



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. Bubble soup: Set out a water bin with soapy water, and add various materials inside. Encourage your child to scoop out the items and count them. Label and describe the different items as your child discovers them. By working on this activity it will help promote your child's cognition skills through mathematical thinking, numbers and quantity.
2. This is the way we roll- chant handwashing: Stand beside your child with some assistance, during handwashing. Start to sing this chant with your child as they are washing their hands. (See resource below). By working on this activity it will help promote your child's language and communication skills, through understanding and responding verbally and/or non-verbally.
3. Yoga- Flying Bat Pose and Armadillo Pose: Set up the music of choice for a relaxing/calm environment (optional). Then invite your child over and let them know you want to show them a yoga pose. Once you have shown them the pose encourage them to join you. By doing this activity it will help promote your child's perceptual, motor, and physical development skills as your child strengthens their large muscles.



4. Bubble Pop: In this outdoor activity you will provide bubbles for your child to explore. As you blow the bubbles, encourage your child to catch them or pop them with their fingers, Talk to your child how the bubbles feel. For example, wet, sticky, cold, etc. Encourage the whole family to participate in this activity. (Note- bubbles can be made with liquid soap and water. You can use anything with holes as your bubble wand, such as, a spatula, a clean fly swatter, spoons with holes in them, etc.) By doing this activity you help promote your child's social and emotional skills, through participation and working cooperatively together.
5. Rainbow sensory containers: Create sensory containers a- head of time. Use any clear see through bottles, containers, etc. This activity requires 6 containers. However, if you have a limited amount you can adjust as needed. Find materials that are the colors of the rainbow such as, red, orange, yellow, green, blue, and purple. Place all the red items in one container, all the orange items in another container, and so forth. Allow your child to explore the containers. To expand on activity encourage your child to scavenger hunt for more materials relating to the colors. Label and describe what they see in the containers. By doing this activity it will help promote your child's approaches to learning skills through, showing curiosity and interest in objects and materials.

Activities to do at home with preschoolers:

1. Talk with your child about different types of weather. Talk together about ways that we protect ourselves from weather such as, wearing sunglasses, putting on a poncho or using an umbrella. Next, ask your child to think about other ways they could protect themselves from weather if they don't have these things (for example, stand under a roof to get out of the sun or put your back-pack over your head to keep your head dry in rain). By working on this activity you are promoting your child's approaches to learning by demonstrating flexibility in thinking and behavior.
2. When reading a story or watching a show/ movie with your child, at any given time, pause and discuss how the characters are feeling. Ask "What emotion do you think they are feeling?" and "How would you feel if that happened to you?" Also, you can ask "What can you do to help that character feel different?" Use this conversation to build on considering how others feel similar emotions as themselves. By working on this activity you are promoting your child's social and emotional skills by helping them to identify different emotions in themselves and others.
3. The Letter Marching Game- Write upper and lower case letters on pieces of paper and place them on the ground. Play some music and have children march around the letters. Once the music stops, have children name the letter that they are standing on. As a challenge, encourage your child to tell you the sound the letter makes as well. By working on this activity you are promoting your child's language and literacy skills by recognize different letters and their sounds.
4. With your child, predict what would happen if you fill a bucket with water and left it outside for a few days. Each day, check on the bucket to see if there is any change in the water level. Encourage your child to write or draw what they see and what they think is happening to the water. At the end of the week, talk about what happened to the water and why. By working on this activity, you are promoting your child's cognitive skills by using more scientific talk while working on this experiment.
5. Practice the "Tree Pose" and the "Flower Pose" with your child. Remind your child that movement and exercise helps keep our bodies healthy. By working on the activity it helps promotes your child's physical development by demonstrating control, strength, and coordination of large muscles.



Additional Resources:

Trinka and Sam Fighting the Virus

https://www.nctsn.org/sites/default/files/resources/special-resource/trinka_and-sam_fighting_the_big_virus.pdf



Abby's Dance Party

<https://youtu.be/T2KiXxee3qg>



Let's Read

<https://www.youtube.com/channel/UC5O90isDzcRa36TAaM9dTYg>

Other Activities:

How Many?



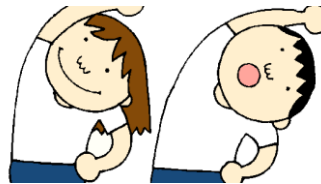
Encourage your child to practice counting skills by finding different items for them to count. For example, how many apples do we have?

Copy Me!



Encourage your child to imitate your actions. Explain to your children that they have to try to do exactly what you do. You can jump, hop on one leg, move up and down, move from side to side, etc.

Let's Get Moving



Try a quick workout routine with children.

5 Push Ups

5 Jumping Jacks

5 Squats (Sitting Down and Getting Back Up)

Let's Cook



Encourage your child to help you cook. Your child can help you measure ingredients, wash fruits and vegetables, etc. Cooking is a great way to spend time together and promote a variety of skills such as counting.



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/>

This is the Way We Roll –chant (tune to: This Is the way we go to school).

This is the way we roll (scrubbing hands) our hands. Roll our hands, Roll our hands. This is the way we roll our hands today.

This is the way we roll (during rinsing hands) our hands. Roll our hands, roll our hands. This is the way we roll our hands today.

This is the way we roll (drying hands) our hands. Roll our hands, roll our hands. This is the way we roll our hands today.



Flower Pose (Pretend to be a flower):

Lift your bent legs, balancing on your buttocks. Weave your arms under your legs, palms up. Pretend to be a flower in bloom. Breathe.



Tree Pose (Pretend to be a tree):

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other.

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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>