



What Is My Child Learning?

Unit Themes

Your child is learning behaviors and habits to help them succeed at school and in life. Kindergartners learn that paying attention means watching, listening, and thinking carefully. They also learn why it's important to pay attention: to learn and to stay safe, such as during lessons at school or when helping to cook a meal at home. They discover that mistakes are a part of learning, and that it's important to practice and keep trying in order to get better at something. Toward the end of the unit, kindergartners practice saying kind words, like “Keep going, you can do it!” while learning a new skill—snapping their fingers—to encourage themselves and their classmates.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Seek challenges**
- **Do better academically**
- **Handle transitions more easily**



Practice at Home

What to Look For

Notice and praise your child when they show that they're paying attention or are willing to keep trying to learn something new. You can say, I noticed you watching and listening carefully when I showed you how to zip your jacket. Great job paying attention! Or, I saw you try again when it didn't work the first time. Keep practicing and you'll get it!

Try This!

Discuss: After they've tried snapping their fingers at school, talk to your child about it. Ask, **How did you feel when you first tried to snap? Did you get better at it? What helped you get better?** Have them show you their snapping and tell you how they think they can continue to get better at it (practice and keep trying!).

Practice: Help your child choose a task or a skill they would like to learn to do, for example, writing their name, skipping, buttoning their shirt, or drawing a rainbow. Set aside a few minutes each day for them to practice. Remind them that mistakes are okay and that if they practice and keep trying, they'll get it!