



## 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 sounds do you hear in your house? What types of sounds are there? For example, do you hear ringing, closing cabinets, or water running.
- Splashing in the water (can do in the tub or sink) Encourage the children to splash and listen to the sounds that it creates. Label and describe the sounds that the children are hearing.
- I See Shapes, talk about what different shapes do you see around your house? To adapt for infants you can gently grab their hand and trace the different shapes.
- Tupperware Play: Provide your child with Tupperware or different containers to practice opening and closing the Tupperware and/or container, for older toddlers help them twist open or close containers.
- Mystery Box: Create a mystery box by using a shoe box or cereal box or an empty can of coffee. Have your child reach into a box and feel the object: Talk about what it is and how it feels.

### Activities to do at home with preschoolers:

- Recycling a food box, cut the cardboard into equal parts and write the letters of your child's name on each square. Roll up a sock and ask child to toss it onto a letter. Encourage child to identify the letter.
- Create a set of items and help your child count sets of 3-5 items each (for example, 3 apples, 3 toy cars, 3 rocks). The word set means a group of things that go together.
- Talk with your child about these different social problems: "What would you do if someone is using a toy that you want to play with?", or "What would you do if no one wanted to play with you?"
- Cut pictures of foods from grocery store advertisement. Talk to your child about which are their favorite healthy foods and what they like about them.
- Play a letter hunt game by using items already found around your home with letters or words on them. For example, cereal boxes, food boxes, books, or commercials on TV.

### 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/>



### 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](#)  
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**Southwest Human Development EHS/ EHSCCP/ HS  
Plan for Digital and Distance Learning**

**Suggested Daily Schedule**

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



### Tooty-Ta Song Lyrics

Tooty ta, Tooty ta, Tooty ta, ta.

Thumbs up!

Tooty ta, Tooty ta, Tooty ta, ta.

Elbows back!

Tooty ta, Tooty ta, Tooty ta, ta.

Feet apart!

Tooty ta, Tooty ta, Tooty ta, ta.

Knees together!

Tooty ta, Tooty ta, Tooty ta, ta.

Lean forward!

Tooty ta, Tooty ta, Tooty ta, ta.

Tongue out!

Tooty ta, Tooty ta, Tooty ta, ta.

Eyes shut!

Tooty ta, Tooty ta, Tooty ta, ta.

Turn around!

Tooty ta, Tooty ta, Tooty ta, ta.