







## At-Home Learning Activities for Families of Young Children (Ages Birth-2)

 <p><b>Music &amp; Movement</b> (moving to music, exploring sounds, singing songs, using simple musical instruments)</p>	<ul style="list-style-type: none"> <li>• Have your child sing a favorite song to you and sing/dance along with them.</li> <li>• Can you and your child move like a cat? A kangaroo? A snake? A fish?</li> </ul>	<ul style="list-style-type: none"> <li>• Turn on music and let your child dance with a scarf, waving it in tune to the music.</li> <li>• Challenge your child to move in different ways: tip toe to their room, take big giant steps to the kitchen, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Let your child use wooden spoons and a plastic bowl to “play drums.” See if they can follow your rhythm.</li> <li>• Play a fast song and a slow song. Make your movements match the speed of the song.</li> </ul>	<ul style="list-style-type: none"> <li>• Fun Finger Play: Round and round the garden, goes the teddy bear. (Take your finger and make a circle on your child's palm.) One step, two steps, tickle right there! (Walk your finger up your child's arm and tickle!)</li> </ul>	<ul style="list-style-type: none"> <li>• Take a “nature walk” outside and fill a plastic bag with items such as rocks, leaves, and sticks. Talk about the things that you see.</li> </ul>
 <p><b>Storytime</b> (looking at pictures in books, listening to rhymes and stories, enjoying being read to)</p>	<ul style="list-style-type: none"> <li>• Have a special time for reading each day.</li> <li>• Create inviting and comfortable reading areas in your home.</li> <li>• Read with your child for 5-7 minutes each day.</li> <li>• Choose books with vibrant pictures and talk about the pictures.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage dramatic play/acting-out the story you read.</li> <li>• Have family members pretend to be a character in the story as you retell the story.</li> </ul>	<ul style="list-style-type: none"> <li>• Let children hold the book and point at the pictures.</li> <li>• Talk about who is in the story and what they are doing.</li> <li>• Ask your child to do movements similar to those in the story. (If the boy in the story is jumping, have them jump.)</li> </ul>	<ul style="list-style-type: none"> <li>• When reading stories to your very young child, feel free to “tell” the story based on the pictures.</li> </ul>	<ul style="list-style-type: none"> <li>• While reading a story, focus on repeated lines in the book.</li> <li>• Choose storybooks that are based on popular children's songs. (The Wheels on the Bus, Old MacDonald, etc.)</li> </ul>
 <p><b>Play Skills</b> (filling and emptying containers, fitting things together and taking them apart, imitating play schemes)</p>	<ul style="list-style-type: none"> <li>• Have your child fill an empty plastic container with items (blocks, large uncooked beans, small toys). They can move the items into an empty bowl by using their fingers, a spoon, or by pouring.</li> </ul>	<ul style="list-style-type: none"> <li>• While taking a bath, have your child fill containers with water and pour them out.</li> <li>• Have your child place small items into an empty egg container.</li> </ul>	<ul style="list-style-type: none"> <li>• Have your child play with toy cars and/or trucks. Make “vroom vroom” noises when they roll them on the floor. Practice “stop” and “go.”</li> </ul>	<ul style="list-style-type: none"> <li>• Blow bubbles and have your child try to catch them. Add a drop of food coloring to the bubble solution and blow the bubbles onto paper.</li> </ul>	<ul style="list-style-type: none"> <li>• Have your child stack blocks one on top of another. Show them how to stack them and have them imitate your movements.</li> <li>• Give your child some crayons and paper. Have them scribble on the paper.</li> </ul>



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 <p><b>Music &amp; Movement</b> (moving to music, exploring sounds, singing songs, using simple musical instruments)</p>	<ul style="list-style-type: none"> <li>• Make an obstacle course. Have something for your child to jump over, crawl under, and stand on top of.</li> <li>• Sing a favorite song along with your child. Pair hand movements and clapping.</li> </ul>	<ul style="list-style-type: none"> <li>• Use masking tape or painter's tape to make a square on the floor. Play music and have your child jump "into" the box and "out" to the tune of the music.</li> </ul>	<ul style="list-style-type: none"> <li>• Fill empty food containers (oatmeal container, empty jars, etc.) with beans and secure them shut with tape. Have your child shake their new musical instruments along with music.</li> </ul>	<p>• Fun Finger Play:</p> <p>Where is thumbkin, where is thumbkin? Here I am! Here I am! (show your thumb) Where is pointer finger? Where is pointer finger? Here I am! Here I am! (repeat with each finger)</p>	<ul style="list-style-type: none"> <li>• Play "Row Your Boat" with your child. Sit with your feet touching and hold hands. "Row" back and forth slowly and fast. Sing the song loudly and sing it in a whisper.</li> <li>• Use a bedsheet to play parachute games. Hold each side and move it up and down. Have your child go "under" and "around."</li> </ul>
 <p><b>Storytime</b> (looking at pictures in books, listening to rhymes and stories, enjoying being read to)</p>	<ul style="list-style-type: none"> <li>• Have a special time for reading each day.</li> <li>• Create inviting and comfortable reading areas in your home.</li> <li>• Read with your child for 5-7 minutes each day.</li> </ul> <p style="text-align: center;">(continue from previous week)</p>	<ul style="list-style-type: none"> <li>• Let your child hold the book and practice turning the pages. Show them the front of the book and the back of the book.</li> </ul>	<ul style="list-style-type: none"> <li>• Use pictures of your child to make a book. Slide pictures into clear plastic bags (sandwich bags) and tape them together on one side.</li> </ul>	<ul style="list-style-type: none"> <li>• Have your child choose a story and let them "read" it to you. Talk about the pictures that they see.</li> <li>• Choose books with vibrant pictures and talk about the pictures.</li> </ul>	<ul style="list-style-type: none"> <li>• Give your child several pieces of paper and crayons. Have them "illustrate" a story and you write the words.</li> </ul>
 <p><b>Play Skills</b> (filling and emptying containers, fitting things together and taking them apart, imitating play schemes)</p>	<ul style="list-style-type: none"> <li>• Gather pairs of items. Scramble the items and have your child match them.</li> <li>• Give your child several pots and pans and allow them to "cook" their favorite meal.</li> </ul>	<ul style="list-style-type: none"> <li>• Make bubbles out of dishwashing liquid and blow bubbles outside.</li> <li>• Have your child try on your shoes and role play that they are "the mommy."</li> </ul>	<ul style="list-style-type: none"> <li>• Have your child decorate an empty box and use it as a toy car or airplane, etc.</li> <li>• Play hide and seek in your house.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll a car or ball back and forth.</li> <li>• Use a paper bag from the store to make a vest. Have your child decorate it using crayons and markers.</li> </ul>	<ul style="list-style-type: none"> <li>• Have your child stack blocks one on top of another. Show them how to stack them and have them imitate your movements.</li> <li>• Play Ring Around the Rosie!</li> </ul>



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