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. **Feelings and Emotions:** Ask your child how they are feeling today. Share how you are feeling today as you show a matching facial expression. For example, say “I am happy today” and smile to model what happy looks like. Label and describe other expressions such as, angry, scared, sad, surprised, etc. As you are label and describing these emotions model to your child what they look like. Encourage your children to imitate you. This activity will help promote social and emotional skills by describing a variety of emotions and what they look like.

2. **Head, Shoulder, Knees and Toes Song** (see resource below). Encourage your child to sing along. By working on this activity you will help promote language and communication skills through child listening, repeating, and/or retelling a familiar song.

3. **Scarves: Side to Side** (options for other materials, blankets, towels, or pillow cases). Encourage your child to join you in exploring different ways to move scarves. Model and encourage the children to move the scarves from side to side. Expand the experience by encouraging child to move the scarves fast and slow. By working on this activity you help promote Perceptual, Motor, and Physical Development skills through strengthening eye hand coordination.

4. **Stacking:** (optional materials empty food boxes, shoe boxes, containers, blocks, etc.) Encourage your child to stack the blocks or boxes in an area of your home. As your child begins to stack, narrate their actions. Discuss how the blocks move or fall down as they are stacking. Ask: What do you think we can do to keep the blocks or boxes from falling? How can we build it stronger? What should we do next? By working on this activity you will help promote cognition skills through cause and effect.

5. **Fill the Bucket:** Place water in a sensory bin and put scoopers inside the bin for your child to use (optional materials a bucket, large container, sink, etc.). Place different size containers in the water for your child to fill up. Model for your child how to do so and narrate their actions as they explore. To expand this activity, encourage your child to empty the bucket by pouring it back into the sensory bin. By working on this activity you will help promote approaches to learning skills through initiative and curiosity. Child will experience and explore throughout this activity.

Activities to do at home with preschoolers:

1. **Talk with your child about ways we can ask for something in the classroom or at home.** Talk with them about some positive ways to get our wants and needs met. Ask “What do you think asking for something means?” During meal time you can practice this activity by asking to pass the food, utensils, etc. By working on this activity you are promoting your child’s approach to learning with helping support their initiative and independence skills.

2. **Talk with your child about their favorite activity that happened while they were in school or during a zoom call with their teachers.** Have your child draw themselves completing that activity. Write down what they say on the back. Encourage your child to show the picture to their teacher and classmates during the next zoom call. By working on this activity it will help promote your child’s social emotional skills and showing confidence in their work to their peers.

3. **Find the Letter in the Story:** While reading a story with your child, have them locate the letter (upper and lower case) that you have chosen for this story. If your child can find all their letters, have them locate simple words for example: the, at, of, etc. By working on this activity it will help promote your child’s understanding of letters and how they can come together to create words.

4. **Spatial Simon Says:** Play a game of Simon Says with your child except this time you will add more spatial directions for example: stretch your arms to the sky or put one leg behind your other leg. By working on this activity it will help your child’s cognition skills by understanding the special vocabulary and positioning themselves in their environment.

5. **Talk with your child about how important it is to exercise.** Ask, “What activities can help keep your heart healthy?” and “What activities can be harmful to your heart?” Talk about what foods you can eat to help your heart stay healthy. Then, make a chart of activities that strengthen your heart and those that weaken it. By working on this activity it will help promote your child’s knowledge and skills when making nutritious food choices and eating habits.
Other Activities:

Hot/Cold

This activity builds vocabulary.

Materials: an item to hide

Hide an item (toy, hat, anything) in the home. Encourage your child to look for the item. If they are moving away from the item, say they are getting cold, colder, icy, freezing cold! If they are moving closer, say they are getting warm, warmer, hot, boiling hot! Build vocabulary by using different words for hot and cold.

Freeze Dance

This activity promotes executive function skills

Materials music and open space

Encourage your child to join you in freeze dance. Play your favorite music and explain to your child that when the music stops they have to freeze, stop moving. Join your child in the experience and make funny frozen poses.

Toy Wash

Materials water, soap, sponges, toys

Encourage your child to help you wash some toys, provide a bin with some water, soap and any sponges, brushes or rags you may want them to use. This is a fun new way to explore their toys.

Restaurant

Materials- paper, writing utensil, pretend food, plates

Promote your child’s cognition skills by encouraging them to play pretend restaurant with you. Ask your child what role they want to play, they can be the waiter, the chef or the customer.

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://www.nickjr.com/
https://www.sesamestreet.org/home
Scholastic Learning At Home
https://jr.brainpop.com/

Additional Resources:

Trinka and Sam Story about Covid-19:
http://piploproductions.com/trinka-and-sam-virus/

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

The Very Hungry Caterpillar Yoga
https://www.youtube.com/watch?v=xhWDiQRrC1Y

Make a Smoothie with Cookie Monster
https://youtu.be/gRN64mhrTX8
Head, Shoulder, Knees and Toes Song

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.

Head, Shoulder, Knees and Toes Song

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.

Head, Shoulder, Knees and Toes Song

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.

I'M A LITTLE POPCORN

Pop - pop - pop!
Says the popcorn in the pan.
Pop - pop - pop!
You may catch me if you can.
Pop - pop - pop!
Says each kernel hard and yellow.
Pop - pop - pop!
I'm a jolly little fellow.
Pop - pop - pop!
How I scampers through the heat.
Pop - pop - pop!
You will find me good to eat.
Pop - pop - pop!
I can whirl and skip and hop.
Pop - pop - pop!
Dancing, I never want to stop!

I'm a little popcorn in a pot.
Heat me up and watch me pop!
When I get all fat and white I'm done.
Popping corn is lots of fun!
Parents, add a touch of Disney magic to bedtime.
For a limited time, call 877-7-MICKEY for a special bedtime message from Mickey Mouse, Minnie Mouse, Donald Duck, Daisy Duck or Goofy.

Available in the United States only. Messages will be available from April 17 through April 20, 2022 (9am EST). Limit 1 message per call. If calling using a mobile phone, standard mobile charges may apply.

https://www.youtube.com/watch?v=RzFWxGY24aY

https://youtu.be/QWffva0fj0
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Plan for Digital and Distance Learning

### Suggested Daily Schedule

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