



### **Session 5.1: Know Yourself - Patterns Level 3-5**

In today's activity, you and your child will learn what patterns are, as well as how to identify them. A series of patterns will be provided for your child to finish the sequence. Some of these patterns will be shapes, whereas others will be ones found in nature. Your child will then draw a picture of themselves and their family.

#### Suggested Materials:

- Technology to view the lesson and print worksheets
- Pen/pencil
- Optional: notepad to take outdoors

#### Lesson:

Have your child complete the following pattern exercises. Make sure to point out how patterns exist in nature, as well as in our everyday lives. The pattern that bees use in their hives allows all the honeycombs to fit together perfectly. Patterns allow us to predict what is going to come next. It is helpful for us to have patterns in our lives.

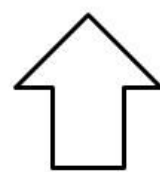
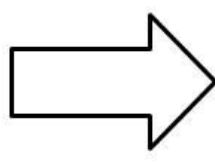
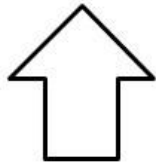
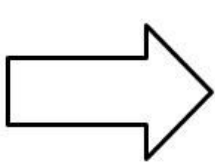
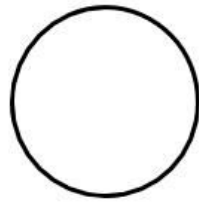
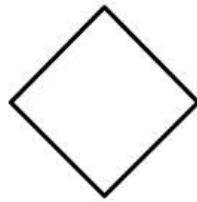
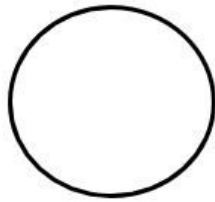
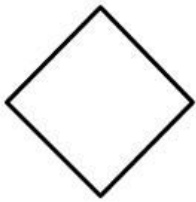
Tell your child that patterns are not only shapes and sequences that we see, but patterns can be our typical thoughts, or the ways that we usually react to things, or do things.

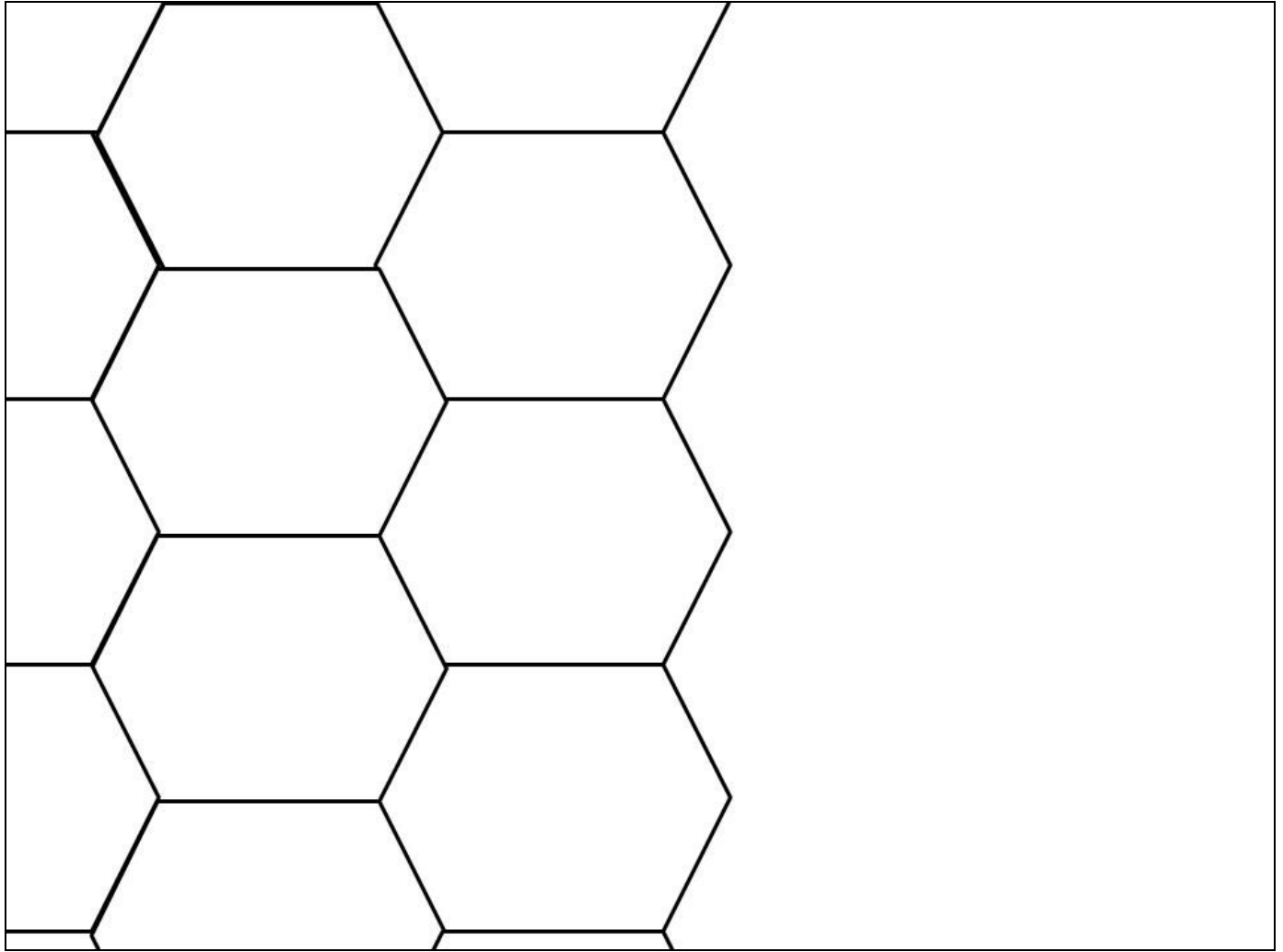
After completing the patterns, have your child describe what they did and how they felt over the past 3 days. They can use words or pictures. Try to encourage them to consider any patterns that exist in their life.

#### Optional Outdoor Activity:

If you are in an area, where you can safely explore outdoors - look for patterns in the world around you. Bring a pencil and notepad to sketch any patterns. Encourage your child to look at buildings, trees, leaves, houses, etc.

Directions: Complete the patterns. What comes next? Color them in when you finish.







Additional Resources:

<https://wehavekids.com/parenting/How-Patterns-Help-Children-Learn-About-Life-predictions-math-balance>