

Prep Academy NTI Menu

Toddler

Student Name _____ Parent / Family Name _____

Center _____ Date _____ Time Taken to Complete _____

DAY 5

Please choose one activity, circle which one you completed, and sign when completed.

Menus should be sent back when students return to school.

SCHOOL READINESS GOAL

Children will develop and demonstrate the ability to recognize and regulate emotions, attention, impulses, and behavior.



Feelings Check-in: Look at pictures or use a mirror to identify emotions such as happy, sad, angry, excited, or tired.



Red Light, Green Light: Play a simple version of the game to practice stopping, starting, and following directions.



Freeze Dance: You and your child will dance to music, then freeze when the music stops. This helps toddlers practice listening, attention, and impulse control.



Calm Down Corner: Create a cozy space with books, stuffed animals, or sensory items where children can go when they need a quiet moment.



READ A BOOK TOGETHER

Title _____

In addition to the above activities, please read together each NTI day.

PARENT SIGNATURE



If you have any questions regarding NTI work, please feel free to contact your student's teacher.