

Dear Family,

In my class today, I explored shapes using my body.

Did You Know?

- Creative movement is fun! It gives people energy. Adults can be good examples for children. They can move with children. They can help children move with energy. Adults can help children learn important ideas. They can help children to move safely. They can use vocabulary words with children. Children use movement when they are playing. Children are using thinking skills when they are moving. This helps them to learn.

Ask Your Child:

- What shapes did you make with your body?
- Explain how you made your body like a ball.
- Describe how a twist shape is like a pretzel.
- Compare your body with an arrow. How are they similar? How are they different?

Activities To Do With Your Child:

- Go on a shape hunt with your child. Look for squares, circles, triangles, and rectangles in your home. Count up the number of each shape you found, and compare the numbers. Which shape did you find the most or least of?
- Cut shapes out of construction paper. Have your child name each shape as he or she traces it.
- Play some music, and dance with your child. Have your child demonstrate the shapes that they made in school, and then follow their lead. Try making some shapes together.

Vocabulary To Use With Your Child:

- **self-space** – the area of personal use immediately around a person's body.
- **shape** – the form of the outer surface or edge of an object.
- **straight** – without a curve or bend.
- **curve** – a round, bent shape.
- **twist** – to wind or weave something around something else.
- **hinge** – the point between two pieces of something that are connected that allows it to open or close.