

# Heritage Preschool Parent Corner



L says "l" for lol - li - pop

## Letter of the Week

I like "L" because it begins so many lovely words like lullaby, lace, lake, and lavender. L can be one of the harder sounds for young children to learn to say.

## Alliteration

Layla licked a lemon lollipop after a lovely lunch.

## Words & Feelings

Here are just a few "L" feelings.

L: loving, lively, lost, lonely, low, lazy

## Riddles, Rhymes & Opposites

1. A thing you use to climb up to high places
2. A young sheep
3. The opposite of small
4. The opposite of early
5. The opposite of first
6. The opposite of right (directions)
7. The things that fall from a tree to the ground in the fall
8. The opposite of dark

## Poetry

L is for Lamb and licorice stick  
L is for lots of lollipops to lick  
L is for lion and ladybug  
L is for leaf and lemonade in a jug  
Hooray for L, big and small -  
the loveliest, luckiest letter of all!

## Fingerplay

### **Five Little Ladybugs**

Five little ladybugs sitting in a tree  
The first one said, "I'm glad I'm me."  
The second one said, "I feel great too."  
The third one said, "How about you?"  
The fourth one said, "It's time to fly away."  
The fifth one said, "We'll talk another day."  
Z-o-o-o-m

## Laugh & Relax

Stress can affect anyone who feels overwhelmed — even kids. And with the holiday season coming this can add to that stress level for everyone. Some level of stress is normal, so remind yourself and your children that you're confident that they can handle the situation.



"One of the lepers, when he saw he was healed, came back, thanking God in a **loud** voice."  
**Luke 17: 15**

It's not always easy to recognize when kids are stressed out. You might see mood swings, acting out, changes in sleep patterns, or bedwetting, stomachaches and headaches. Younger children may pick up new habits like thumb sucking, hair twirling, or nose picking; older kids may begin to lie, bully, or defy authority. A child who is stressed may also have nightmares, difficulty leaving you or overreactions to minor problems.

How can you help kids cope with stress? Proper rest and good nutrition can boost any age. And, make time for your kids each day. Sometimes kids just feel better when you spend time with them on fun activities. Laughter is a great stress relief for adults and children. Take time today to watch a silly TV show or movie and enjoy a good belly laugh together!

## Fun with L

- Play leapfrog
- Pick up litter and throw it in a trash can
- Explore the color and scent of lavender
- Sing a lullaby
- Make a lettuce salad
- Make lemonade
- Have a lap cuddle time
- Roar like a lion or baa like a lamb
- Help sort the laundry
- Punch holes in the edge of a cardboard L and then use yarn to lace around it.
- Go on a leaf hunt
- Go to the library & look for "L" books