



Plan for Digital and Distance Learning

While SWHD EHS/ EHSCCP/ HS is closed, here are fun activities that you and your child can do at home together to support their learning:

Activities to do at home with infants and toddlers:

1. What's under the cup: Hide different items around your home under some cups, encourage your infant or toddler to find the items. For older children, increase the number of cups and move them around after putting the item underneath. Encourage your child to pick which cup the item is under. This activity will help promote approaches to learning as your shows interest in and curiosity about objects, materials or events.
2. What's for lunch: during meal time have conversations, label and describe the different foods that your child is eating. Example, I see you are eating green grape and drinking cold milk. Introduce words such as, wet, dry, moist, juicy, soaked, etc. By working on this activity it will help promote language and communication skills as your child learns from communication and language experiences with others.
3. Feelings and Emotions: Ask you child how they feel today. Label and describe your facial expressions. Example, as you say "I am happy today" you smile and show your happy face. Use your child's emotions as well. Other emotions, sad, scared, surprised, angry. This activity will help promote social and emotional development through supporting relationships with familiar adults.
4. Soft and Hard: Find toys and other different objects that are soft or hard. Encourage your child to begin sorting the objects and/or toys into the hard and soft basket (bucket, containers, etc.) By working on this activity you will promote your child's cognitive skills by using mathematical thinking.
5. Yoga: Tree Pose- encourage your child to practice the tree pose. By working on this activity it helps to promote Perceptual, Motor, and Physical Development skills as your child strengthens their large muscles.



Activities to do at home with preschoolers:

1. Go on a walk with your child, having them keep an eye out for things we can see, smell, touch, taste or hear. When you return home, help your child make a list of all of the things they found that they can experience with their senses. By working on the activity it will help promote your child's approaches to learning skills by showing interest in and curiosity about the world around them.
2. Talk to your child about how they can use the "Squeeze a Lemon" technique to calm down when they are bothered, angry or upset. This activity will help promote your child's understanding on how to manage their emotions.
3. Letter Matching Game- Have a set of upper and lower case letters cards, you can create these with food boxes or paper. Hide either the upper or lower case cards inside or outside. Once the child has found a letter card have them find that letter match (either lower or uppercase letter). Encourage child to make the different letter sounds before finding a different letter. By working on this activity it will help promote your child's literacy skills in letter recognition and sounds.
4. Using a magnet, help your child to discover which items around the house are magnetic and which are non-magnetic. Gather objects so your child can sort out objects by magnetic and non-magnetic. You can extend this activity to items outside. This activity will help promote your child's cognitive skills by comparing and categorizing observable phenomena.
5. With your child, practice standing on one foot for 5 seconds. Next, do the same thing with the other foot. Encourage your child to practice other ways of keeping balance such as walking with a pillow on their head. By working on this activity it will help promote your child's understanding on to control their large muscles.





Additional Resources:

Phoenix Zoo: <https://www.phoenixzoo.org/digital-safari/>

Arizona Science Center
<https://www.azscience.org/learn/>



Frozen Yoga

<https://www.youtube.com/watch?v=xlg052EKMTk>

Yoga with Animals

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>



Learning with Technology: You can allow your child to enjoy screen time to learn at home. It is recommended that screen time for children under the age of 5 years of age does not exceed 1-2 hours daily.

Try out these fun and interactive learning websites.

<https://pbskids.org/>

<https://kids.nationalgeographic.com/>

<http://disneyjunior.disney.com.au/games>

<http://www.nickjr.com/>

<https://www.sesamestreet.org/home>

Scholastic Learning At Home

<https://jr.brainpop.com/>

Other Activities:

Help your child build a ramp from blocks, the side of a cardboard box, or other household items. Roll a toy car down it. It rolls from the top down by itself, but how about from the bottom up? No—it has to be pushed! You can also use other materials that may roll such as: balls, crayons, pencils, etc. You are helping your child explore gravity by doing this activity.



Play a game of follow-the-leader, penguin style! Have your child follow behind you and copy your movements as you lead him or her around the house. You can encourage your child to “Swim” and move your arms through the “water.” You can encourage your child to “splash” by flapping your “wings” up and down. You can also hop and waddle. You can encourage your child to lead while you follow.



Kindness Coupons- help your child create a coupon book with tokens of kindness. Use scrap paper to create the coupons with your child. The coupons can include ways your child can help around the house. For example: help clean the table before dinner, take the clothes out of the dryer, help you wash the vegetables for dinner, etc. Talk your child about how you will use the coupons, when you need help you will tear a coupon of the book to let your child know how they can help!





Squeeze a Lemon Technique

Pretend you have a whole lemon in each hand. Now squeeze it hard. Try to squeeze all the juice out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. (Hold for 10 seconds). Now relax and let the lemon drop from your hand. Feel how much better your hand and arm are when they are relaxed. This activity will help promote your child's understanding on how to manage their emotions.

Song: "Shape Up" by Jack Hartmann

Circle, Square, Triangle, Rectangle

Spread your feet out wide, put your arms out front
 Circle round and round, everyone shape up
 Make a square in the air, feel your muscles pump
 Use your legs and arms, everyone shape up

Now let's make shapes all together, don't you stop
 Follow me and move your body, let's shape up

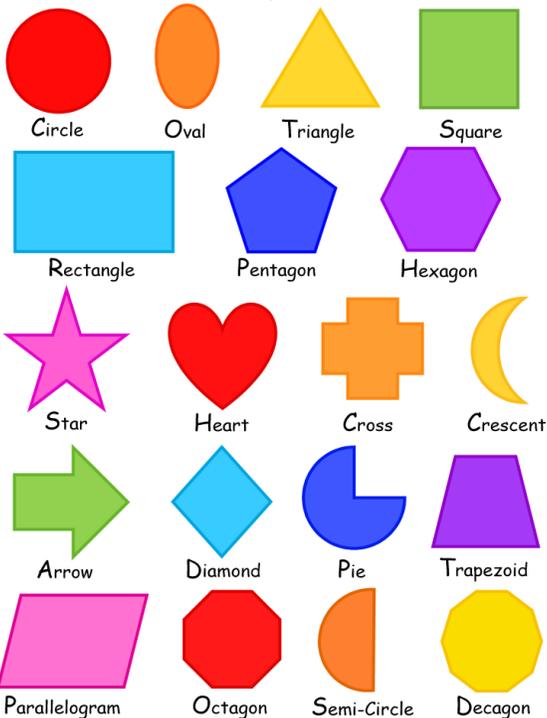
Circle

Go round like the sun, go round like a ball
 A circle, a circle has no straight lines at all
 We made a circle

Square

Straight line down then across, back up then one more
 line
 a square, a square has four equal sides
 we made a square

Shapes



Feelings Books



<p><u>Alexander and the Terrible Horrible No Good Very Bad Day</u> by Ray Cruz</p>	<p>https://www.youtube.com/watch?v=h6rp0SZX7lg</p>
<p><u>Glad Monster/Sad Monster</u> by Emberly & Miranda</p>	<p>https://www.dailymotion.com/video/x6gzbnb</p>
<p><u>Go Away Big Green Monster</u> by Ed Emberly</p>	<p>https://www.youtube.com/watch?v=m2KnIX1txho</p>
<p><u>Grumpy Bird</u> by Jeremy Tankard</p>	<p>https://www.youtube.com/watch?v=FyiWfo9f6Tg</p>
<p><u>Happy Hippo Angry Duck</u> by Sandra Boynton</p>	<p>https://www.youtube.com/watch?v=B9erjHRIPwc&feature=share</p>
<p><u>Have You Filled Your Bucket Today</u> by Carol McCloud</p>	<p>https://www.youtube.com/watch?v=3EuemNAo6XE</p>
<p><u>Hurtsy Feelings</u> by Helen Lester</p>	<p>https://www.youtube.com/watch?v=tplWb5IHGvM</p>
<p><u>I'm Gonna Like Me: Letting Off a Little Self-Esteem</u> by Jaime Lee Curtis</p>	<p>https://www.youtube.com/watch?v=x-bo0sOTmbs</p>
<p><u>In My Heart: A Book of Feelings</u> by Jo Witek</p>	<p>https://www.youtube.com/watch?v=xflLgHBwYx4</p>

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

**Southwest Human Development EHS/ EHSCCP/ HS
 Plan for Digital and Distance Learning**

Suggested Daily Schedule

Before 9:00	Wake up, Eat Breakfast, Get Dressed <i>See community nutrition resources to continue to connect with your school breakfast program</i>
9:00- 10:00	Morning Walk or Family Yoga
10:00- 11:00	Digital or Distance Learning Fun <i>See provided e-resources/ child-family activity ideas</i>
11:00- 12:00	Creative Time <i>Legos, drawing or playing music and enjoying movement activities</i>
12:00	Lunch Time <i>See community nutrition resources to continue to connect with your school lunch program</i>
12:30	Family Routine Chore Time <i>Get children involved as appropriate to their development and skills daily self-help activities</i>
1:00-2:30	Quiet Time <i>Read together, nap or enjoy puzzles</i>
2:30-3:30	Digital or Distance Learning Fun <i>See provided e-resources/ child-family activity ideas</i>
3:30-5:00	Afternoon Outdoor Time <i>Enjoy a family walk, outside book time or outdoor play time</i>
5:00-6:00	Dinner
6:00-7:00	Free TV or electronic Time
7:00-8:00	Bath, Book & Bedtime <i>Reflect with your child about the day's activity</i>