

Dear parents,

We have reached the end of our first unit of inquiry:

Who we are

Until now we have had the opportunity to learn about taking care of our body through exercise, rest and healthy food. Along with that, we have learned about taking care of our mental health.

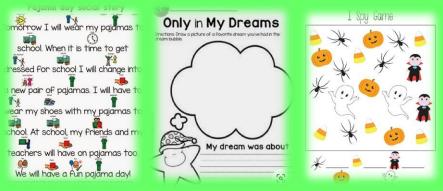
In our unit of inquiry:

We learned how we take care of our physical and mental health.

We did a project, we recorded all the stuff we did in one week and it helped us to be aware of how we felt before we did the activity and how we felt after we did the activity.

In addition, we had a pajama day, having breakfast together in pajama, in front of the screen and talking about our dreams.

Also we celebrated Halloween, wearing costumes and playing games.



In language arts we have covered:

- Comprehension skills and strategies (Answering questions from the text.)
- Reading skills (reading individually, asking about words that are not familiar)



In math we have covered:

- Counting
- Graphing
- Tally marking

