



VIRGINIA BEACH
FRIENDS SCHOOL

Knowledge. Character. Community.

Early School Summer Enrichment Ideas:

Dear families,

We are so glad to have your child and your family a part of our Friends School Early childhood program for the 2020/21 year! These early years are a very special and important time in the life of your child. They are curious and inquisitive, constantly exploring the world around them and establishing new connections, developing independence skills, building relationships and learning to process a wide range of emotions. **Supporting your child's social and emotional development is the best way to help prepare them for school in the fall.** We have created a list of suggested activities for you and your child to do together that support the developmental growth of the early childhood student. We recognize that for many families summer provides extra opportunities to spend valuable time together. As you will see **these are optional activities** that we hope fit easily into your daily lives and routines. **We hope that you and your child have a restful and joyous summer together.** We look forward to returning to school with them in the fall.

We suggest reading this article as you consider your summer months ahead.

[Readiness: Not a State of Knowledge, but a State of Mind | NAEYC](#)

Looking for more? Additional NAEYC resources can be found at [For Families](#).

If you have any questions, please feel free to contact us over the summer.

-Tieshia Ridley Cottage Lead, tiesha@vbfschool.org

-Toni Prego- Pre-K Lead, toni@vbfschool.org

- Kristyn Brown-Moore, Kindergarten Lead, kristyn@vbfschool.org

Optional Summer Activities

Social/Emotional:

- Develop independence skills like getting dressed, putting on a coat and clearing their dishes at the table
- Develop self-help skills, getting a tissue to blow their nose
- Establish predictable routines throughout the day for
- Develop impulse control skills through games like freeze dance and red light green light
- Encourage your child to use feeling words to express themselves when upset or frustrated or happy.
- Teach responsibility, find their shoes, put dirty clothes in the hamper, fill their water bottle etc..
- Practice sharing with a friend or family member when playing

Fine/ Gross Motor

- Encourage your child to run, skip, jump and balance while playing outside
- Play with legos or sort dry beans or pompoms using tweezers
- Play a listening game A number of classic childhood games are beneficial when it comes to the development of gross motor skills. For example, “Duck Duck Goose” not only practices running, but requires children to control changes in speed and direction.

Math:

- Practice counting objects up to 20. For example, how many forks do we need for dinner? How many eggs do we need for the cake? We used one egg, how many are left? I see you have 4 green blocks and 4 red blocks in your tower, how many blocks do you have altogether?
- Help measure while cooking with your family
- Build with blocks, legos, boxes etc... developing spatial relation, counting and shape recognition.

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- Water balloon math. You will need some water balloons, a sharpie, some number targets and zip lock bags to protect the numbers. Write numbers on the balloons and have them match them with the targets and throw

Literacy:

- Read With your Child daily. Discuss the characters, setting and beginning , middle and end of the story.
- Encourage them to recognize the letters in their name and if ready the other letters of the alphabet. You can play, “ I spy” while shopping or on a walk “I Spy the letter A” or “I spy something that starts with the Aaaa sound.”
- Encourage children to draw a picture and tell you a story, help you make a list or send a card
- Letter Tic-Tac-Toe is super simple to play. Grab a white board and a marker or simply a sheet of paper and a pencil. Draw a grid with two horizontal and two vertical lines. Then two people take turns filling in the nine boxes in an attempt to get three in a row.
- Visit a museum, online! You'll be surprised by how much you can explore without leaving your house. One example is the [Smithsonian Institute for Kids](#) site. It's complete with offerings from Art to Zoo, for kids and students of all ages.

Additional Enrichment Activities from the Librarian

Summer Reading Programs:

- Scholastic Summer Read-a-Palooza: Go to [Scholastic.com/homebase](https://www.scholastic.com/homebase) and create an account for your child. Scholastic Home Base is a fun, safe, and completely free online destination where kids can create their own avatar, interact with their favorite Scholastic characters, play games, and read books! **May 4, 2020 - September 4, 2020.**
- [Virginia Beach Public Library Summer Reading Challenge](#): to log your reading go to https://vbpl.beanstack.com/users/sign_in and register. Participate in weekly enrichment activities to keep your brain sharp through fun activity badges. Each week, readers that complete 3 activities will

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unlock the activity badge and be entered to win coupons to food venues that offer drive-through or takeout. The coupons will be mailed to each winner's home until the Library buildings reopen.

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Book recommendations from your Librarian:

- "Giraffe Problems" by Jory John is a book about a giraffe who is finding it hard to live life as a giraffe until an unlikely friend arrives to help him see how great it is to be himself. This is a great book for young ones to learn self-acceptance.
- "There's a Dragon in Your Book" by Tom Fletcher is a book about a dragon who keeps accidentally setting his book on fire. The reader has the opportunity to help keep the book safe from the dragon!
- "All are Welcome" by Alexandra Penfold is a book about accepting others. This book is perfect to help show children that being different is great and that accepting everyone always is the right answer.

These titles are just some fun recommendations for over the summer, of course any book is a good book for your child to read. It is suggested that your child read (or at this age be read to) for at least 15 minutes a day. This helps improve their long term reading success and expands the child's vocabulary. I cannot wait to see your student in the fall and read many wonderful books with them over the course of the year. I hope you and your family have a wonderful summer!! - Teacher Courtney, VBFS Librarian.