



Theme 3

Giants



Literacy

The giant in Jack and the Beanstalk stomped about chanting, “Fee, fi, fo, fum.” Change the beginning sound of these four words and make some new giant chants—Tee, ti, to, tum; Bee, bi, bo, bum; or Mee, mi, mo, mum. It’s fun to play with sounds!



Math

Think about perspective. What things seem giant to you? (the big tree, the apartment building, daddy’s shoe) If you were an ant, what things might seem giant? If you were a tall basketball player, what things might seem giant?



Outdoors

Count the manmade giants you see around your neighborhood. Are there buildings, bridges, or vehicles that are giant-sized? Count nature’s giants in your neighborhood. Are there rivers, lakes, mountains, trees, or clouds that are giant-sized? Make a list of all the giants you find outdoors.



Theme Job

Practice making giant shadows. Stand between a lamp with a shade removed and a wall. Look at your shadow. Move closer to the lamp. (Be careful not to touch it.) Does your shadow get bigger or smaller? Move away from the lamp. What happens now? Try moving your arms and legs to invent some giant moves.



Calming Strategy

Show your family how to relax with **Roller Coaster Breathing.**

- Squat down almost on the floor with your hands by your sides.
- Swing your arms up as you stand and inhale.
- Reach your arms up over your head and stretch your whole body to the count of five.
- Exhale as you swoop your arms down, and relax your body back into a squatting position.