



### Lesson Time

Your child is learning how to use self-talk at school. “Self-talk” means saying things quietly to yourself. Using self-talk helps your child stay focused and learn at school and at home.

Your child can use self-talk to do the following:

- Focus his or her attention, for example, “Focus,” “Listen”
- Remember what to do, for example, “Put my coat on the hook”
- Keep doing a task, for example, “Pick up all the blocks”
- Control his or her body, for example, “Stay in my chair”

### Play Time

Play a game with your child to practice using self-talk. Use several of the same object in different colors for this game (such as several pens, toys, or socks). Put the objects in a bowl.

Say: **We’re going to play the Say the Color game. I will put two pens on the table and say their colors. Say them with me: “Red pen, blue pen.”** Put the objects back in the bowl. Give the bowl to your child. **Now put the pens with those same colors on the table by yourself. Remember to say the colors.**

Continue playing using different colors and more objects to make it challenging.

### Story Time



This week’s story is about Olivia and Tony. Olivia is using self-talk while she cleans up the toys. She is singing a little song to focus her attention on cleaning up. Ask your child about this story.

- **What do you see in this photo?**
- **What do you think Olivia is saying to herself to stay focused?** Help your child think of self-talk that helps focus on cleaning up.

**Let’s practice how Olivia uses self-talk to focus.** Practice using self-talk with your child. (Time to pick up my toys. Put my shoes on. Brush my teeth.)