

Cultural References

- Cultural, social and physical differences and similarities
- His/her physical environment: characteristics (e.g. rural, urban); natural elements (e.g. mountains, trees, lakes); infrastructure (e.g. bridges, bicycle paths, bus shelters); services and facilities (e.g. medical clinics, supermarkets, fire stations)
- The human environment: social roles (e.g. in school, in the family, in the community); occupations and professions (e.g. electrician, nurse)
- The cultural environment (e.g. libraries, museums, theatres, art galleries)
- Children's literature (e.g. picture books, stories, fairy tales, history books)
- Songs, sketches, films, documents, advertising, newspapers, dictionaries
- Computer programs
- Special events, holidays, media messages, everyday objects, works of art; ways of thinking, values and practices that influence behaviour
- Resources in the immediate and more distant environment (e.g. visit to a farm or museum; theatre performance; nature class)
- Protection of the environment and recycling (e.g. rules, habits, attitudes, pollution)
- Safety: safe behaviour and safety rules for the physical environment (e.g. taking the bus, being careful with hazardous substances); rules for using tools and equipment (e.g. scissors, knives); situations involving safety risks and risks to well-being (e.g. unacceptable actions, invitation to follow a stranger); behaviour to adopt and ways to get help in emergencies (e.g. calling 911, going to an adult acquaintance)

Essential Knowledges

STRATEGIES

• Motor and Psychomotor Strategies

- Discovering his/her sensory potential
- Situating himself/herself in space and time and in relation to objects
- Performing activities to strengthen muscle tone, improve flexibility and increase endurance
- Using movement and rhythm to communicate
- Using relaxation to reduce stress
- Using objects, tools and materials properly

• Emotional and Social Strategies

- Controlling his/her impulses
- Paying attention
- Managing stress
- Maintaining concentration
- Speaking of himself/herself positively ("I can...")
- Finding ways to overcome difficulties and resolve conflicts

• Cognitive and Metacognitive Strategies

- Observing
- Exploring
- Experimenting
- Organizing
- Planning
- Classifying