



**Southwest Human Development EHS/ EHSCCP/ HS
Plan for Digital and Distance Learning Week 3**

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:

- Open/Close- Walk around the house and look for items that are safe for child to open and close. For instance, shoes boxes, safe cabinets, books, doors. *Remember to talk about safety for fingers and going outside.
Vocabulary word: Safe.

- Making bubbles: to make the bubble solution you will need soap and water. You can use spatulas with holes, a clean fly swatter, or a plastic bottle (you can cut the bottom of the bottle off and blow through the lid part to create bubbles).

- I am an Artist: In an empty shoe box or non see through container place the art materials such as, crayons, markers, and paper. Have the child lift the lid and ask them what they can do with the paper.

- I Spy Big/Little: Set out some big and little toys around the home. Show your child an example of a big toy and little toy. Ex. I spy something big and green that is round on the floor.

- This Little Finger Goes Night-Night (see resource below)

Activities to do at home with preschoolers:

1. With your child, make a paper airplane (look at the attached page.) Have the child "fly" the airplane across an outdoor area. Afterwards, measure the length the airplane traveled by counting how many steps "heel-to-toe". The word inch means an amount of length. There are 12 inches in one foot. See resource below.

2. Play a game of Animal Charades with your child, and if possible, with one or two others. Players take turns acting out an animal of their choice, using movements and animal noises, while the others try to guess what the animal is. The person who guesses correctly is the next one to act out an animal.

3. Number Bingo Game- Create a bingo card with numbers written into each square. Mix up the number from 1-20.

4. Find the Correct Letter- Divide a piece of paper into squares. Write an upper or lower case letters into each square. Cut the squares out. Mix up the letters and place around the floor or the ground outside. Encourage the children to move in different ways, such as; jump to, skip, crab walk, etc towards the letter that you asking for them to find.

5. Play a Rhyming Game- Look around your house and see what kind of items are rhyming words.

Other Activities:

Taste test- Gather new snacks, fruits or vegetables that your child hasn't tried before. Invite your child to join you in a taste test. It is a fun way to try something new!

Pretend play- Time for some creativity! Use different materials in the house and plan with your child what you should pretend to play today. You can pretend you are in a grocery store, a restaurant, or at a zoo, the possibilities are endless!

Treasure hunt- Create a treasure map with your child. Gather some home treasures to hide where X marks the spot on the map. Add some obstacles for extra fun and a little challenge.

Water painting- water painting is a fun and simple way to create art. You need a cup of water and some sort of brush, stick, or kitchen utensil. You can water paint on concrete or other surfaces.



Additional Resources:

<https://www.highlightskids.com/>

[Scholastic Learning At Home](#)

[Discovery Virtual Field Trip](#)

[YouTube Children's Music Playlist](#)



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>

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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>

Bear Hunt Lyrics:

We're going on a bear hunt!
We're gonna catch a big one.
What a beautiful day
I'm not scared.

What's that?
It's tall & tan & troubling
Is that a wheat field?
"Yes, that's a wheat field"
Can't go over it
Can't go under it,
What should we do?
"Let's go through!"

Swoosh swoosh swoosh swoosh

We're going on a bear hunt!
We're gonna catch a big one.
What a beautiful day
I'm not scared.

What's that?
It's wide & windy & wet Is that a river?
"Yes, that's a river!"
Can't go over it
Can't go under it,
What should we do?
"Let's go through!"

Splish splash ...

We're going on a bear hunt!
We're gonna catch a big one.
What a beautiful day
I'm not scared.

What's that?
It's deep & dark & damp Is that a cave?
"Yes, that's a cave!"
Can't go over it
Can't go under it,
What should we do?
"Let's go through!"

Tippy toe....

What's that?
Feels like a nose, & is that an ear?
fur, a mouth Are those teeth?
Yikes! It's a bear!

Tippy toe....
Splish splash ...
Swoosh swoosh swoosh swoosh

Back into the house,
Shut the door
Lock it!
Whew!
I wasn't scared.



Make a bear den- use different house hold materials to create a bear den just like the one from the “Going on a Bear Hunt” song. These materials could include: blankets, sheets, pillows, chairs, brooms, cardboard box.

<https://www.youtube.com/watch?v=kL36gMrHJaI>



This Little Finger Goes Night-Night

This little finger on the end
Goes cluck, cluck like a baby hen.
The next little finger on the hand
Goes (make a noise) like a big brass band.
This tall finger goes tick tock
Just like Mommy's alarm clock.
This little finger points to you
And says, "I love you, yes I do."
The last little thumb goes night-night.
And says, "Kiss me so I will sleep tight."

WANT TO WRITE TO PETE THE CAT?



SEND FAN MAIL TO:

PETE THE CAT
2126 E. VICTORY DRIVE
#112
SAVANNAH, GEORGIA
31404

Promote your child's writing skills by encouraging him/her to write a letter to Pete the Cat!

Pete the Cat has a YouTube channel:

<https://www.youtube.com/channel/UCZyvbuv6N0mrsfxy3zoJ-Ag>



Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- ☐ A TOY WITH WHEELS
- ☐ A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- ☐ A PAIR OF MATCHING SOCKS
- ☐ 4 THINGS THAT ARE GREEN
- ☐ SOMETHING VERY SOFT
- ☐ A TOY SMALLER THAN YOUR HAND
- ☐ SOMETHING ROUND
- ☐ A BOOK WITH NUMBERS IN IT
- ☐ 5 LEGOS THAT ARE ALL DIFFERENT
- ☐ A PHOTO OF SOMEONE YOU LOVE
- ☐ AN ITEM YOU CAN SEE YOURSELF IN
- ☐ AN ITEM THAT MAKES YOU FEEL COZY
- ☐ A TOY THAT HAS 3 DIFFERENT COLORS
- ☐ A MOVIE THAT HAS "S" IN THE TITLE
- ☐ YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- ☐ 5 LEAVES THAT LOOK DIFFERENT
- ☐ A STICK THAT IS LONGER THAN YOUR HAND
- ☐ A ROCK WITH SPOTS ON IT
- ☐ A FLOWER
- ☐ A FLAT ROCK
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING YOU LOVE TO PLAY WITH
- ☐ A PIECE OF TRASH YOU CAN RECYCLE
- ☐ SOMETHING THAT IS BROWN
- ☐ SOMETHING THAT IS HEAVY
- ☐ SOMETHING THAT IS VERY LIGHT
- ☐ SOMETHING THAT NEEDS SUN TO LIVE
- ☐ AN ITEM SMALLER THAN YOUR THUMB
- ☐ SOMETHING THAT STARTS WITH "M"
- ☐ SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything
gets put back where it belongs!



