



## Learning At Home Activity

**Age Group: 0-5 years old**

**Objective: Science and Technology**

### Family Outdoor Time

#### Instructions:

1. Talk to your child about safety rules before going on a walk.
2. Take a walk and talk about the things you see in your neighborhood.
  - Rocks
  - Animals
  - Signs
  - Cars
  - Acorns
3. Optional – let your child take pictures of things they find interesting

#### Materials:

- Optional: Cell phone with camera to take photos



#### Questions to ask after the walk:

- What did you see in our neighborhood?
- What was your favorite thing you saw?
- What do you think you will see the next time we take a walk?

#### What will children learn?

Children will learn about the physical properties of objects and materials outdoors.

#### Learning Objectives:

- Demonstrates knowledge of the physical properties of objects and materials.
- Initiates and engages others and meaningful objects.



## Learning At Home Activity

**Age Group:** 2-3-year-old

**Objective:** Language and Physical

### Family portrait

**Instructions:**

1. Give your child a piece of paper and ask him/her to draw a picture of their family.
2. After your child is done drawing, ask your child about the picture.
3. Write down what your child says.
4. Parents you can use the hand over hand method and write out what your child is saying.

**Questions to ask your child:**

- Tell me about your picture.
- Can you point out mommy?
- Who else is in the picture?

**Materials:**

- Paper
- Writing tools



### What will children learn?

How to hold a writing tool. Children will learn to express themselves by naming people in their family and describing family members.

**Learning Objectives:**

- Demonstrates fine-motor strength and coordination
- Uses fingers and hands
- Uses writing and drawing tools

### Family Tree

**Instructions:**

1. Cut contact paper into a tree.
2. Place leaves on contact paper.
3. Add family pictures.

**Materials:**

- Contact paper
- Leaves



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**What they learn:**  
Cognitive Skills



## Learning At Home Activity

**Age: Multi-Age**  
**Motor**

### Our Families: Looking, recognizing, and Building Attachment

#### Instructions:

##### Birth to 5 months

1. Your baby sees best when objects are between 8 and 14 inches from the baby's face. Babies enjoy objects with high contrast.
2. Show your baby pictures of family members. Name them and show them who they are.
3. Notice how the baby focuses intently, on people around them. Do some facial features interest him a lot, like mustaches. Is he fascinated by glasses or earrings?
4. At around 8 weeks, your baby will begin to use his hands and mouth to explore. Encourage your family to let him feel their mouths, cheeks, ears, hair and so on.

##### 6 to 36 months

1. Put a clear bag over the photographs of friends and family members. Let your child hold the bags with the photo inside.
2. Talk to your baby about who they are, what she can call them, and what they like to do.
3. When your child is getting to know new family members, or perhaps hasn't seen up to them in a while, be patient while she/he warms up to them. Suggest that they join in her/his play.
4. Tell your child stories about family members.
5. Store their pictures where she can see them.

#### Materials:

- Pictures of people in your children's lives
- Zip top bags
- Basket of Books 3-4 or age appropriate books including 1 wordless book



#### What will your child learn?

**Communication:** Your children are remembering the names of their family members.

**Motor:** Touching interesting things and holding photos exercise your children's hand and finger muscles.

**Social-emotional:** Your children are building attachment with the important people in their lives, which increases their feelings of trust and security. You are reinforcing your children's memories when you talk about special times together when loved ones. Around age 2 ½ or 3, your children will be better to remember these events on their own.

# A Shared Family Activity

## Game 110

Give your child the opportunity to feel like an important member of the family by involving him in shared activities.

Your child will learn group values and cooperation when participating in a shared activity.



### Why this is important

You can help your child feel included in activities or hobbies that have value in your family's culture. He will value activities that make him feel good and that are important to your family. Having a specific job in a shared, family-valued task, such as filling the scoop with birdseed, lets your child feel needed, and he will feel satisfaction when he watches the birds eat the seeds that he helped to prepare. Participating in a shared task builds his understanding of why your family values the activity.

### What you do

- Include your child in plans and events that convey your family's values. For example, when you feed birds, let him use his hands to mix the seeds in a large container. (Of course, choose whatever family activity is important to your own family.)
- Invite him to make something that is important to your family. For example, invite him to create a birdfeeder by covering a pinecone with peanut butter and then rolling it in birdseed.
- Talk with him about what he is doing. For example, describe the big and little seeds for big and little birds.
- Take time after he completes his task to sit together and share your thoughts about the event: *I know the birds are going to be happy to get these seeds.*

### Another idea

Invite your child to draw a picture about the event. Let him tell you about what happened and what he did. You can record his words on his picture so you can re-read it with him later.

# Mother, May I?

## Primary Objectives

- 4. Demonstrates traveling skills
- 5. Demonstrates balancing skills
- 8b. Follows directions

## Why It's Important

A simple sequence-of-movement game like “Mother, May I?” encourages your child to follow more complex directions. It also helps her strengthen large muscles and develop coordination.

## Materials

Large open floor space or outdoor area

## What You Do

1. If possible, include other children in the game. Explain to your child and the other children that you will be playing a game together called “Mother, May I?”
2. Tell them that you are the “mother.” Stand at least 10 feet away from the children and encourage them face you.
3. Request that your child perform a specific large-muscle movement (e.g., hop, skip, jump, or walk). *Take five baby steps.* Encourage her to respond, *Mother, may I?* Respond, *Yes, you may.*
4. Continue to give each child a turn until one of them reaches you. Invite her to become the “mother.”
5. Observe how your child follows directions. To make this activity more challenging, give your child a direction that includes three or more steps. *Take 1 giant step, 3 tiptoe steps, and 2 leapfrog jumps.*
6. Continue the game for as long as your child is interested.