

Reya's Emotions

Cut out the pictures of Reya below!
Match the pictures to the emotion words on the next page.

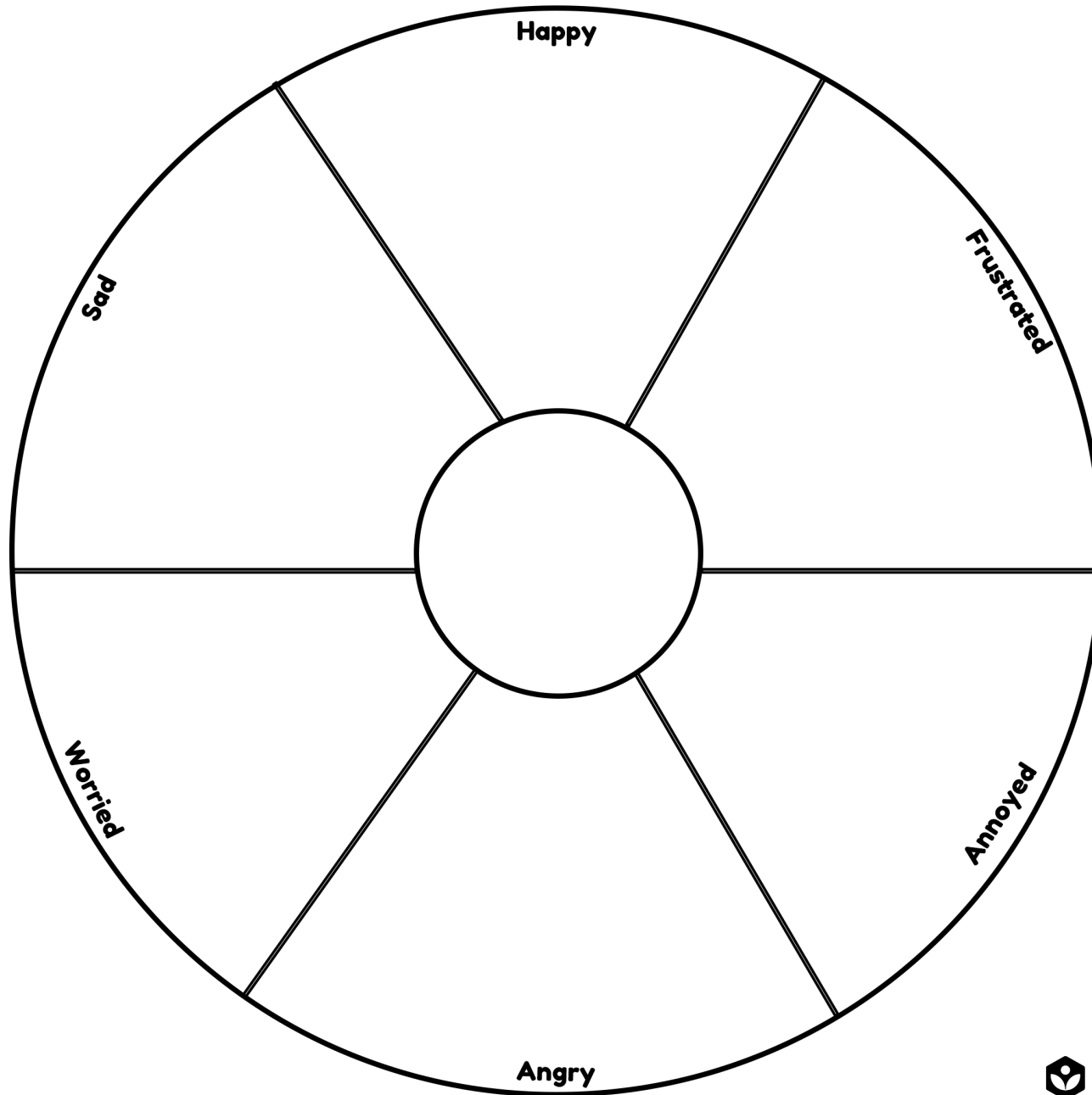




Emotions Wheel



Match the picture of Reya to the emotion words.





Thoughtful Thursday

Goal Setting



Extend your learning in the Khan Academy Kids App! Download at: www.khankids.org

As children begin transitioning their learning experience from school to home, it will be helpful to set concrete goals. Creating goals can help build motivation, self-confidence, and a healthy sense of pride. Learning at home provides an opportunity for individualized learning. Let's make it goal-oriented!

Depending on your child's developmental level, we recommend setting 1-3 goals at a time. Goals can be academic, social-emotional, or physical. We'll provide some example goals below. A great resource for goal-setting is your child's teacher! They may have recommendations for manageable goals based on their observations throughout the school year.

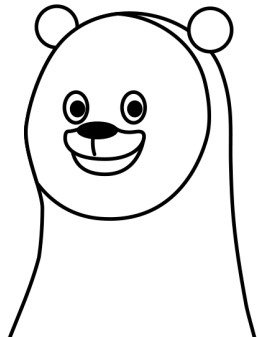
On the following pages, you will see charts where you and your child can track their progress toward 1-3 goals. Print out the template with your child's favorite Khan Academy Kids character! After determining what your child's goals will be, write them on the left column "My Goals." Each day, make a positive mark if you and your child have made progress toward each goal. If the goal is "identify shapes," you can take a walk around the house to count all the circles. Check! One step closer to your goal.

Examples of goals:

- Academic examples
 - I will be able to make letter sounds for all letters.
 - I will be able to count to 30.
 - I will be able to use ten frames to solve addition problems with numbers 1-20.
- Social-emotional examples
 - I will be able to identify the emotion I am experiencing at a given time.
 - I will be able to take turns with my sibling by splitting time with a toy equally.
 - I will be able to listen and follow 2-step directions.
- Physical examples
 - I will be able to balance on one foot for 20 seconds.
 - I will be able to hop on one foot 15 times in a row.
 - I will be able to catch a ball three times out of five.

_____ 's Goals

My Goals	Did I work on my goal today?				
	Monday	Tuesday	Wednesday	Thursday	Friday



_____ 's Goals

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_____ 's **Goals**

My Goals	Did I work on my goal today?				
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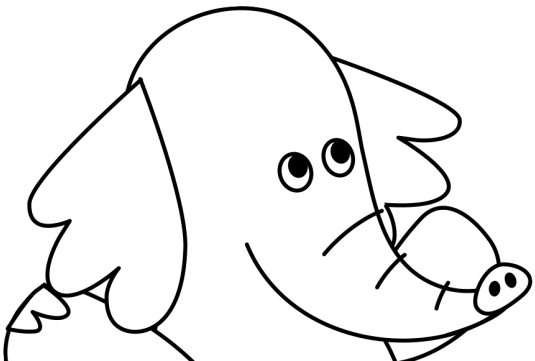
_____ 's Goals

My Goals	Did I work on my goal today?				
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_____ 's Goals

My Goals	Did I work on my goal today?				
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My Three Super Powers

Watch our Circle Time video at khan.co/KhanKids-YouTube!

In times of change, you can use your super powers!

1. _____

2. _____

3. _____

 **What are you thankful for? Draw it here!** 

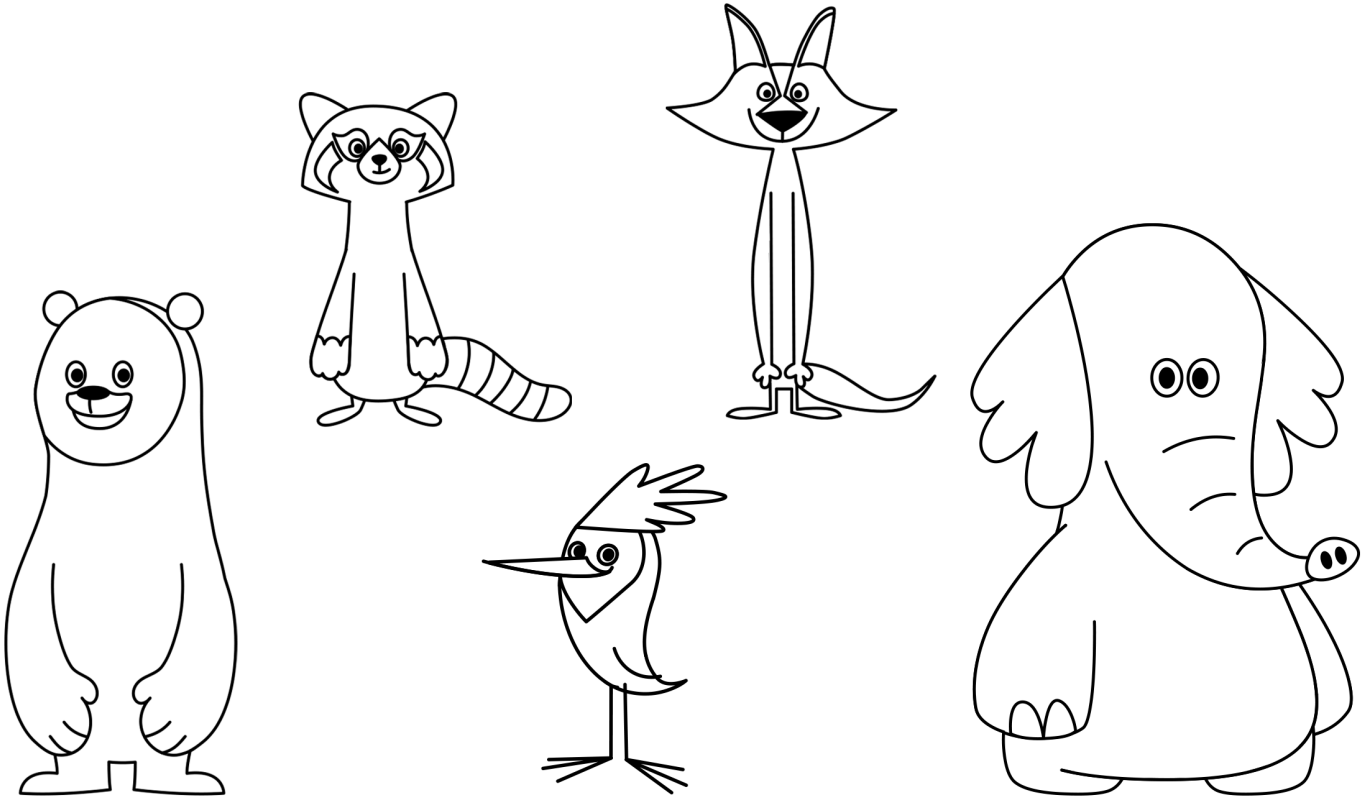


★ Take a belly breath! ★

Which friend do you want to breathe with?

Breathe in and out three times.

Put your hand on your belly so you can feel it move in and out.



★ How can you be helpful? ★

A large, empty rounded rectangular box intended for a child to write their answer to the question "How can you be helpful?".

THANK
YOU

Love, _____

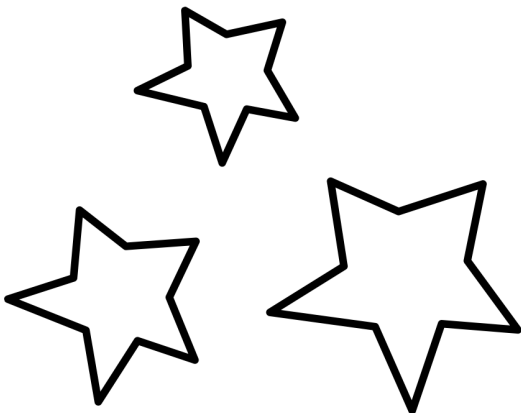


Thoughtful Thursday



Let's practice being thoughtful by writing a thank you card!
Who would you like to thank? Write their name at the top of the letter.

Dear _____,



_____,
