

A Welcome Note

3+

Materials

envelopes
note cards
stamps

What to do

1. Before school starts for the year, write a short note to each child welcoming her to your classroom.
2. Include in your note what they should expect the first day of school and some of the things the class will be doing.
3. For preschoolers, you might want to include photos of yourself and other staff. Ask parents to review who the people in the photos are before school starts. By the time the child arrives at school, she can already be familiar with the staff and have an increased comfort level.
4. Mail the letters home to each child. Children love receiving letters in the family mailbox.
Note: You can also use interesting postcards instead. They are less expensive to mail and are still fun for the children.
5. If possible, use interesting stamps.

More to do

Follow up with a unit about the post office, letter carriers, and writing letters to someone. Let the children send a note to a friend, family member, or classmate.

 Sandra Nagel, White Lake, MI

Entering School: Extending Children's Comfort Zone

3+

Materials pictures of the child's family, friends, and pets

- What to do**
1. Before school begins for the year, send a short note to each family asking them to glue pictures about the child to a square piece of paper and send it in on the first day. Explain that this will increase their child's comfort in the new school environment.
 2. Display the pictures on a wall at the children's viewing level.
 3. Often, just having a picture of home helps the child feel more comfortable in an unfamiliar environment.
 4. Encourage the children to talk about their pictures. It will help them get to know each other and it is a great language activity.

★ Sandra Nagel, White Lake, MI

Hello, How Are You?

3+

Materials none

- What to do**
1. Sing the following to the tune of "Skip to My Lou" to greet children in the morning.

*Hello, how are you?
Hello, how are you?
Hello, how are you?
How are you today?*

*I'm glad you came, everyone,
I'm glad you came, everyone,
I'm glad you came, everyone,
I'm glad you came today.*