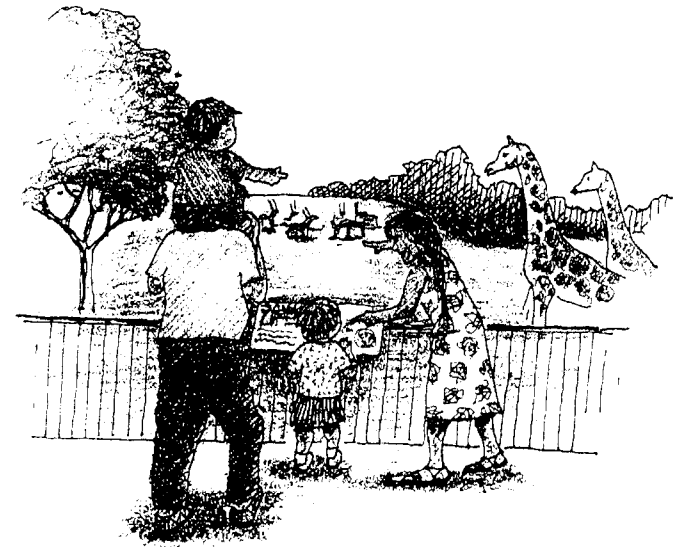


Exploring Patterns

Describing patterns helps your child learn about order, sequences and repetition. Talk about patterns in colors, shapes, sounds, actions and time.

- Point out patterns of color you see on clothes, rugs and animals (The bumble bee has yellow and black stripes).
- Encourage your child to play and move along with music. Describe patterns of sounds you hear in songs and music.
- Talk about patterns in daily routines (We wake up in the morning and go to sleep at night).



Hints



Exploring Patterns



To help your child succeed, you can:

- Repeat patterns of body movements (Up - down; Jump, jump, clap).
- Have your child make music. Describe what he/she is doing (Shake, shake. You made your own music.).
- Sing songs with sequences of movements (Heads, shoulders, knees and toes).

To make this activity more challenging, you can:

- Help your child use a model to make something (e.g., bead necklace, block construction). Talk about the patterns (e.g., This necklace has 3 yellow beads, two red beads).
- Help your child describe different patterns (It's triangle, circle, triangle, circle, triangle).
- Talk about patterns in the calendar (days in the week; months in a year).

