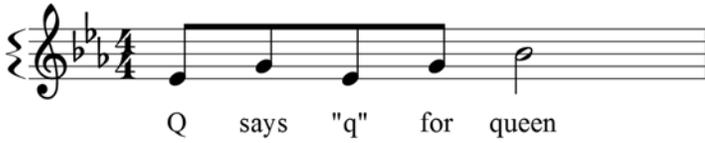


# Heritage Preschool Parent Corner

# Q



## Letter of the Week

Q says 'qu' for queen and quail. It is always accompanied by its best friend "u"! The lowercase 'q' is often confused with b, d, and p!

## Words & Feelings

There is: quiet, quirky, quivery, quarrelsome

## Riddles, Rhymes & Opposites

1. The opposite of loud
2. Ducks make this sound
3. The king is married to the

## Fun with Q

- Play 20 Questions
- Pretend to be ducks and quack around the room
- Make a quill pen
- Look for the queens in a deck of cards
- Cut apples, oranges or a round pie into quarters
- Make a quiche to eat
- Snuggle under a quilt
- Be very quiet
- Make a crown and then make tarts while being the Queen of Hearts

## Alliteration

Quinn quickly caught his quacking duck.

## Five Little Ducks and Five Little Quail

Five little ducks went out to play

(Wiggle five fingers on right hand.)

And met five quail that came their way.

(Wiggle five fingers on left hand.)

The five little quail went to get a snack,

(Take left hand behind back.)

And the five little ducks went "quack, quack, quack!"

(Put right hand to mouth like a duck's bill and move fingers as imitating duck quacking.)

## Poetry

Q is for quail and a quilt for your bed

Q is for queen, with a crown on her head

Q is for quack and quarter to spend

Q is for quarrel you have with a friend

Hooray for Q, big and small—the quaintest, quirkiest letter of all!



"God sent **quail** for the Israelites to eat."  
Exodus 16:13

## "Quiet Time" or "Down Time" or "Special Time"

There are many factors that go into children and adults being wound up and stimulus dependent. One thing that can help to slow down, get more in touch with themselves, their feelings and their own creativity, is spending quiet time alone every day.

Even babies need quiet time alone. Once children get older, they can have alone time in their room with a few toys. Mostly, it is a time to play alone, without T.V. or others involvement. Never make alone time a punishment, that's why some people call it special time. We want the time they play by themselves to be as enjoyable as any other activity, and a natural part of a balanced life.

In fact, some parenting experts argue that we do our kids a disservice by not giving them the "gift of boredom." From the book, *Simplicity Parenting*:

*"Think of boredom as a 'gift.' ... boredom is often the precursor to creativity. Think of a bridge between 'doing nothing' and the sort of deep creative play ... The bridge is almost always paved with (the frustration of) boredom. 'I'm bored.' Now that is when something interesting usually happens."*

*We need to give our kids the gift of down time and yes, even boredom. When we give our kids those seemingly "empty" spaces of time, creativity and imagination have room to grow and flourish.*

Excerpted from: <http://simplekids.net/the-importance-of-down-time/> and <http://www.homestarceneter.org/>