



Lesson Time

Your child is learning how to wait. Calming down and then doing something quiet helps your child wait. Counting things is a quiet thing your child can do while waiting. This helps your child stay calm and not disturb others.

Knowing how to wait helps your child learn at school and at home.

Play Time

Play a game with your child to practice waiting.

Say: **We're going to play Wait and Count. You will wait here while I walk into the kitchen and back** (or into any other room or place in your home). **While you wait, count all the red things you see. When I leave, start counting.** Walk to the other room and come back. When you return, ask: **How many red things did you count?**

Take turns being the one who counts. Continue to play, counting items of other colors or shapes.

Story Time



This week's story is about Olivia. Olivia is having trouble waiting in line. She is hopping on one foot and bumping into the other children. Ask your child about this story.

- **What do you see in this photo?**
- **How is Olivia feeling?** (Excited, impatient, silly.)
- **How can you tell?** (By her body. By what is happening.)
- **What can Olivia do to help her wait?** (Calm down. Belly breathe. Find things to count.)

Let's pretend we're Olivia. Let's belly breathe together and then count things of the same color in the room. Breathe in and out slowly. Then pick a color and count all the things of that color in the room.