



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. Frozen Objects: Place different materials in a plastic container, add water and freeze over night. (Options: plastic and rubber toys, balls, clean sponges, plastic spoons, etc.) Place the ice in a sensory bin such as, a bucket, large container, etc. You can place a little warm water in the container to help the ice to melt. You can expand this activity by allowing your child to use spray bottles. As the ice melts, more of the objects become loosened and wet. Narrate your child's actions as they explore the ice. Ask what can we use to melt the ice? What will happen if I put water on the objects that are frozen? By working on this activity it will help promote your child's cognition skills through problem solving and repetition.

2. Yoga, Duck and Butterfly Pose: Encourage your child to practice each pose as you model the pose. By working on this activity you will help promote your child's Perceptual, Motor, and Physical Development skills as your child strengthens their large muscles and start to develop their coordination.



3. Parts of the Face Song: (See resource below) during diapering and toileting, sing to your child about the parts of the face. Encourage your child to touch their own head, nose, mouth, etc. Narrates child's actions. By working on this activity you help promote your child's language and communication skills, through participation and joint attention.

4. 1, 2, 3, Move like a ____! Discuss different characteristics and how wild animals move from one place to another. Model and encourage your child to mimic how the specific animal moves. Such as, Eagles, Rabbit, Snake, Lion, and Kangaroo. Label and describe your child's actions. To extend activity add vocabulary such as, up, down, opposite, side, open, close. By working on this activity you help promote your child's approaches to learning through imagination in play.

5. Looking in a Mirror: Encourage your child to join you looking in the mirror, narrate child's actions. Model expressing a variety of emotions through facial expressions and what they mean. For example, "I am smiling because I am happy". Label and describe your child's actions. By working on this activity you will help promote your child's social and emotional skills through expressing a range of emotions and facial expressions. Ask what does you ____ face look like? What emotions do you see? Why do you think you feel ____ today?

Activities to do at home with preschoolers:

1. This is a game that can be played indoors or outside which is called Animal Charades. Explain the expectations on how this game is played to your child. The first step to play this game is to pick any animal that you want to represent. The second step is think about the sound or movement that animal makes and then to act it out for others to guess. By working on this activity you are promoting your child's approached to learning skills by allowing them to be creative in their imagination while playing with others.

2. Talk with your child and ask them if they know what it means to change? Change is when something becomes different. Ask them "What are some things that change? "Do you know of a really big change coming really soon?" Talk with them about transition to Kindergarten or about coming back to Head Start. How do you think you will feel when you go to kindergarten? Ask them, if they are feeling scared, do they remember any strategies we can do to calm ourselves down? (Examples: Squeeze a lemon or take a deep breath). By working on this activity it will help promote your child's social emotional skills in thinking about different strategies to help with changes.

3. Red Rover is a great game to play together while outside with your family. First, line up to start the game and give everyone a letter that can be placed onto the ground. Once everyone has a letter, make two lines and in those lines have everyone join hands. That is when one line can say "Red Rover Red Rover send the letter 'A' right over." By doing this activity it will help promote your child's language literacy skills with helping identify their letters.


4. Take a look around your house or while you are taking a walk outside and ask your child to find different shapes in their environment. Start with basic shapes like a circle, rectangle, square, oval and diamond. Here are some example of how to play the game: find a clock: have the child recognize the shape of a circle or rectangle for a refrigerator. To challenge your child have them look for 3-D shapes in their environment for example cylinder for canned vegetables. By working on this activity you are promoting your child's cognition skills with identify different kinds of 2-D and 3-D shapes.

5. Encourage your child to draw a picture of what they did with their family over the weekend. Have them share their drawing with their teacher during a zoom call or send pictures to their teacher. By working on this activity you are promoting your child's fine motor skills.



Additional Resources:

Yoga Belly by Adriene <https://youtu.be/ZlRgu5FTajA>

Count, Breathe, Relax with Cookie Monster 
<https://www.youtube.com/watch?v=n66r5Y6wguc>



Big Bird's Comfy-Cozy Nest
<https://www.youtube.com/watch?v=ciGL9fCa8uk>



Let's Read
<https://www.youtube.com/channel/UC5O90isDzcRa36TAaM9dTYg>



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:

Write and Act Out the Story



Encourage your child to help you write a story, embed math concepts by encouraging your child to first think of the beginning, the middle, and the end of the story. After you and your child finish writing the story, act it out. Make it fun by involving other members of your family. Assign roles and change outfits!

Write a Letter



Encourage your child to write a letter to a friend, a family member, or to a neighbor. This activity will promote your child's fine motor skills.

Making Waterfalls



Make bathtub fun by adding different cups and containers! Encourage your child to make waterfalls using the different containers in the bathtub. You can extend the experience by including water bottles, spray bottles and strainers.

Create a Band



Look for different materials to use as instruments around the house. For example using a pot and spoon as a drum set, a rice container as a maraca, a hair brush as a microphone, etc. Use these instruments to create your own band!



This is your Head.

This is your Nose.

This is your Mouth.

This is your Chin.

These are your Cheeks.

These are your Ears.

These are you Eyes.

Head, nose, mouth, chin, cheeks, ears, and eyes.



★ Basic Shapes Chart



Circle



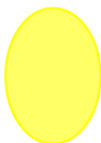
Square



Rectangle



Triangle



Oval



Diamond
(Rhombus)

guruparents.com ★★



rectangular
prism



sphere



cone



cylinder



pyramid



cube

★ 52 RESPONSES TO I'M BORED ★

PLAY HOPSCOTCH
DRAW WITH CHALK
BOTTLE FLIP
WRITE A STORY
DO A PUZZLE
PLAY DRESS UP
BLOW BUBBLES
WALK THE DOG
READ A BOOK
SEARCH FOR COOL ROCKS
HAVE A PICNIC
MAKE A PAINTING
BOARD GAMES
LOOK AT OLD PICTURES
HAVE A LEMONADE STAND
MAKE A TIME CAPSULE
MAKE FOIL JEWELRY
PLAY CHARADES
HAVE A STARING CONTEST
BAKE A TREAT
PAPER AIRPLANE RACE
WATCH A MOVIE
LEARN A MAGIC TRICK
CREATE A SUPERHERO
FIND TOYS TO DONATE
FIND TOYS FOR GARAGE SALE

PLAY TAG
WASH THE CAR
BUILD WITH BLOCKS
MAKE UP A DANCE
RIDE YOUR BIKE
TAKE PICTURES
WASH THE DOG
PLAY FREEZE DANCE
HAVE A TEA PARTY
WATER PLANTS
MAKE A CRAFT
LISTEN TO MUSIC
LOOK FOR LADYBUGS
PICK FLOWERS
WRITE A LETTER
PRACTICE A SPORT
DIG IN THE DIRT
PLAY GO FISH
TAKE A BUBBLE BATH
BE HELPFUL
MAKE SOCK PUPPETS
PUPPET SHOW
DRAW YOURSELF
FASHION SHOW
FACETIME GRANDMA
JUMP ROPE

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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>