

Heritage Preschool Parent Corner

Z



Letter of the Week

Z is the last letter of the alphabet! The year seems to have zipped by...

Alliteration

Zoë's zebra walked in a zig-zag and then zoomed away to the zoo.

Fun with Z

- Make zucchini people with toothpicks, cherry tomatoes, raisins, etc.
- Practice zipping zippers on coats, duffel bags, & sleeping bags
- Zoom around like cars, jets or rockets
- Plant zinnia seeds
- Look for zeros in addresses, license plates,
- Listen to recordings of zither music

Riddles, Rhymes & Opposites

1. An animal that looks like a horse with black and white strips
2. A place where wild animals are kept
3. The numeral that comes before one. It means nothing
4. A line with sharp turns slanting back and forth



Poetry

Z is for zebra, Z is for zoo
Z is for zucchini and ziti, too
Z is for zipper, Z is for zap
Z is for zzzzz when you nap
Hoorah for Z, big and small -
The zippiest, zaniest letter of all!

"Jesus looked up and said, 'Zacchaeus, hurry and come down, for I must stay at your house today.'
Luke 19:5

Parenting Tips From A to Z

"We all want to raise our children to be good people. We want them to be well-adjusted and strong (in mind and body). We want them to be well on an emotional, mental, social, and physical level. How can we achieve such a lofty aspiration?"

I found this list in an online article from website [The Inside Woman](#) by the "Mental Mama." She says about herself: *I have an MS in Psychology and am a Licensed Clinical Professional Counselor. I have been in this field for over 12 years now. I work part-time as the mental health therapist in an inner city elementary/middle school, but I am a Mom first and foremost.*

Her list includes an explanation for each word and I agree with most of them. The one I disagree with is her definition for Quit. She says, *"tell them that this is a word that should never be part of their vocabulary. Encourage them to never be a quitter and to always persevere."* I agree that we need to teach our children to persevere, but there are situations

in life where you should 'quit'. So maybe a better idea would be to teach your children when and how to quit an activity. Everyone can learn to swim, but not everyone will be an Olympic swimmer. So, maybe it is not about quitting, but how to set realistic goals.

Anyway, here is the Mental Mama's list. If you want to read all of her explanations, the website is at the end of the article!

**Acceptance Aspirations Believe Brave
Consistency Communication Diligence
Dream Encouragement Excellence
Friendly Fun Go-Getter Goals Honesty
Happiness Insight v Intelligence Joy Just
Kind Kid Limits Lead Manners Morals
Nurture Nonjudgmental Open Outgoing
Praise Proud/Pride Quiet Quit Respect
Responsibility Structure Support Teach
Trust Unconditional love Understanding
Value Voice Work ethic Wonder eXample
Youthful Yearn Zeal Zany**

<http://theinsidewoman.com/parenting-tips-a-to-z/>