

THE “SLEEPY SUN” ROUTINE



A 10-Minute Bedtime Guide for Self-Control

At Sunshine Academy, we believe bright futures begin with a peaceful rest. Use this quick routine to help your child wind down and master the art of being still.

1. 🧑 PAUSE: Find Your Sunbeam

- Settle into a cozy spot (bed or a soft rug).
- Share a warm smile and take 3 slow “Sunshine Breaths” together.

2. 🙌 ENGAGE: Goodnight Body

- Tell your child: “Let’s help our bodies dim their light for the night.”
- Point to a body part (e.g., toes). Say: “Let’s make our toes quiet and still.”
- Once still, whisper: “Goodnight, toes!”
- Repeat for 3–5 parts (knees, hands, tummy, etc.), using proper names.

3. ✨ ENCOURAGE: Gentle Guidance

- Let them lead: Ask, “Which part should we put to sleep next?”
- The Golden Touch: If they are wiggly, use a soft, steady hand or gentle massage to help that body part find its calm.

4. 📖 REFLECT: Shine Together

- End with a cuddle—our “Unconditional Love” philosophy in action.
- Give Sunshine Praise: “I loved how peaceful your legs were tonight!” or “You knew exactly where your shoulders were!”

🚀 LEVEL UP THE BRILLIANCE

- New Words: Use “Big Kid” words like motionless, silent, or peaceful.
- Precision: Name specific parts like shins, elbows, or thumbs.

THE “RISE & SHINE” ROUTINE



A 10-Minute Morning Guide for Joyful Starts

At Sunshine Academy, we believe every day is a new chance to shine! Use this routine to help your child transition from sleep to a day of “Learning, Laughing, and Growing.”

1. 🛑 PAUSE: Let the Light In

- Gently open the curtains together and say, “Good morning, Sun!”
- Take 3 big “Sunshine Breaths”—reaching your arms high like rays of light as you inhale, and lowering them as you exhale.

2. 🙌 ENGAGE: Wake Up, Body!

- Invite your child to “activate“ their body for a day of play.
- Point to a body part and give it a “wake-up wiggle.“
- Say: “Good morning, toes! Are you ready to run today?“ or “Good morning, hands! Are you ready to create?“
- Move through 3–5 parts (feet, knees, tummy, arms), using proper names to build their vocabulary.

3. ✨ ENCOURAGE: The Sunshine Task

- Focus on Independence, a core value at Sunshine Academy.
- Give them a small “Morning Mission“ they can do themselves, like picking out their socks or helping clear their breakfast plate.
- Positive Prompt: “I love how you’re using your strong muscles to get dressed today!“

4. 🧘 REFLECT: Setting the Intention

- Before heading out the door or starting play, share a “Sunshine Affirmation.“
- Have them repeat after you:
 - “I am kind.“
 - “I am a learner.“
 - “I am ready to shine!“
- End with a high-five or a “Sunshine Hug.“

🚀 LEVEL UP THE BRILLIANCE

- Morning Math: Count the buttons on a shirt or the steps to the kitchen.
- Healthy Choices: Talk about how “Sunshine Foods“ (breakfast) give our brains the energy to learn.

THE “SHINE YOUR LIGHT” EMOTION MATCH



A 5-Minute Social-Emotional Connection Activity

At Sunshine Academy, we nurture “Happy Hearts and Bright Minds.” Understanding feelings is a key part of Social-Emotional Growth. This activity helps your child identify emotions and build empathy through face-to-face connection.

1. 🧑‍🦰 PAUSE: The Heart Connection

- Sit eye-to-level with your child in a comfortable “Sunbeam Spot.”
- Place your hands over your hearts and take 2 slow breaths together to get focused and calm.

2. 🌞 ENGAGE: Mirroring the Sun

- Tell your child: “Our faces can show how we feel inside, just like the sun shows us the weather!”
- The Game: Make a “feeling face” (Happy, Sad, Surprised, or Calm) and ask your child to “mirror” or copy it.
- Identify: Once they copy the face, label it together: “That is our Happy Face! It’s bright like the sun.”
- Model: Take turns! Ask: “Can you show me what a ‘Kind’ face looks like?”

3. ✨ ENCOURAGE: Gentle Coaching

- The Why: Ask a simple follow-up: “What makes your heart feel sunny and happy?”
- Validation: If they show a “Grumpy” or “Sad” face, acknowledge it with our Unconditional Love philosophy: “It’s okay to have a cloudy day sometimes. I’m here to sit with you until the sun comes out.”

4. 🌈 REFLECT: Shine with Kindness

- End with a “Sunshine Hug” or a high-five.
- Sunshine Praise: “I love how you can see my feelings! You are being a very kind friend today.”

🚀 LEVEL UP THE BRILLIANCE

- New Vocabulary: Use “Big Heart” words like frustrated, excited, peaceful, or proud.
- The Helper: Ask: “If a friend has a sad face at school, how can you help them shine?” (e.g., sharing a toy or a hug).

THE “BRIGHT LETTERS” SCAN



A Quick Literacy Activity for Toddlers & Preschoolers

At Sunshine Academy, we believe that “Curiosity leads to Discovery.” This activity turns letter recognition into a fun, low-pressure game that builds the foundation for reading while you are out and about or relaxing at home.

1. 🧑‍🦯 PAUSE: Focus Your Eyes

- Before you start, take a “Focus Breath.” Close your eyes, count to three, and open them wide like a camera lens.
- Say: “Our eyes are ready to hunt for some sunshine letters!”

2. 🙌 ENGAGE: The Alphabet Eye-Spy

- Pick one “Letter of the Day” (start with the first letter of your child’s name).
- Look at a cereal box, a street sign, or a book cover.
- Model: Point to the letter and say: “I found a ’B’! B is for Bright. Can you find a ’B’ that looks just like mine?”
- Identify: When they find it, trace the shape of the letter in the air together with your “pointer sunbeams” (index fingers).

3. 🌟 ENCOURAGE: Positive Reinforcement

- The Hunt: If they struggle, give a hint: “I see one hiding near that big red circle!”
- Phonics Connection: Every time you find the letter, make its sound together. “B says /b/, /b/, /b/ like a bouncing ball!”
- The Golden Touch: If they get frustrated, focus on the shape rather than the name. “Look for the letter with two big belly bumps!”

4. 🏆 REFLECT: Shine with Success

- Celebrate the “catch” of the day.
- Sunshine Praise: “You have such sharp eyes! You found five ’S’ letters today—just like the ’S’ in Sunshine!”

🚀 LEVEL UP THE BRILLIANCE

- Letter Scavenger Hunt: Can you find the first letter of everyone’s name in the family while we walk through the grocery store?
- Environmental Print: Notice how the “M” on a McDonald’s sign looks different from the “M” in a book. This helps with Visual Discrimination.

THE “SUNNY SUPPER” ROUTINE



A 10-Minute Guide for Mindful & Happy Mealtimes

At Sunshine Academy, we believe that “Healthy Bodies Grow Bright Minds.” This routine turns mealtime into an opportunity for Social-Emotional Connection and sensory discovery.

1. 🧑‍🦰 PAUSE: The Pre-Meal Reset

- Before sitting down, wash hands together. Say: “Scrub away the busy day, let’s get ready to eat and play!”
- Take 2 “Belly Breaths” at the table to help the body settle and prepare for digestion.

2. 🍴 ENGAGE: The Five-Sense Feast

- Instead of just eating, explore the food like a scientist.
- Identify: Use proper names for healthy foods (e.g., “These are roasted carrots”).
- The Game: Ask your child to describe the food. “Is it crunchy like a cracker or soft like a cloud?” or “What color of the rainbow is on your plate?”
- Gratitude: Share one “Sunbeam” from the day—something that made you smile.

3. ✨ ENCOURAGE: Independence & Manners

- The Helper: Give your child a “Sunshine Job,” like placing the napkins or pouring water from a small pitcher.
- Positive Prompt: “I love how you’re using your ‘strong-hand’ to hold your fork!”
- The Golden Touch: If they become restless, focus on a “Quiet Tasting”—see if you can both chew silently like little bunnies for 10 seconds.

4. 🌟 REFLECT: Shine with Growth

- When finished, encourage your child to help clear their spot.
- Sunshine Praise: “You tried a new ‘Sunshine Food’ today! That helps your brain stay bright and your body stay strong.”

🚀 LEVEL UP THE BRILLIANCE

- Vocabulary: Use rich words like delicious, nutritious, savory, or aromatic.
- Math at the Table: Count the slices of apple or compare the sizes of different vegetables (big, medium, small).

THE “LITTLE EXPLORER” SENSORY BIN



A 10-Minute Science & Discovery Activity

At Sunshine Academy, we believe that “Curiosity Leads to Discovery.” This science-based activity encourages your child to use their five senses to observe, compare, and describe the world around them using simple household objects.

1. 🧑‍🔬 PAUSE: The Scientist’s Focus

- Sit together at a table or on a “Discovery Blanket.”
- Take 2 slow “Focus Breaths.” Pretend to put on your invisible “Scientist Goggles” to get ready to observe closely.

2. 🤝 ENGAGE: The Texture Hunt

Gather 3–5 different objects (e.g., a smooth stone, a fluffy cotton ball, a bumpy pinecone, a cold metal spoon).

- Observe: Pick up an object. Ask: “What does this feel like in your hands?”
- Identify: Use “Big Scientist” words to describe the texture. Is it rough, smooth, fuzzy, hard, or squishy?
- Compare: Hold one object in each hand. Ask: “Which one is heavier? Which one feels colder?”

3. ✨ ENCOURAGE: Investigative Questions

- Predict: Before they touch an object, ask: “Do you think this will be soft or prickly?”
- The Golden Touch: If your child is unsure, gently guide their hand to touch the object. Describe the sensation as they feel it: “I feel the bumps on that orange peel, too!”
- Proper Names: Always use the correct names for the materials (e.g., “This is a velvet ribbon” or “That is a stainless steel whisk”).

4. 📖 REFLECT: Shine with Discovery

- Gather the items back into a basket.
- Sunshine Praise: “You used your sense of touch so well today! You noticed that the cotton ball was the softest item in our bin.”

🚀 LEVEL UP THE BRILLIANCE

- The “Mystery Bag”: Place the objects in a pillowcase. Have your child reach in and guess the object just by feeling it—no peeking!
- Vocabulary Growth: Introduce words like texture, experiment, observe, and material.
- Sort the Sunbeams: Ask your child to group all the “hard” items together and all the “soft” items together.

THE “PICTURE PROWLER” WALK



A 10-Minute Pre-Reading & Language Activity

At Sunshine Academy, we know that “Every Picture Tells a Story.” A Picture Walk helps your child develop essential pre-literacy skills like prediction and vocabulary before ever reading a single word.

1. 🧑‍🦰 PAUSE: The Reader’s Reset

- Sit together in a cozy “Reading Nook” or on your child’s bed.
- Take 2 slow breaths to transition from active play to “thinking time.”

2. 🙌 ENGAGE: The Silent Story

- Look at the cover and the pictures inside without reading the text.
- Identify: Point to things in the illustrations. Say: “I see a big green forest. What do you see on this page?”
- Predict: Based only on the pictures, ask: “Look at the character’s face—how do you think they are feeling?” or “What do you think is going to happen next?”
- Labeling: Use proper names for things in the art (e.g., “That is a telescope” or “I see a golden meadow”).

3. ✨ ENCOURAGE: Thoughtful Discovery

- The Why: Ask, “Why do you think the character is wearing a raincoat?” This builds critical thinking and logic.
- The Golden Touch: If your child is quiet, describe what you see first to model the language: “I see a tiny mouse hiding under the leaf! Can you find him?”
- Connections: Relate the picture to their life. “This character is going to the park—just like we did yesterday!”

4. 🎨 REFLECT: Shine with Imagination

- Close the book and ask: “What was your favorite picture in our ‘prowl’ today?”
- Sunshine Praise: “You used your ‘Detective Eyes’ to find so many details! You predicted exactly what happened to the cat!”

🚀 LEVEL UP THE BRILLIANCE

- Vocabulary: Introduce words like illustrator, character, setting, or adventure.
- Art Appreciation: Talk about the colors. “The illustrator used bright yellow here. Does that make the page feel happy or sad?”
- The “Author” Challenge: After the picture walk, let your child “tell” you the story based on what they saw before you read the actual words.