the flames until they disappear like you're a firefighter.</p> 	<p style="text-align: center;"><u>Dental Painting</u></p> <p>Take an old toothbrush, dip it in some paint and brush it around on a piece of paper to create a masterpiece.</p> 	<p style="text-align: center;"><u>Exercise</u></p> <p>Stretch your strong muscles. Get your heart pumping by running, dancing, and playing. Keep your body strong and healthy every day.</p> 

Counselor's Information:

**Every school counselor and student assistance counselor is available to support students during this time. Please feel free to reach out to them via email to set up a time to talk. If your family is in need for reaching community support and/or resources, please contact our Family Resource Specialist, Katie Smith. The link below will take you to a Linn-Mar webpage where a list of resources has been collected for families. School counselors and Student assistance team members' contact information is also on this webpage.*