



Universal PreK (UPK) Café

March 18, 2020 – Issue 21

Dear Friends,

The Early Education Team is very concerned about all of Vermont's schools and communities. Please know our first priority is to support Vermont's young children and families, school district staff, and universal PreK providers.

We hope that the resources we share over the next few weeks can be passed along to your families. These resources will offer overviews, purposes, and activities that can be done in home and modified to most ages and developmental level.

This week we will start with the Vermont Early Learning Standards (VELS) and the Core Domain of Developing Self.

[VERMONT EARLY LEARNING STANDARDS \(VELS\)](#)

Overview for Families:

- [Overview, Purpose and Uses](#) – A PowerPoint that gives easy explications about the VELS (where to find them, how they are organized and the purpose and use for families).

Core Domains of Learning:

- **Developing Self**
 - [PowerPoint: Developing Self](#): Establishing and developing healthy relationships with adults and friends is key to a child's growing and learning.
 - [Resources](#): This list provides you with some additional information to support what you have learned in the VELS Module 2: Developing Self. Everything here is based on research and evidence in the early childhood field, which means that it is the very best information out there! Links each item and a short description are included so you can quickly find what will be most helpful to you.
 - **Activities:**
 - [Activity 1: Sensory Adventure Outside Exploration](#)
 - [Activity 2: Basket Exploration](#)
 - [Activity 3: Name that Feeling](#)
 - [Activity 4: Alphabet Cutouts](#)

- [Activity 5: Walk a Mile](#)
- [Activity 6: Build Your Own Obstacle Course](#)

As always, if you have a resource you would like to share on **UPK Café** or have been forwarded this issue and would like to be added to our mailing list, please contact Leslie at leslie.freedman@vermont.gov.

Be well,

Leslie