



## 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:

1. Looking for Flying Insects: encourage your child to find flying insects outside. Encourage your child to make binoculars using their hands. Label and describes what your child sees. Ask what do you see? This activity will help promote your child's cognition skills by recognizing the stability of people and objects in the environment.
2. I Had a Little Turtle Song (see resource below): During handwashing encourage you child to join you in singing the little turtle song. Narrates child's actions as they are engaged in hand washing. By working on this activity you will promote your child's Perceptual, Motor, and Physical Development skills through demonstrating healthy behaviors with increasing independence as part of everyday routines.
3. Parent Says Game: Invite your child to join you in playing the parent says game. Tell your child to listen closely as you give them directions. Parent says touch your head, you touch your head. Parent can point and label the different body parts prior to the start of the game to help your child recall the different names. By working on this activity you will promote your child's language and communication skills as your child attends to, understands, and responds to communication and language from others.
4. Round Objects Exploration: Gather and set out a variety of objects that are round shaped (different size balls, soft round pillows, etc.) Encourage your child to explore how they move. You can model for your child how to roll and bounce the ball. Narrate your child's actions and discuss how balls move in different ways based on size and texture. By working on this activity you will promote your child's social and emotional skills as your child imitates and engages in play with others.
5. Cleaning the Kitchen: Set out different types of cleaning materials such as, clean sponges, rags, wipes, towels, etc. (optional: add a little soapy water in a bucket for further exploration along with objects to clean) Label and describe the different types of cleaning materials and their functions. Talk to your child about why we clean and how it helps us stay safe. By working on this activity you will promote your child's approaches to learning skills through demonstrating the ability to be flexible in actions and behaviors.

#### Activities to do at home with preschoolers:

1. With your child, play a game of Simon Says. Before starting the game, remind your child the rules of the game. Include different kinds of movements for example, clapping hands together or jump two times. Another way to play the game would be to make different sounds for example, moo like a cow or make the A sound, |a|. By working on this activity it helps promote your child's approaches to learning executive functions skills. This allows your child to work on their attention skills while playing the game.
2. Ask your child, "How do you think you will feel when you go into your new class/school?" Afterwards, draw a picture with your child that expresses what your child shared with you. Talk with your child about the changes they might experience as the year ends and a new school year begins (for example: new friends, new teacher, new classroom or school, etc.) By working on this activity it will help promote your child's social emotional skills. It will allow your child to expresses a broad range of emotions and recognizes these emotions in self and others.
3. Have your child pick one of their favorite storybooks (can be a story from online) to read together. Before starting the story ask your child, "What will this story be about?" Start to read the story together and take some moments to pause and ask questions, for example "What is happening so far?" or "What do you think will happen next?" Once you have finished reading the story ask you child "If you were the author, how might you change the ending of the story?" If your child would like to, they could draw a picture of their ending on paper to show their teachers.
4. With your child, find some items around from the house (crayons, piece of paper, etc.) Once the items have been gathered, practice addition (to add more items to a group) and subtraction (to take away from the group) with your child. For example, put five crayons in a group and then add one more to have six, or five pieces of paper in the group and take one away for a total of four. By working on this activity it will help promote your child's cognition skills in understanding that addition as adding to and subtraction as taking away from.
5. When playing "Red Light, Green Light" – One person will be the stoplight. The stoplight will either call out "green light" which means for everyone else to move or "red light" which tells everyone to stop. The first person to reach the stoplight wins the game. Repeat until everyone has a chance to be the stoplight. By doing this activity it will help promote your child's physical development skills while still developing their large muscles.



#### Additional Resources:

The Invisible String Read Aloud



<https://youtu.be/gJNwqtr8Oww>

Arizona Science Center

<https://www.azscience.org/learn/>



Trolls Yoga

<https://youtu.be/U9Q6FKF12Qs>

Make a Smoothie with Cookie Monster



<https://youtu.be/gRN64mhrTX8>



**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:



#### 1. Balloon Keep-Up

Materials: a balloon

Challenge your child to keep a balloon from falling to the floor without catching or holding it! Add in some counting practice. How many times can they hit it up before it falls?

#### 2. Color and Shape Hunt

Encourage your child to join you on a walk inside the house or outside. While you're walking, give them a challenge of things to find by picking a number and a category. For example, ask your child to find five green things or seven squares. Then work together to find them!



#### 3. Indoor Bowling

Materials: plastic cups, empty cans or plastic bottles, ball  
Make your own indoor bowling game! Set up 10 plastic cups, empty cans, or empty plastic bottles as pins. Then create a bowling lane with a starting line, and let your child "bowl" using a ball. While they are playing, ask how many pins fell down each time. How many are left? This activity builds math skills and fine motor skills.



#### 4. Cardboard Vehicles

Materials: cardboard boxes, art materials such as crayons, tape

Encourage your child to build a car or other type of vehicle using cardboard boxes.



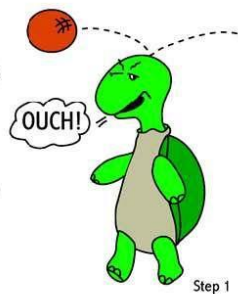


### I Had a Little Turtle

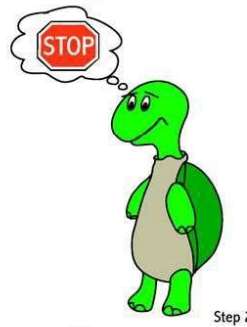
I had a little Turtle,  
His name was Tiny Tim.  
I put him in the bathtub,  
To see if he could swim.  
He drank up all the water,  
And ate up all the soap.  
And now he's in his bed,  
With bubbles in his throat.  
Bubble, Bubble, Bubble,  
Bubble, Bubble, Bubble,  
Bubble, Bubble, Bubble,  
Bubble, Pop!

## Turtle Technique

**Recognize  
that you  
feel angry.**



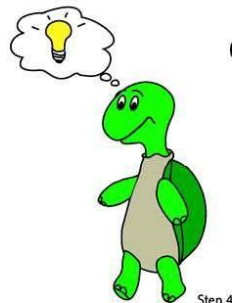
**“Think”  
Stop.**



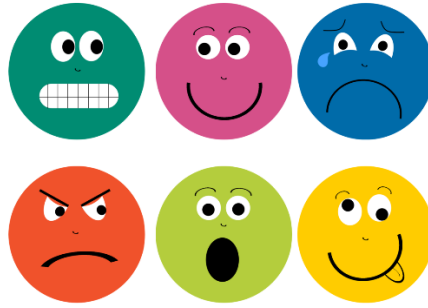
**Go into shell:  
Take 3  
deep  
breathes.  
And think  
calm,  
coping  
thoughts.**



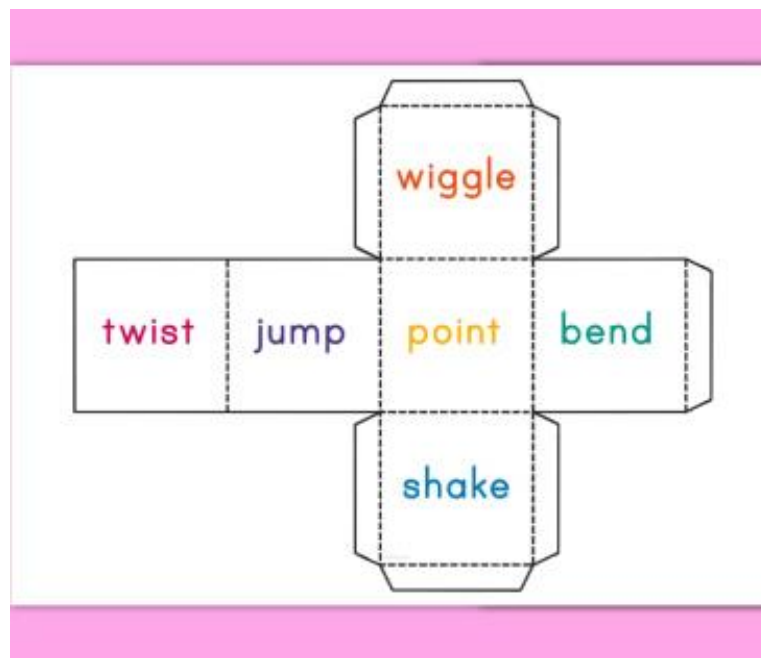
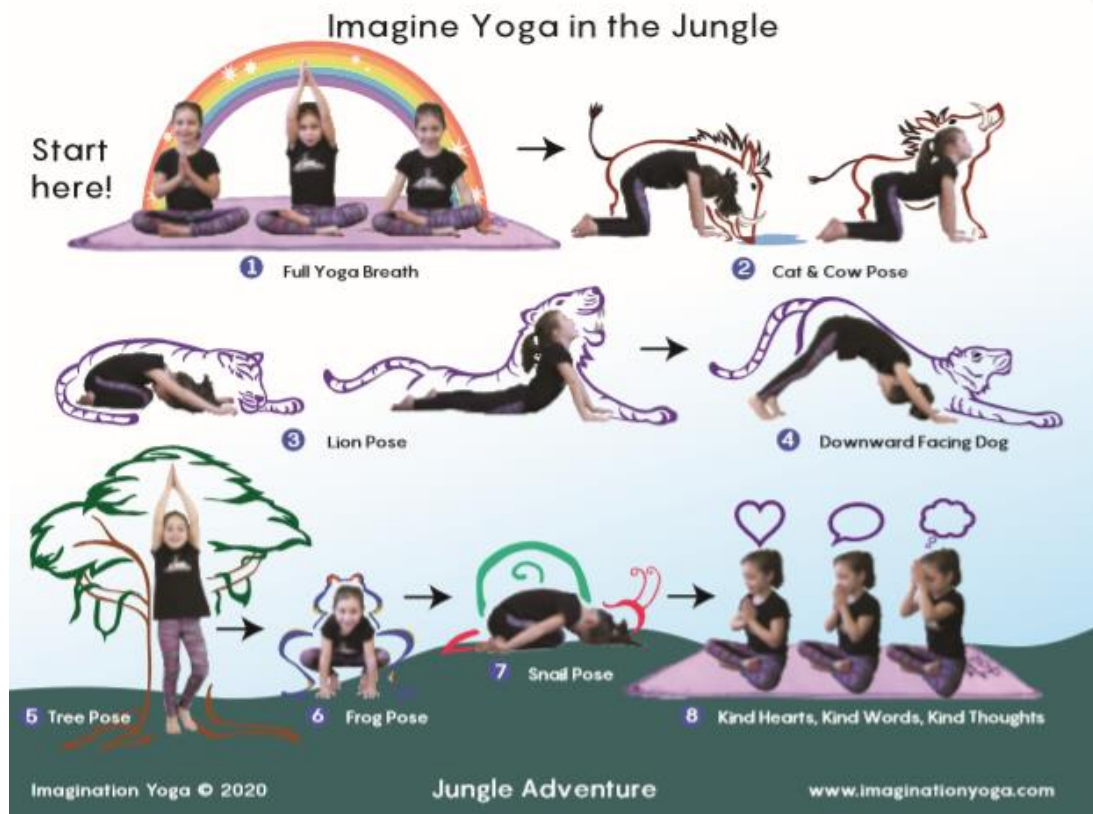
**Come out of  
shell  
when  
calm and  
thinking  
of a  
solution.**



## Feelings Books



<u>Lots of Feelings</u> by Shelly Rotner	<a href="https://www.youtube.com/watch?v=EyROOM2BuxQ">https://www.youtube.com/watch?v=EyROOM2BuxQ</a>
<u>My Many Colored Days</u> by Dr. Seuss	<a href="https://www.youtube.com/watch?v=Lum83DLPXlw">https://www.youtube.com/watch?v=Lum83DLPXlw</a>
<u>On Monday When It Rained</u> by Cheryl Kachenmeister	<a href="https://www.youtube.com/watch?v=vNWGJgYbX-U">https://www.youtube.com/watch?v=vNWGJgYbX-U</a>
<u>Once I was Very Very Scared/ Una Vez Tuve Mucho Miedo</u> by Chandra Ippen	<a href="https://www.youtube.com/watch?v=tXOgvchh_Lc">https://www.youtube.com/watch?v=tXOgvchh_Lc</a>
<u>Taking a Bath With the Dog and Other Things That Make Me Happy</u> by Scott Menchin	<a href="https://www.youtube.com/watch?v=f8p7-fm0lic">https://www.youtube.com/watch?v=f8p7-fm0lic</a>
<u>The Pigeon Has Feelings Too</u> by Mo Williams	<a href="https://www.youtube.com/watch?v=6knhnJlKJlA">https://www.youtube.com/watch?v=6knhnJlKJlA</a>
<u>The Way I Feel/ Asi me siento yo</u> by Janan Cain	<a href="https://www.youtube.com/watch?v=ITPUxVQ6UIk">https://www.youtube.com/watch?v=ITPUxVQ6UIk</a>
<u>Today I Feel Silly; &amp; Other Moods That Make My Day</u> by Jaime Lee Curtis	<a href="https://www.youtube.com/watch?v=JofkgL7CY5A">https://www.youtube.com/watch?v=JofkgL7CY5A</a>
<u>Wemberly Worried</u> by Kevin Henkes	<a href="https://www.youtube.com/watch?v=tkuXc0htNGk">https://www.youtube.com/watch?v=tkuXc0htNGk</a>
<u>You Weren't With Me</u> by Chandra Ippen	<a href="https://www.youtube.com/watch?v=J9u7kbliwGU">https://www.youtube.com/watch?v=J9u7kbliwGU</a>



Create an activity dice using paper or a cardboard box. Write different types of physical movements on each side. Engage your child in joining you in play, take turns rolling the dice and doing the action on the side that was rolled.

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**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>