

Heritage Preschool Parent Corner

S



Letter of the Week

There are lots of super, sparkly words that start with 's'. Have fun this week with this letter!

Words & Feelings

There are a lot of feeling words that start with 'S'. I am sure you have seen some of these in your child: satisfied, strong, surprised, super, self-assured, smiley, sensitive, safe, special, stretched, seething, shut-out, silly, sharp, scared, sorry, stupid, sorrowful, serious, shy, stressed, stubborn, spiteful, sparkly, sad, smouldering, startled, shaken, small, sassy

Riddles, Rhymes & Opposites

1. This has 8 legs and makes a web
2. Peanut Butter & Jelly is a favorite kind of
3. This animals says "sssss"
4. Inside our shoe we wear a
5. We do this at music - it rhymes with ring
6. The opposite of happy

Fun with S

- Make a super sock puppet
- Make a sponge or spatter painting
- Sing favorite songs
- Sort seeds, socks or shells
- Play on swings and slides
- Sniff different scents
- Read *Stone Soup* and make some for lunch.
- Go outside and look at the stars
- Play Simon Says or Statues

Alliteration

Sarah smiled when she saw a slimy, slippery snail.

Poetry

S is for spider, snake, snail and seal
S is for super-sized sandwich meal
S is for sailboat, smile and sing
S is for spaghetti, seesaw and swing
Hooray for **S**, big and small -
the most sensational letter of all!

Are Kids' Sports Good for Preschoolers?

By Amanda Rock, About.com Guide

For some parents, having their kids play organized sports is something they've looked forward to for ages. For others - well, not so much. But is it right for your child? Maybe. There are some factors you need to consider.

Age Soccer tends to be a little more accommodating to younger players, but there are lots of t-ball leagues designed especially for little kids. Swimming and gymnastics are great for preschoolers, as long as there is a low coach-participant ratio so your child doesn't get bored waiting his turn. The American Academy of Pediatrics suggests that team sports are more appropriate for children over the age of 6.

Temperament How patient is your little one? Does she do well taking turns? Can she separate from you without having a meltdown? How does she react if things don't go her way? Does she play well with others? How is she at sharing? Playing a team sport involves taking turns, following rules, paying attention and sharing with other children. There will be some simple rules she'll have to follow. When playing sports, kids are asked to perform -- all that attention could be daunting and scary. And if your child doesn't score a goal or get a hit, she may get upset.

Interest Has your child expressed a desire to play a sport on a team? If you ask him if he'd like to play, how does he react? Some young children may not realize that sports even exist, others are more aware of athletics thanks to an older sibling, friend or relative.

Whether team or individual, sports are a great way to encourage fitness in your preschooler.



"My **son** was lost and now is found"
Luke 15:32