



Helping Your Kindergartener Thrive

This Week's Lesson: Alexander and the Terrible, Horrible, No Good, Very Bad Day

What You'll Need

- A phone with internet (if you do not have this, skip to 'Alternative Instructions')
- Counting bears or blocks

What to Do

- Read or watch "Alexander and the Terrible, Horrible, No Good, Very Bad Day" (<https://www.youtube.com/watch?v=h6rp0SZX7lg>)
- After you read the book, talk about how things happen in a specific order, or sequence. This includes stories.
- Help your child identify sequences in the story:
 - What was the first thing that happened when Alexander woke up? What happened next? What happened after that?
 - When Alexander got to school, what was the first thing that happened? What happened next?
- If your child struggles with this concept, you can lay the counting bears or blocks in a row to help them "see" the sequencing visually. As you talk about the first thing that happened, point to the first bear/block. As you talk about the second thing that happened, point to the second bear/block, etc.

Alternative Instructions

(if you don't have a phone to watch the story or a copy of the book on hand)

- Pick an everyday activity like cooking or cleaning and talk about how these events happen in a specific order, or sequence.
- As you perform the activity, help your child identify the sequence: what is the first thing that we need to do (to cook/clean/make a snack/etc.)? What's the second thing? And after that?
- If your child struggles with this concept, you can lay the counting bears or blocks in a row to help them "see" the sequencing visually. As you talk about the first thing that needs to happen in your activity, point to the first bear/block. As you talk about the second thing that will happen, point to the second bear/block, etc.

Keep It Going

- As you go about the rest of the week, continue to use everyday activities to illustrate the way sequences work.