

Things to work with to help you relax and concentrate

1. Use your play dough to work your hand muscles, while making great creations and focus on your ability. You can roll it, squish it, hit it, make balls, people, shapes, cut it with a plastic knife, flatten it and pull it apart. Share it with someone so you could speak to each other and be creative together.
2. If you have shaving cream work it and practice your name and the names of your family with your finger, a Q-tip or a popsicle stick. Using shaving cream also helps you focus and concentrate
3. Play with water: pour into and out of a cup, see what floats and what sinks, use paper towel and see how it soaks up water, put some dish detergent on a cup with water and make bubbles, put half a cup of water in the freezer and wait to see if it freezes overnight.
4. Draw shapes like circles, triangles, squares, rectangles, ovals, octagon, hexagon, star, diamond, and heart. Cut them out and then glue them on a piece of paper. Ask an adult to help you write the names of each one.

Circle the number that matches
the word.

six	6 2 8 7
seven	5 9 7 4
eight	10 6 2 8
nine	7 9 1 6
ten	4 10 8 3

Finish the Ee, Gg and Ff patterns.

E e E e E e E ____

E e E e E e E ____

F f F f F f F ____

F f F f F f F ____

G g G g G g G ____

G g G g G g G ____