Lesson Time

Your child is learning three Fair Ways to Play:

- Play together: children play together with a toy
- Trade: children switch toys
- Take turns: one child gets a turn with a toy, and then the other child does

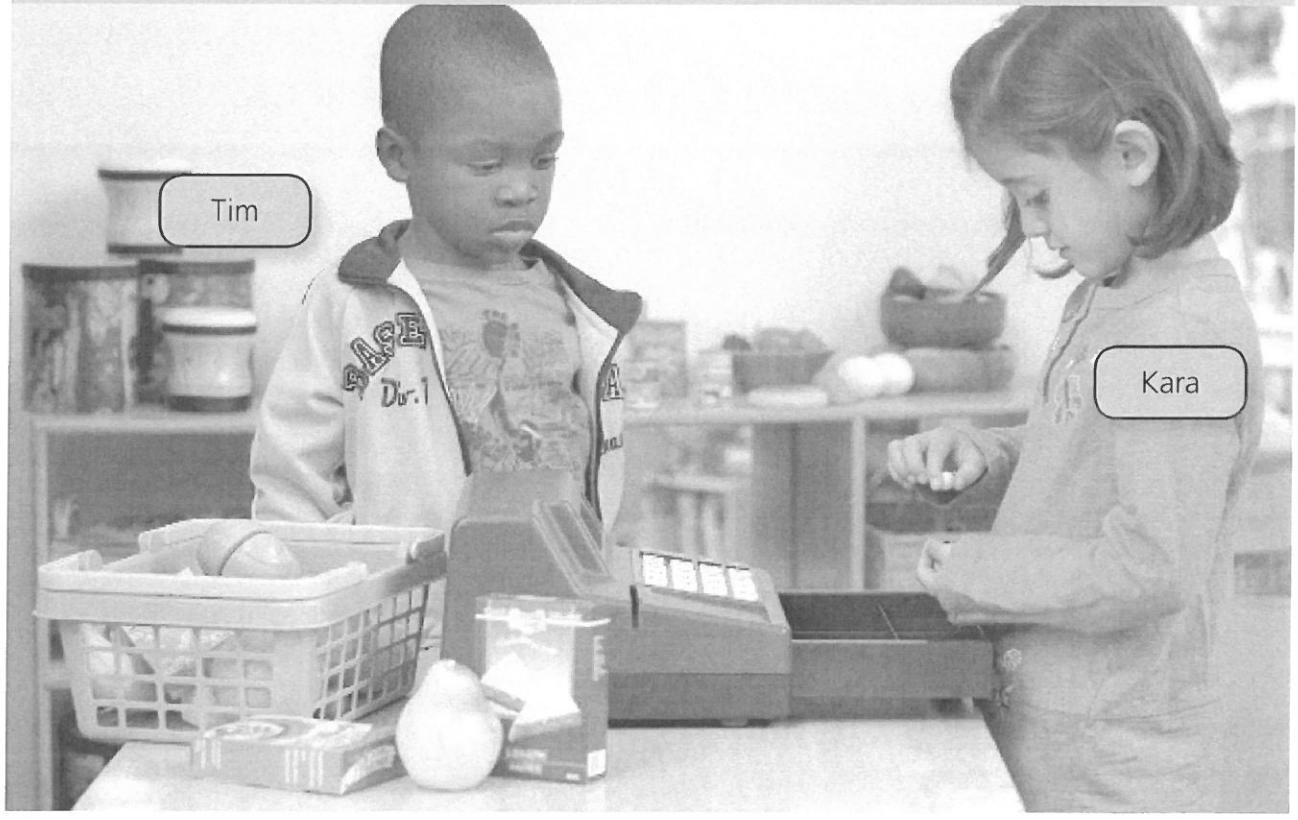
Knowing how to play fairly helps your child make friends at school and at home.

Play Time

Play a game with your child to practice taking turns—one of the Fair Ways to Play. Play this game while you are making food that you have to mix or stir, such as batter. Or take turns with a task, such as putting napkins and forks on the table.

Say: **We're going to play My Turn, Your Turn while we mix up this batter. I will stir the batter five times.** Count out loud while you stir. **Then you will ask me, "May I have a turn stirring, please?" Then it will be your turn to stir.** Repeat until the batter is completely mixed.

Story Time



This week's story is about Kara and Tim. Both children want to play with the cash register. Ask your child about this story.

- **What do you see in this photo?**
- **Is it fair for Kara to keep Tim from playing with the cash register?** (No.) **How might Tim feel?** (Sad, angry.)
- **What can Kara and Tim do?** (Take turns. Trade. Play together.)

Now let's pretend you're Tim and I'm Kara. Practice asking me to play together. (Can we play together with the cash register?)

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Lesson Time

Your child is learning to choose to have fun with friends rather than to get his or her own way. Children have fun when they play in fair ways.

The Fair Ways to Play are:

- Play together
- Trade
- Take turns

Understanding that having fun and playing fairly are more important than getting your own way helps your child get along better with other children.

Play Time

Play a game with your child to practice the Fair Ways to Play. Set out two simple kitchen items, such as a plastic container and a pot. Use the Fair Ways to Play to play with the objects.

Say: **We're going to use the Fair Ways to Play to play a game with these kitchen things. First let's play with the plastic container together.** Turn over the container and pretend it's a drum. Play the drum together. **Now let's take turns playing the drum. I'll go first. While you wait for your turn, play with the pot.** Take turns playing the drum. **This time, let's trade.** Trade kitchen items with your child.

Story Time

This week's story is about Rico and Dakota. They both want to be the doctor. They are arguing with each other. Ask your child about this story.

- **What do you see in this photo?**
- **How are Rico and Dakota feeling?** (Angry, frustrated, upset.) **What can they do to calm down?** (Put their hands on their tummies and say "Stop." Name their feelings. Take belly breaths.)
- **What is a fair way Rico and Dakota can play and both have fun?** (Both be doctors. Take turns being the doctor.)

Now let's pretend you're Rico and I'm Dakota. Let's ask each other to play in a fair way. (Do you want to take turns being the doctor?)

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Lesson Time

Your child is learning how to invite others to play. Inviting others to play is a good way to make friends.

When children invite others to play, they:

- Use a friendly voice
- Ask, "Do you want to play with me?"

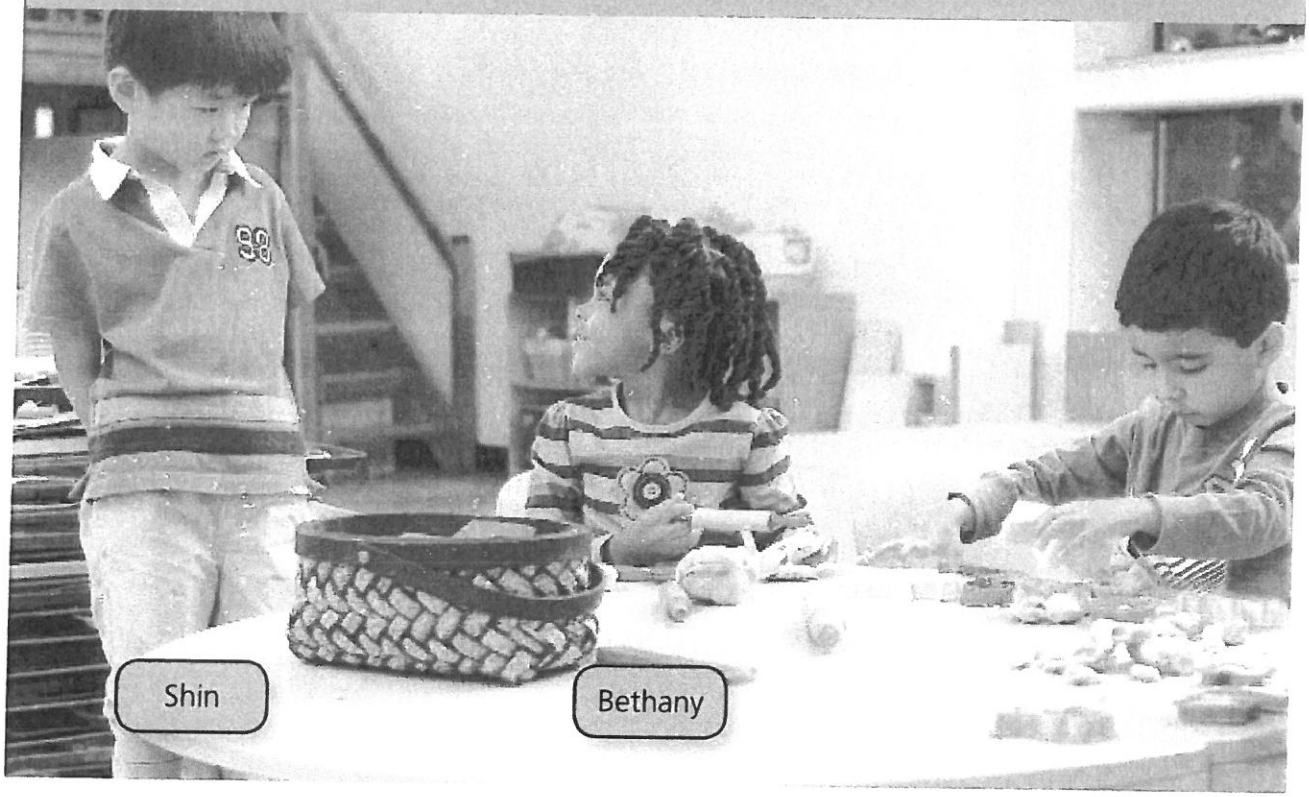
Noticing children who are not playing with anyone and inviting them to play helps everyone feel included at home and at school.

Play Time

Play a game with your child to practice inviting others to play.

Say: **We're going to play Telephone. We each have our own pretend phone. First I'm going to pretend to call you and invite you to play with me.** Make a call on your pretend phone. Make a ringing sound. When your child answers his or her pretend phone, say: **Hello, _____! I am going to play a game. Would you like to play with me?** Talk to each other on your pretend phones. Say good-bye and then have your child call you and invite you to play.

Story Time



This week's story is about Bethany and Shin. Shin is watching Bethany and some other children play with play dough. Ask your child about this story.

- **What do you see in this photo?**
- **Does Bethany see Shin watching her play?** (Yes.) **Do you think Shin wants to play too?** (Yes.)
- **What should Bethany do?** (Invite Shin to play with her.)

Now let's pretend you're Bethany and I'm Shin. What could you say to me to invite me to play? (Do you want to play with play dough with me?)

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Lesson Time

Your child is learning how to join others in play.

Children are learning these steps for joining others in play:

- Wait and watch what others are doing and then say, "That looks like fun. What are you doing with the _____?"
- Give ideas for play that help them join.
- Ask, "May I play too?" in a friendly voice.

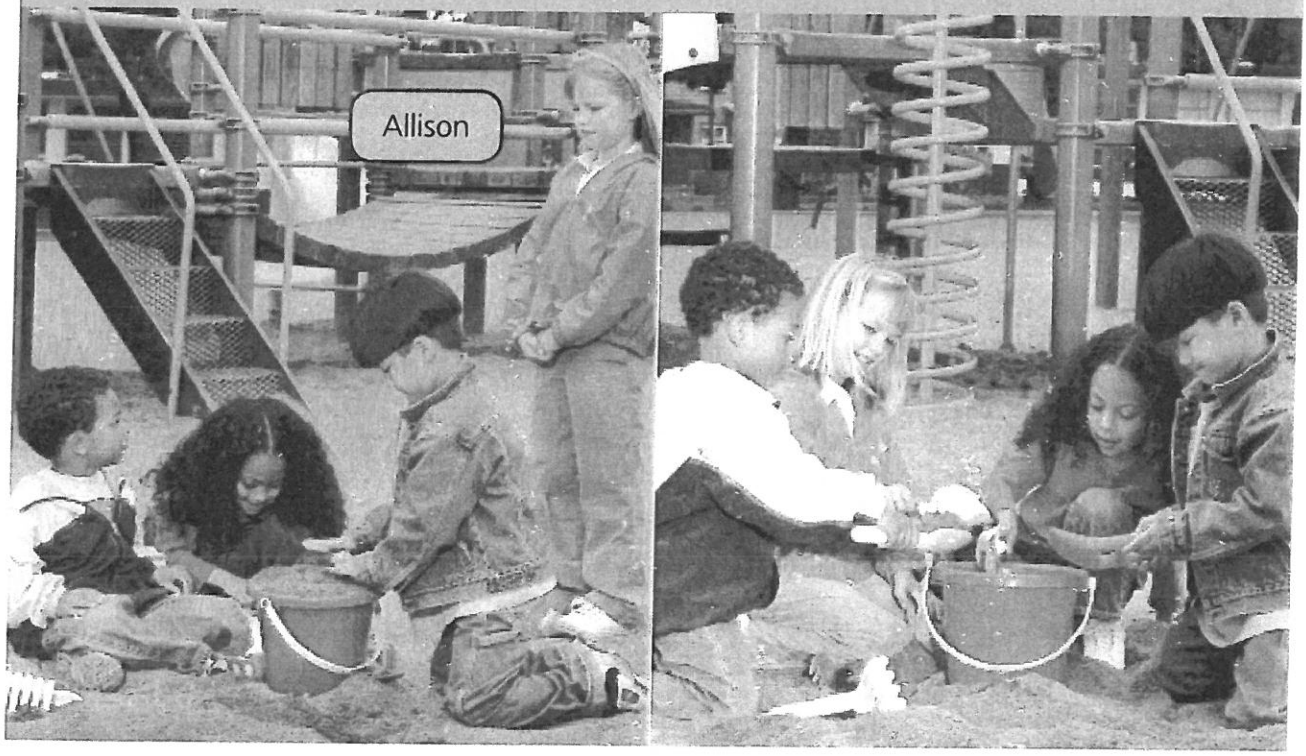
Knowing how to join others in play helps your child feel included and have a sense of belonging.

Play Time

Play a game with your child to practice coming up with ideas for play. Use simple kitchen items or toys your child already has. Choose one or two items or toys to play with at a time.

Say: **We're going to play What Can We Play? We will take turns thinking of ideas for playing with these things. I will go first. Let's be cooks and mix up a cake with this bowl and these spoons.** Play for a few minutes. Then ask: **What is your idea?** Play together for a while. Continue taking turns coming up with ideas for playing with other items.

Story Time



This week's story is about Allison. She wants to join some other children in their play. Ask your child about this story.

- Point to the left-hand photo and ask: **What do you see in this photo?**
- **How is Allison feeling?** (Wanting to play. Curious. Alone. Lonely.)
- Point to the right-hand photo and say: **Allison is now playing with the other children. What do you think she did to get to join in?** (Watched what the children were playing. Talked about it. Gave an idea for their play. Asked if she could play too.)

Now let's pretend you are Allison and I am one of the other children. What can you say to join in our play? (That looks like fun. You could use the shovels. May I play?)

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Lesson Time

Your child is learning to solve problems. The first Problem-Solving Step is, "Say the problem." Use words to say what the problem is.

Your child is also learning to calm down strong feelings before solving problems.

Knowing how to use words to solve problems instead of hitting or grabbing helps your child get along with others and learn at home and at school.

Play Time

Play a game with your child to practice using words to describe simple problems.

Say: **We're going to play What's the Problem? I'm going to try to do something. But there will be a problem! Use your words to tell me what the problem is.**

Make up your own problems or use these:

- Put water in a bowl. Then use a fork to try to sip it.
- Try to open a can with a spoon.
- Try to fit a large utensil into a too-small container.
- Try to put your right shoe on your left foot.

Story Time

This week's story is about Nora and Talik. Nora wants the dump truck, but Talik got it first. They are arguing. Nora wants to grab it. Ask your child about this story.

- **What do you see in this photo?**
- **Before Nora and Talik try to solve their problem, what should they do?** (Calm down their strong feelings.)
- **What is the first step they should take to solve their problem?** (Use their words to say what the problem is.)

Now let's pretend we are Nora and Talik. What words can we use to say our problem? (We both want to play with the dump truck.)

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