



Southwest Human Development EHS/ EHSCCP/ HS 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:

- What's for meal time-Talk about what the food taste like? Examples, what do you think we are eating for breakfast? What does it taste like?
- While outside have your child listen to their environment. Label and describe what your child is hearing. What makes that sound? Talk about all the different sounds you hear such as, sirens, birds, cars honking, people, animals, etc.
- Set up an area with pots, pans, cups, lids, empty food containers and pictures of different food items if you have them. Place some food item pictures inside the pots and pans with lid covering. Encourage the child to open/close and see what's inside.
- If you're Happy and You Know It-Song (see resource sheet below)
- Diaper Changing, during the process narrate what the child is hearing opening and closing the diaper and the lid of the wipes.

Activities to do at home with preschoolers:

- Create homemade puzzles by recycling food boxes and cutting them into patterns. You can use any cardboard materials.
- Help your child to count a number of things around your home. For example, "How many apples do we have?"
- Choose an activity that you and your child can do together such as setting the table or doing laundry. Talk to your child about the steps involved and ask him/her to complete two steps of the task.
- Write your child's name on a piece of paper. Help your child practice pronouncing the letter sounds of their name by showing the letter to them and asking what sound each letter makes. Help your child with the sounds, as needed.
- Recycling a food box, cut the cardboard into 9 equal parts and write numbers 1-9. Roll up a sock and ask child to toss it onto a number. Encourage child to identify the number.

Other Activities:

- Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
- Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- Build a reading space or library at home. Find somewhere special in your home cozy, read your favorite book!
- Use an old sock to create a puppet. Can you put on a puppet show for someone?
- Design and make a homemade board game and play it with your family.
- Can you create a story bag? Find a bag and collect items to go in it. Create a fun and imaginary story to go with the items that you take out of your bag with you child.
- Design and make an obstacle course. This can be a fun movement activity to do with your child inside or outside.
- Keep moving! Make up a dance routine to your favorite song.



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



Additional Resources:

[http://spatulatta.com/
Scholastic Learning At Home](http://spatulatta.com/Scholastic Learning At Home)
[Discovery Virtual Field Trip](#)
[Google Arts and Culture](#)
[YouTube Children's Music Playlist](#)
[YouTube Children's Music Playlist](#)



**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>



If you're Happy and You Know It- Song

Lyrics:

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, clap your hands (clap clap)

If you're happy and you know it, stomp your feet (stomp stomp)

If you're happy and you know it, stomp your feet (stomp stomp)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, stomp your feet (stomp stomp)

Adaptations for Infants, encourage your infant to clap along to the song. If your infant is not able to clap their hands you can help support them to create that movement by holding their hands.

Learn at Home: Resources for School Closures

Aprender en casa: recursos para el cierre de escuelas



Babies learn by playing and doing

Starting from birth, young children learn and grow through their everyday experiences. Playing with simple household objects gives your baby the opportunity to use their senses, explore and experiment. And that's how they develop their physical, social-emotional and thinking skills.

When your baby stacks blocks or cups, they're developing their motor skills and spatial awareness. When they knock them down, they're learning about cause and effect. And when you play along and talk with them as they try things, you're helping them develop language skills and, most importantly, helping them feel safe, secure and loved.



Los bebés aprenden jugando y haciendo

A partir del nacimiento, los niños pequeños aprenden y crecen a través de sus experiencias cotidianas. Jugar con objetos domésticos simples le da a su bebé la oportunidad de usar sus sentidos, explorar y experimentar. Y así es como desarrollan sus habilidades físicas, socioemocionales y de pensamiento.

Cuando su bebé apila bloques o tazas, está desarrollando sus habilidades motoras y su conciencia espacial. Cuando los derriban, aprenden sobre causa y efecto. Y cuando juegas y hablas con ellos mientras prueban cosas, los estás ayudando a desarrollar habilidades lingüísticas y, lo más importante, ayudándolos a sentirse seguros, protegidos y amados.



How can you encourage playtime?

- Open your home and schedule time for play. Re-evaluate your child’s schedule to make sure there are plenty of opportunities and time for play.
- Provide the resources for stimulating play – not necessarily toys, just plenty of different kinds of objects, like cardboard boxes and plastic tubs. Put them where your child can see and reach them. Then, let their creativity take over.
- Join in the fun, but let your child take the lead. You may think you look silly, but you are expanding your child’s learning.
- Encourage your child to use his imagination.
- Talk and have conversations together while you play, even if they can’t respond with words just yet.

Cómo puedes alentar el tiempo de juego?

- Abra su casa y programe tiempo para jugar. Vuelva a evaluar el horario de su hijo para asegurarse de que haya muchas oportunidades y tiempo para jugar.
- Proporcione los recursos para el juego estimulante, no necesariamente juguetes, solo muchos tipos diferentes de objetos, como cajas de cartón y tinas de plástico. Póngalos donde su hijo pueda verlos y alcanzarlos. Luego, deja que su creatividad se haga cargo.
- Únase a la diversión, pero deje que su hijo tome la iniciativa. Puede pensar que parece tonto, pero está ampliando el aprendizaje de su hijo.
- Anime a su hijo a usar su imaginación.
- Hablen y conversen juntos mientras juegan, incluso si todavía no pueden responder con palabras.

Here are 10 suggestions for using everyday household objects as toys to promote early learning:

Aquí hay 10 sugerencias para usar objetos cotidianos del hogar como juguetes para promover el aprendizaje temprano:

1. Plastic cups can be used for sort items.
 2. Tape together two toilet paper rolls to create binoculars for a game of I spy.
 3. Babies love to hold whisks, and as your child gets older, you can use a whisk in the bath to swirl the water or make patterns in the sand.
 4. Depending on the size, cardboard boxes can be used to sort items by color and size and take them into the bath to pour water.
 5. Plastic containers can be used to sort items by colors and size, take them into the bath to pour water.
 6. Let your toddler walk outside through a pile of leaves. They'll enjoy the rustling and crunching sounds underneath their feet. For preschoolers, they can paint the leaves and use them to make patterns.
 7. Fill a screw top plastic water bottle with pasta or beans to make a shaker.
 8. Banging on pots with a wooden spoon can help teach your toddler about rhythm.
 9. Laundry baskets can be used to throw rolled up socks, or have your child use their imagination to sit inside and drive a car or steer a boat.
 10. Old blankets, sheets and towels are great for building an indoor or outdoor fort.
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1. Los vasos de plástico se pueden usar para clasificar artículos.
 2. Pega dos rollos de papel higiénico para crear binoculares para un juego de espío.
 3. A los bebés les encanta sostener los batidos y, a medida que su hijo crece, puede usar un batidor en la bañera para hacer girar el agua o hacer golpes en la arena.
 4. Dependiendo del tamaño, se pueden usar cajas de cartón para clasificar los artículos por color y tamaño y llevarlos al baño para verter agua.
 5. Los recipientes de plástico se pueden usar para clasificar los artículos por colores y tamaño, llevarlos al baño para verter agua.
 6. Deje que su niño camine afuera a través de un montón de hojas. Disfrutarán de los crujidos y sonidos crujientes debajo de sus pies. Para los preescolares, pueden pintar las hojas y usarlas para hacer patrones.
 7. Llene una botella de agua plástica con tapa de rosca con pasta o frijoles para hacer una coctelera.
 8. Golpear las macetas con una cuchara de madera puede ayudar a enseñarle a su niño sobre el ritmo.
 9. Las canastas de ropa se pueden usar para tirar calcetines enrollados, o hacer que su hijo use su imaginación para sentarse adentro y conducir un automóvil o conducir un bote.
 10. Las mantas, sábanas y toallas viejas son excelentes para construir un fuerte interior o exterior.