



Save the Children.

# AT-HOME LEARNING MADE EASY: RESOURCES FROM SAVE THE CHILDREN

EARLY CHILDHOOD



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**WEEK 1**

# WEEKLY LEARNING ACTIVITIES: EARLY CHILDHOOD



## Monday

Get seasonal. Teach your child about the 4 seasons -- and how they change, just like we do.

### ACTIVITY

#### Butterfly Breaths

Sometimes when we feel anxious or worry, our bodies feel it, too. With your child, take in some deep breaths through the nose and blow out through the mouth, saying, "Blow out the butterflies, so they can fly away!" activity, too.

## Tuesday

Just breathe. Practice the power of mindful breathing for yourself and your child.

### ACTIVITY

#### Planet Meditation

Go outside with your child, look around, and breathe it all in. Tell your child about how every living thing needs air. Take in 5-6 slow, gentle breaths, while thinking about all the people and animals that take breaths, just like you.

## Wednesday

Let's talk. Make a puppet out of a sock or paper bag – one for you and one for your child.

### ACTIVITY

#### Puppet Emotions

With your child, use your homemade puppets to talk – and talk back. Pretend your sock/paper bag puppet is experiencing emotions, such as sadness or loneliness. Help your child think of 3 things to say and 3 ways to help a puppet feel better.

## Thursday

Baby shark and beyond! Pretend to be a baby bird or other newborn animal born in the spring.

### ACTIVITY

#### Bumblebee Buzzing

With your child, take the flaps of your ears and push them down against your ear holes. Do you hear a buzzing sound? Let go, take a deep breath in, then do it again, while breathing gently out of your mouth. Do this several times – and see if you feel calmer!

## Friday

Peekaboo! Play every baby's favorite game, using your hands or a cloth. Encourage your baby or young child to play and take turns.

### ACTIVITY

#### Friday Fun

Challenge yourself and your child to close your eyes and name 3 things in nature that you love. Say them aloud or write them down with your child. Coloring encouraged!





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**WEEK 2**

# WEEKLY LEARNING ACTIVITIES: EARLY CHILDHOOD



## Monday

### **Babies love to hear you talk!**

Talking about the sizes of different items in your home supports connection with your baby. Toddlers can try to imitate your language and older children can talk about sizes.

### **Save milk cartons, empty tissue boxes or cereal boxes.**

Your child can stack them to make towers. Practice counting and guessing how tall you can make it together!

## Tuesday

### **Water play feels good!**

Sing a song like baby shark in the bath while pouring water over hands/feet/etc. Name the body parts you are washing.

### **Have some fun in the bath.**

You can talk about all the things to do in the water. Use plastic cups of different sizes to talk about full and empty, dripping and pouring.

## Wednesday

### **Babies love to play peek-a-boo.**

Hide your face with socks or other clothing items.

### **Help your child sort objects into piles.**

For example, socks in one pile and shirts in another. Talk about which has more.

## Thursday

### **Use your finger to trace shapes/letters/numbers on your baby, toddler or preschooler's hand or back.**

For older children have them guess what you are drawing.

### **Hold up your hands to your child's hands.**

Talk about the different sizes and how it feels.

## Friday

### **Sing action songs together, such as "Ring Around the Rosey" or "Itsy-Bitsy Spider."**

Do the actions together.

### **Counting songs are great!**

Think of songs like "5 Green and Speckled Frogs" or "5 Little Monkeys Jumping on the Bed" to practice number sense.



## PARENT AND CAREGIVER CORNER

Spending lots of time together in close quarters can test your patience. If you find yourself feeling more reactive than usual, it's totally normal – and it doesn't make you a bad caregiver!

Sometimes, we all just need a small break. Take a few moments to quiet your mind, close your eyes and take three slow, deep breaths. Say to yourself, "I'm doing the best I can. Peace begins with me." Then, open your eyes and take a pulse on your inner calm.

Your calm will influence the calm of your children. Remember, you're not alone on this journey!



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**WEEK 3**

# WEEKLY LEARNING ACTIVITIES: EARLY CHILDHOOD



## Monday

### **Helping with food.**

Kids can tear, cut, stack, assemble, chop, stir, mash, grate, roll, spread, sprinkle, measure and pour at snack and meal time! Ask them to describe the taste of their food. Is it refreshing? Sweet? Sour? Spicy?

### **Practice sorting.**

Using 2 different items, for example carrots/celery, apple/orange, rocks/sticks, socks/pants, etc. sort into 2 different piles. Ask your child questions: "Which pile does this go in?" "Does this look the same or different?" "What color is this?"

## Tuesday

### **What's this?**

Collect 2 or 3 common household objects for opening and closing in a box or basket – for example, a small purse, box or tin, makeup compact, etc. Name and talk about the uses of the objects as your child practices opening and closing them.

### **Empty cereal boxes?**

Turn them into puzzles! Create 2-3 pieces for toddlers. Let your preschooler help make his or her own puzzles buy cutting the box into 10-15 pieces.

Siblings? Encourage them to share their puzzles.

## Wednesday

### **You're doing what?!**

When you are watching your baby play, talk to them about what they are doing. "You are banging toys together!" "You are trying to blow a kiss!"

### **Hide things for your child to find.**

For example, put a ball in a kitchen cupboard, a stuffed animal in your child's bed, a hairbrush in the shoe pile. Talk as you search with your baby/toddler or give your preschooler clues. Take turns hiding, finding and giving clues. Wonder aloud where things might be.

## Thursday

### **What comes next!**

Kids love predictable rhymes, finger plays and activities, such as Giddy-Whoa, Pat-a-Cake, Ring Around the Rosie, that end in surprise. They help kids develop memory skills and practice anticipating a surprise when they are excited.

### **Turn chores into fun activities.**

Let your child help you with everyday chores including vacuuming, sweeping, dusting and folding clothes. Make up and sing a song about what you are doing.

## Friday

### **How am I feeling?**

Act out expressions with your child in front of a mirror. Demonstrate happy face, sad face, mad face, excited face, proud face, surprised face and more! Try to point out these faces when you look at books with your child.

### **Be a shape detective.**

Draw a shape on a piece of paper, point out what makes it that shape – for example, "A square has 4 straight sides and 4 corners." Let your child lead you around the house identifying objects with that shape.

# WEEKLY LEARNING ACTIVITIES: EARLY CHILDHOOD



## PARENT AND CAREGIVER CORNER

Eventually, every child experiences tough moments that stir up frustration and resentment. In these stressful times, it's easy for them – and for us – to feel that life is unfair, especially when we look for someone or something to blame. Rather than letting these feelings take root, we can use this opportunity to guide ourselves and our children toward empathy.

Teaching our children empathy at a young age is a powerful way to help them navigate difficult emotions. Hasbro's [BE FEARLESS BE KIND](#) website quotes [an insightful article](#) from the Making Caring Common project at Harvard: "Empathy begins with the capacity to take another perspective; to walk in another's shoes... Empathy includes valuing other perspectives and people. It's about perspective-taking and compassion." These words remind us that empathy is about understanding others' feelings and responding with kindness.

As parents and caregivers, we're our children's first teachers. Modeling empathy in our own actions helps build secure and trusting relationships. Treat others with kindness, demonstrate self-care and encourage your children to perform acts of compassion. It's important to remember that everyone is facing challenges we may not see – from job loss to personal grief or anxiety. Encouraging our kids to be fearlessly kind prepares them to face life's challenges with grace and understanding.





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**WEEK 4**

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

### **Growing brains.**

Not only is your baby's body growing, so is their brain. When you hold, cuddle and talk to your baby, you're providing a very healthy meal for their brain.

### **What do you have there?**

Naming body parts not only helps young children learn, but also contributes to emotional closeness. Start by touching your child's mouth, say "baby's mouth" then your own, saying "Mommy's mouth." Do the same with other body parts. Add harder and fancier parts – elbows, eyelashes, ankles, wrists. You've got it!

## Tuesday

### **Learning to talk.**

Your baby learns to talk by listening to you. Be a "sportscaster" and tell them what you are doing!

### **Getting messy.**

Babies and young children love to get messy! You can use a variety of things at home to be messy. You can use non-toxic paint, bubbles, shaving cream or anything else you have at home. Stay close as young children may want to explore by putting things in their mouth.

## Wednesday

### **Have some fun!**

Making funny faces or noises, imitating your baby, talking and laughing are all great food for a fast-growing brain.

### **Turn on some music.**

Encourage your child to make sounds (la la) and "sing" along. Help them to clap or pat something like your hand. Rock your child to the rhythm of the music. Ask your child simple questions: Does this music make you happy? Is this music fast or slow, loud or soft? Let your child make music with sticks and stones, pots, pans, plastic containers and a wooden spoon.

## Thursday

### **Walk and talk.**

Take a walk with your baby and talk about all the things you see, hear and smell. Talking to your child teaches new words. Ask questions like: What color is it? How does it feel? Is it smooth, rough, bumpy, hard, soft, etc.? What shape is this? Listen! What is that sound?

### **Independence day.**

Toddlers love to do things independently. Think about ways your child can help you – for example, stir while you're cooking, help sort mail, put napkins out for dinner. Giving them a sense of independence encourages problem solving skills in growing brains!

## Friday

### **Splish, splash!**

Playing in the bath is perfect for learning new things. Splashing, feeling the warm water, hearing you talk, and seeing you smile builds brain connections.

### **Bath songs.**

Make up a song about taking a bath! Describe what you or your child is doing. Pro tip: Use a familiar song like "Wheels on the Bus" and make your own words: the water in the bath goes splash, splash, splash!

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER

It's never too early to start learning. Education isn't reserved for the classroom, and it doesn't have to feel like work – because LEARNING IS PLAY! As Tony Wagner explains in his book, *Creating Innovators: The Making of Young People Who Will Change the World*, “play leads to passion, and passion leads to purpose.”

Here are some fun ways to get your kids off their screens and engaged in learning:

### **Prenatal-Preschool**

1. **Play Music:** Exposing your baby to a variety of sounds – from classical music to nature sounds – can aid in sensory development and relaxation.
2. **Sensory Exploration:** Use colorful toys, soft fabrics and textured objects to encourage exploration and stimulate sensory development.
3. **Interactive Books:** Read books with large pictures and simple text. Ask your child questions about the story or characters to develop comprehension and vocabulary.
4. **Alphabet & Number Recognition:** Introduce letters and numbers through games, songs and puzzles. Focus on recognition before moving onto reading or counting.
5. **Build a Routine:** Involving your child in daily chores will help them foster independence, understand responsibility and practice time management.



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**WEEK 5**

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

### **My little scientist.**

What's going on outside your window today? Exploring what young children see outside can be a fun way to introduce them to science. Talk about the animals or people that pass by. Count the trees or cars you see. Talk about the weather.

### **Bring the outside in!**

Gather a few items from nature to bring into your home. Let your baby explore the textures with your close supervision. Talk about how the rock is smooth and the branch is rough.

## Tuesday

### **Peek-a-boo.**

This is a game your baby will love to play over and over again. Hide your face with your hands, then remove them and say, "peek-a-boo!" Peek around the corners or put a scarf or hat over your face or your baby's face and say, "peek-a-boo" when you pull it off!

### **What is it?**

Teach your child the names of food, in and out of their containers. Talk about the texture, consistency and smell. Introduce more exotic foods like vinegar, cinnamon and baking soda.

## Wednesday

### **Rock-a-bye baby.**

Rocking helps develop parts of your baby's brain associated with balance and even language. As you rock, cuddle and talk to your baby. Tell stories about your life and the dreams you have for the future. Play soft music and sing.

### **Drawer tour.**

Take your child on a tour of a drawer. Describe and name clothing, textures, colors, designs and sizes. Point out buttons, zippers, snaps and more. Throw the item you name in the air – and then put it back where it belongs.

## Thursday

### **Tummy time.**

Babies need time on their tummies to build the muscles they need to lift their heavy heads, scoot around and eventually crawl. If your baby fusses, gently roll between back and tummy. Lie on the floor and talk or sing, make silly noises or faces! Fill a plastic bottle halfway with water and put a rattle or toy inside. Look what happens when it rolls!

### **Say cheese!**

Throughout the day, take pictures of your child during play. At the end of the day, pull out your phone and talk about the pictures with your child.

## Friday

### **Tuning in.**

When your baby smiles and you imitate and talk back, you are tuning in and sharing feelings. When your baby starts to fuss or cry, pick them up! Holding your baby makes them feel safe, secure and understood!

### **Toddlers on the go!**

Help your little one practice self-control by playing a "stop and go" game. Color one side of a paper plate red and write the word STOP. Color the other side green and write GO. Stand down the hall from your child and walk/hop "green for go" and "red for stop." Now switch!

# WEEKLY LEARNING ACTIVITIES: PRESCHOOL



## Monday

### **Body tracing.**

Using a large piece of paper or cardboard and a pencil, marker or crayon, have your child lie down, and you trace their body. Then your child can draw clothing on it. If there is not enough space to trace a child's body, you could trace hands, feet, etc.

### **Add to your art!**

Over the week, cut out buttons, eyes, shoes etc. from newspapers, magazines and food boxes, and keep adding to your body outline. Can you count the buttons, name the shapes and colors?

## Tuesday

### **Patterns everywhere!**

Patterns can be colors, shapes, sounds, numbers, etc. Play "I spy" and think of patterns you can give your child clues to find.

### **Choices and voices.**

Choices help children feel they have a voice. Think about ways you can support your child to make a choice. For example, offer 2 different snacks to choose from or a choice of where to sit or play. When children feel they have control some of the time, they can be more flexible overall.

## Wednesday

### **Mystery bag.**

Put small "mystery" items into a bag and encourage your child to identify them by touch. Describe the size, shape and texture of the object before you guess its name. To the tune of "Twinkle, Twinkle, Little Star," sing "Mystery bag, what's inside? Show me what you're trying to hide."

### **Focus on movement.**

Songs like the "Hokey Pokey" and "Head, Shoulders, Knees and Toes" help children pay attention to their bodies, while having fun! "Simon Says" is also great!

## Thursday

### **Big, small, short, tall.**

Talk about size. Tell your child the "Three Bears" story, emphasizing the sizes of the bears, their bowls, their chairs and their beds not only with words, but the sound of your voice. See how many words you and your child can think of to describe objects by size – for example, small, tiny, miniature, skinny, short – or big, tall, huge, giant, enormous, etc.

### **Scavenger hunt.**

Send your child on a scavenger hunt to find objects related to the size you describe. Then switch roles.

## Friday

### **Making music.**

Kids of all ages and abilities love music and dance. Make instruments using plastic jars or bottles with sand, beans or rice. Make a drum with wooden spoons on pots, pans or plastic containers. Make a guitar with rubber bands and a box. Sing a familiar song or make up new words to a familiar tune!

### **Musical patterns.**

Practice different sound patterns with your instruments. Can your child copy the pattern you make? Can they come up with a pattern of their own?

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER

It's tough when your little one is feeling fussy. Infants and toddlers may not understand reasoning, especially when the answer is "NO." Instead of focusing on their negative reaction, use this opportunity to teach your child about gratitude.

Start by talking about the things you're thankful for, like spending time together, having food to eat, a sunny day or a favorite toy. Use simple phrases like, "We're lucky to have a warm home and each other." Appreciating nature can help, too – take walks and explore, pointing out birds, pretty flowers or the sky.

Emphasizing the positives, such as your safety and health, can shift your child's focus, reduce stress and encourage gratitude at an early age!



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**WEEK 6**



# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

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## Tuesday

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## Wednesday

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## Thursday

### **Tummy time.**

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### **Say cheese!**

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## Friday

### **Tuning in.**

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### **Toddlers on the go!**

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# WEEKLY LEARNING ACTIVITIES: PRESCHOOL



## Monday

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## Thursday

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### **Scavenger hunt.**

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## Friday

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### **Musical patterns.**

Practice different sound patterns with your instruments. Can your child copy the pattern you make? Can they come up with a pattern of their own?

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER

Supporting Emotional Well-being at All Ages

### **For Parents and Young Children (Prenatal-2 years)**

Whether you're expecting a baby or already caring for a little one, it's natural to experience stress and uncertainty. Remember: Taking care of yourself is good for your child, too.

Reducing stress supports your own well-being and your baby's development. So, take breaks when you need to – breathe deeply, relax and connect through touch and soothing words. Focus on providing reassurance, physical affection and quality time to help your child feel secure and calm.

### **For Young Children (Kindergarten – 1st Grade)**

At this age, children may start experiencing more complex emotions like confusion, sadness, frustration or loss. As parents, we can encourage open conversations about these feelings.

Reassure your kids that it's okay to be upset. Grief is an inevitable part of life – even for young children –and it's essential to recognize and validate their emotions.

Activities like drawing, talking or playing help children process in healthy ways. Remind them that when things feel uneasy or uncertain, you'll learn and grow through these challenges together.

### **For Older Children (2nd Grade – 6th Grade)**

As children grow older, they become more aware of the challenges around them. They may experience grief – whether it's missing out on time with friends, losing a loved one or other disruptions.

Grief often shows up as frustration, sadness or confusion. It's important to encourage children to express these feelings openly and without judgment. Acknowledge that grief is a normal part of life, and help your kids understand it's okay to feel this way. Encourage them to engage in coping activities like journaling, art and mindfulness.

Grief is complicated, but with the right guidance, children can learn how to navigate and grow from it. By validating their emotions and offering support, you're building their resilience and emotional intelligence.



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**WEEK 7**

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

### **Peek-a-boo!**

Many of the games we play with babies have been around for years. They are great for development and help babies learn important skills. Peek-a-boo is one of these. A game your baby will love to play over and over. Hide your face with your hands, then remove them and say "peek-a-boo!" You can also play with a scarf, blanket or hat.

### **Row, row, row your boat.**

Play this game with your older baby or toddler. Sit on the floor facing each other, hold hands and take turns leaning back and forth, while singing. Games like these offer opportunities for imitation, touch and rhythmic awareness, which promote language skills and muscle coordination.

## Tuesday

### **Repetition.**

Babies and young children love to do and hear things over and over again. This is a necessary part of learning. Your baby will let you know when they are bored or tired. Looking away or fussing is one way they do that. Forcing your baby to learn something when they are not in the mood will be stressful for you both.

### **Name game.**

Take 5 or 10 minutes to go around the house or the yard with your baby or toddler and name simple objects. Go slowly. Pick something up, let your child feel it and smell it as you name it. You can name many of the same things each time. Your child won't get bored seeing the same things over and over. Don't rush. Wait a minute to see if baby has something to say.

## Wednesday

### **Routines can be fun!**

Play peek-a-boo or tug-of-war with diapers during diaper change. Instead of rushing to get dressed, make this playtime.

Bath time is a good time for play, as well! Splashing in the water helps your baby learn how to move – and make things happen! Show your baby how to splash with their hand, a wooden spoon or other toys. Have plastic containers for pouring. Demonstrate pouring out all of the water and say, "All gone!" You can also bring kitchen items into the bath, such as a colander, funnel, a wooden spoon and whisk – and let your baby cook up a bubbly storm in the tub.

## Thursday

### **Learning machines.**

Babies are learning machines. Everything they do adds to their learning and development – and they are constantly looking for opportunities. Watch what your baby is interested in and give them time to explore it.

### **The 5 senses.**

Provide opportunities for your young child to learn and problem solve using all of their senses – seeing, hearing, touching, tasting and smelling. This helps your child understand the world around them. You can ask: What noises do you hear? What did you see? What does it feel like? How does it smell? Do you like the taste?

## Friday

### **Mirror, mirror.**

Hold your baby up to a mirror and show them what they look like. Name parts of their face and body. Have them touch their nose and yours, too. Put a child-safe mirror on the floor so they can see themselves as they play, reach, scoot and roll. Who is that interesting person?

Mirrors are great for toddlers, too! They allow toddlers to continue developing self-recognition. Looking in the mirror with a toddler and ask questions such as: Who is that? Where is your nose, tummy, etc. This encourages self-identification and fosters language growth. Mirrors can help young children develop emotionally, too, as they have opportunities to witness their own expressions throughout the day.

# WEEKLY LEARNING ACTIVITIES: PRESCHOOL



## Monday

### **Passing notes.**

Write a note to your child and put it somewhere they will see it. Keep it simple – for example: Let's read a story after lunch. Your child can bring the note to you and you can read it together! This helps young children recognize the importance of written language.

### **Play restaurant.**

Give your child a pen, crayon or pencil and a notebook. At mealtime, have them ask what you would like for dinner. Have them practice or pretend writing your order down. Encourage them to draw a picture of the food you'd like to eat!

## Tuesday

### **What's next?**

When reading a book, ask your child, "What do you think will happen next?" Let your child invent a new part of the story if they want to. If your child is still developing language, you can make up a new part of the story and see if they notice.

### **Container play.**

After thoroughly washing, old food containers make great items for pretend play for a restaurant, kitchen play, and/or picnic play. Pretend play supports every area of your child's development!

## Wednesday

### **Spring weather!**

Keep track of the weather! You can make a simple chart with words or simple pictures (rain, sun, clouds, a jacket, a t-shirt) to chart how many days in a row are sunny, cloudy, hot, cold, etc.

### **Reading recipes.**

Cooking can be a great way to practice reading and writing. Read recipes out loud together, or you can read them to your child. Write out the number of steps needed to prepare the food. If you don't use a recipe to prepare food, have your child pretend to read a recipe to you while you prepare a meal.

## Thursday

### **Letter writing.**

Keep old/junk mail, notebooks, envelopes or other materials to practice writing and play with. Set up a small space for your child to practice writing on the mail, writing a letter to a relative or friend and/or pretend to mail or send it off if you are able!

### **Related reading.**

When reading a book, relate something in the book to something your child has experienced. "Do you remember when we [insert activity], just like in the book?"

## Friday

### **Read it, again!**

Reading favorite books many times helps young children with reading. They start to memorize and understand what words look like. Starting the book and leaving long pauses helps children practice pre-reading skills by filling in the blank.

### **Follow the leader.**

Think about being flexible. Young children like to be able to make decisions and practice independence. If your child wants to play somewhere else or switch activities, try following their lead!

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER

Like adults, children experience a range of feelings – and it's important to learn how to manage them in healthy ways.

Emotions can be contagious. When we stay calm, those around us tend to feel calmer, too. Similarly, when we're anxious, they can pick up on that anxiety. This is especially true for children, who are highly attuned to others' emotions. The way we express our own feelings influences how our kids process and express theirs.

As parents and caregivers, we can teach children how to recognize and cope with their emotions. Encourage your child to express what they're feeling through words or creative outlets. Model healthy emotional expression by staying calm in challenging situations. Emphasize that it's okay to feel upset or frustrated – but we also have the power to calm down, control our reaction and approach the situation with a positive mindset.

Teaching children that emotions don't need to be overwhelming is an important step in building lifelong emotional resilience. Angela Duckworth, creator of the Character Lab, shares an insightful approach from Professor Sigal Barsades, "Notice how you are influenced by others' moods and how their reactions influence yours. Then, guide conversations towards calmness, helping young people see that positivity, care, and hope can be as contagious as negativity."

## FAMILY

Make ice cream in a bag!

Ingredients: 1 gallon-size and 1 quart-size zipper bag, 1 cup milk, 1 tablespoon sugar, ½ teaspoon vanilla, 1/3 cup salt, ice

Directions: Pour the milk, sugar and vanilla into the smaller, quart-size zipper bag and close the seal. Fill the larger, gallon-size bag 3/4 full of ice, then add the salt. Place the smaller bag inside the larger bag and close the seal. Make sure you close them both tightly! Now, shake the bag hard for 5 minutes. Open the large bag and dispose of it. Rinse the small bag off with cold water before opening to keep the salt water from getting into your ice cream. Scoop into individual bowls, share, eat and enjoy your yummy hard work!





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**EARLY CHILDHOOD**

**WEEK 8**



# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

### Water splash!

While in the bath:

- Describe what is happening: "I bet the water is tickling your toes."
- Talk about their actions: "You splashed the water!"
- Mirror their emotions: "That splash on your cheek surprised you, didn't it?"
- Build their confidence as they explore: "You splashed with both hands!"

**Sink and float.** Point out how some objects sink, and others float. What happens when you pour water into a colander? How can we get water into this bucket?

## Tuesday

### Reach high!

Encouraging your baby to reach helps them with coordination and builds strength in their arms, hands and trunk. Create a sensory board using your laundry basket – one with holes. Poke baby-friendly items such as socks, ribbon, and scarves and let your baby pull them out.

**Tape time.** Build your child's early writing skills along with attention and persistence with this activity. Tape small toys, such as tiny plastic animals, blocks of different shapes and colors, and cars to the back of a cookie sheet. Getting the tape pulled up, off the toy and off their fingers is a lot of steps for a little one.

## Wednesday

### Take a picture, tell a story.

Storytelling not only organizes an event from our past, but conveys important information about relationships and feelings in our family. Take photos and use these pictures to help your baby recognize and name important people in their lives.

### Matching socks.

Create a 9-square game board with masking tape on your floor. Using 4 different pair of socks, lay one sock in each square (you'll have an empty square). Ask your child to match the pairs. Use words such as "same," "different," "match," and color words, too, as they work to make pairs!

## Thursday

### Babies imitate!

Show your baby how to play Follow the Leader with you. Use simple movements, like tapping on the table or putting a hat on your head. Talk about what you're doing. Say, "Your turn" and let them lead!

### Eat together.

Encourage your baby to pick up and eat safe foods, such as dry cereal and crackers. Put some dry cereal in a plastic bottle and let them open it. Give your baby a spoon to hold while you feed them with another spoon.

## Friday

**Photo talk.** Scroll through different photos on your phone talking about each one. You can try using the 5 Ws plus 1 technique (Who, What, When, Where, Why, How) to help your child expand the story.

### Toddlers can cook!

You can plan activities that involve spreading, pouring, slicing, whisking, squeezing and garnishing, such as:

- Using a plastic knife to spread apple butter on crackers, bread or toast
- Scrambling eggs in a bowl
- Mashing bananas to put in oatmeal.

# WEEKLY LEARNING ACTIVITIES: PRESCHOOL



## Monday

### Fill up!

During bath time, use a variety of sizes of cups and bowls to fill and empty with water. Have your child estimate which cup will hold the most or the least water.

### Bedtime routines.

Bedtime can be hard, especially when young children are tired. Routines can make it a little easier. Let your child control things, such as picking their own pajamas or which story they want to hear.

## Tuesday

### I spy!

Play "I Spy" while getting dressed. Looking at your child's clothes say, "I spy something blue." Let your child guess which shirt/pants you are thinking about. Take turns!

### PJ walk!

Can you take an evening walk with pajamas on? The whole family can take a short walk in the evening to prepare for bed. Talk about what you did today and what you might do tomorrow.

## Wednesday

**Tail tag!** Tuck tails (socks work great) into everyone's waistbands, then each player runs and spins to keep their tails from being grabbed by another player. The last player with a tail wins. If you have a child that cannot participate in tag, can they hold and count the socks of the "out" players?

**Sponge art.** Old sponges or old t-shirts make great paint brushes. Outside you can use water to paint a variety of things with water. Can you draw a picture or your name? How long will it last before it disappears?

## Thursday

### I can do it!

Is there something your child really wants to do on their own? Offer suggestions of how and encourage their efforts. Are they working on getting dressed by themselves? Tying shoes? Celebrate this independence!

### Scoop up!

Provide your child a cup, a large bucket and a small bucket/container. Fill the large bucket with water. Have your child scoop water from the larger bucket and fill the smaller one. See how fast they can fill it!

## Friday

**Pajama day!** Give your child the option to wear PJs all day. Talk about what things happen during the day vs. night. Can you chart your ideas?

**Bath count.** Give your child a washcloth and have them wash and count body parts. This one-to-one matching of objects is a good way to grow pre-math skills. Give your child containers of all shapes and sizes and pour, drip and measure.

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER

Everyone feels physically, emotionally and mentally taxed at times – there's no shame in experiencing signs of mental fatigue and seeking help. Taking care of our mind is just as important as taking care of our body. Just as we'd put a bandage on a physical wound to help it heal, we can put "band aids" on our mind, too. Because when we take care of ourselves, we're better able to take care of our children.

At Save the Children, we know kids and their caregivers need healthy support systems to improve their well-being. May is Mental Health Awareness month, so we'll be providing tips and resources for taking care of your mental health. We hope you'll feel empowered to access the support you need at this time in your life. Remember, you're not alone on this journey!

[NAMI \(National Alliance on Mental Illness\)](https://www.namihq.org/), America's largest grassroots mental health organization, provides year-round community resources to help millions of people build better lives.

**Let the sunshine in.** Going outside can improve your state of mind! Did you know that exposure to sunlight boosts serotonin levels, which can reduce the risk of depression and anxiety and enhance your emotional health?

Here's an activity that'll encourage mindfulness and healthy interactions with your children:

Check items off from the list below as you find them. Feel free to add things you might see in your neighborhood to make it more challenging!

- |                                       |                                       |  |   |
|---------------------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> MAILBOX      | <input type="checkbox"/> FENCE        | <input type="checkbox"/> PAW PRINT     | <input type="checkbox"/> A FLAG         |
| <input type="checkbox"/> YELLOW HOUSE | <input type="checkbox"/> TALLEST TREE | <input type="checkbox"/> SKATEBOARD    | <input type="checkbox"/> SPRINKLER      |
| <input type="checkbox"/> ROSES        | <input type="checkbox"/> A RED DOOR   | <input type="checkbox"/> SINGING BIRDS | <input type="checkbox"/> BICYCLE        |
| <input type="checkbox"/> DOG          | <input type="checkbox"/> CLOUDS       | <input type="checkbox"/> A FAMILY      | <input type="checkbox"/> A PACKAGE      |
| <input type="checkbox"/> STROLLER     | <input type="checkbox"/> MOTORCYCLE   | <input type="checkbox"/> BLUE CAR      | <input type="checkbox"/> DELIVERY TRUCK |



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**EARLY CHILDHOOD**

**WEEK 9**

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

### Let's talk math.

One of the easiest ways to build math skills is through language. Talk about size, texture, color, shape and your child's reactions. "Your teddy bear is soft and fuzzy!" "The motorcycle was so loud. Did it surprise you?" "That dog is so big!" "Your bottle is next to you." "Your hat is on your head."

### Take a shape walk.

Point out and describe the shapes you see: crackers that are square, lids on soup cans that are circles, spoons that are oval, etc.

## Tuesday

### Make a book.

Making your very own book is a surefire way to capture your child's attention. Make an album with pictures of your child and people and pets they know. Have your child talk about and name the pictures. Ask your child, "Who is that?" "What are they doing?"

### Look at the book over and over.

There is something special for children about seeing pictures of themselves and favorite family members, pets and friends that will make this book a favorite to read.

## Wednesday

### Listen up!

Listening and following directions are critical for learning and development, and you can help develop these skills through interaction and practice.

Help your baby learn to listen and follow simple directions, such as "Show me Grandma," "Wash your tummy," or "Hold your diaper!" When your baby responds, let them know you noticed.

### Shadow shapes.

On a sunny day, go outside and show your child their shadow. Try making shadows dance, jump, wave, crouch, run. Trace their shadow with chalk and color in the "shadow shape."

## Thursday

### Singing hands.

Sing songs with hand motions, such as "Twinkle, Twinkle, Little Star" and "Patty Cake" with your baby. When they are able to use their hands and fingers, they will start copying your gestures. Soon, they will be singing along!

### What's that noise?

Show your toddler 3 things that make noise, like a squeak toy, a rattle and some spoons. Let your child play with them for a while, then cover them and make a noise with one. Remove the cover and ask, "Which one made the noise?" See if they can guess. Games like this build working memory skills.

## Friday

### Laundry tunnel time!

While you're folding laundry, throw a sheet over the backs of two chairs. Let your little explorer crawl into the "tunnel." When they're out of sight, call to your baby. Greet them with a surprised face and big smile when they find you! Older siblings will have fun playing this game, too!

# WEEKLY LEARNING ACTIVITIES: PRESCHOOL



## Monday

### **Musical chairs!**

This fun family game can be played so everyone can have a turn. Set up chairs (1 less chair than there are people). Play some music and then stop. Everyone must find a chair. Last person standing gets to pick the next song! If your child can't move around to select a chair, let them pick the songs!

### **Trace it.**

Can you take small wood blocks or other small items from around the house and trace them? Talk about the shapes as you trace.

## Tuesday

### **Letter walk.**

Go for a walk and look for things that begin with different letters of the alphabet. If your child does not know letters yet, point out things that start with 1 letter.

### **Sink and float!**

Using small containers and a bucket of water (or in the bathtub), test out how much water it takes to sink items. Which ones float? Ask your child, "Why do you think they sink/float?"

## Wednesday

### **Wait for me...**

You can prepare your child when they need to wait for something by showing them 3 fingers and saying, "In 3 minutes we can go outside." While they may not understand the time, practicing waiting is important.

### **Sing it!**

Make a microphone out of tin foil and a paper towel tube. Have your child sing out their favorite songs! Take turns!

## Thursday

### **Funny feelings.**

Did you know you can feel more than 1 feeling at a time? What feelings can your child identify? If they can't say the names of feelings start labeling yours to model it.

### **Ice melt.**

Make ice cubes big and small. Using a larger plastic container, fill with water and freeze. Take the big and small ice outside to see which one melts faster. Can you guess? Why do you think the smaller one melts faster?

## Friday

### **Bug list.**

As the weather warms up, different bugs and critters start to come out. What do you notice? Can you make a list of all the different insects you see? Draw them!

### **Memory match!**

Practicing remembering where things are helps kids focus. You can use a memory game or just a deck of cards. Take out pairs of numbers. Turn the cards upside down. See if your child can find the matching pairs. Use as many or as few cards your child can process. Start with 4, and increase by pairs as they get better at matching!

# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER: SELF-CARE IS VITAL

**Self-care is essential for maintaining our well-being. It helps us regain a sense of control, stay calm and reduce stress.** While self-care may look different for everyone, it's not a luxury – it's a necessary practice to nurture your body, mind and spirit.

Make self-care a priority, whether it's taking a 5-minute break or dedicating more time to yourself. Choose what works for you: alone time, a walk, a hot bath or dancing with friends – anything that's healthy, constructive and rejuvenating. This week, set a goal to practice your self-care activity daily and commit to making it a part of your regular routine.

Since May is National Mental Health Awareness Month, we're spotlighting [Mental Health America](#), an organization with resources on how to stay mentally healthy and find mental health care. Seek out whatever support you may need. Remember, you're not alone on this journey!

Time for family fun! Choose an activity that allows everyone to relax and laugh – maybe it's being with your pets, sitting outside in the sunshine, listening to music, dancing, eating your favorite snacks or playing a sport together.



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**WEEK 10**



# WEEKLY LEARNING ACTIVITIES: PRENATAL TO AGE 2



## Monday

### **Learning to imitate!**

Play Follow the Leader using simple actions like tapping the table, clapping your hands or putting on your hat. Describe what you are doing. Does your baby follow along? Let them have a turn as leader.

### **Toddlers love it, too!**

Sprinkle old Follow the Leader actions with new ones your toddler hasn't mastered. Try: clap, crawl, climb a ladder, hop, gallop, jump, fly like a bird, flap your arms like a chicken, blow in the breeze.

## Tuesday

### **Breezy reading.**

There's nothing like reading a story outside with the breeze on your face. Spread a blanket under a shady tree and share a few of your baby or toddler's favorite books. Choose books that take place in nature, so you can point out the trees and grass in the story as well as the world around you. Listen carefully for chirping birds, rustling leaves, touch the scratchy grass and the hard rocks, smell flowers – are they fragrant or stinky?

## Wednesday

### **Texture time.**

Put an object with an interesting texture – a fluffy pompom, sandpaper, foil – into a box. Say “peek-a-boo” as you slowly open the box and let your baby grab what's inside. Name and describe how the item feels and looks. Try with several items to see which one they favor. Let your baby try.

### **Toddlers love it, too!**

Play a version of this game with toddlers using several familiar items. Name, then place items in the box. Without looking, ask your child to find the object you name by using touch.

## Thursday

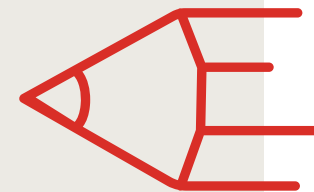
### **Grab and describe.**

Place attention-grabbing objects – crushed ice, a baby washcloth, cotton ball, cheerios – in each cup of a muffin tin. As your little one retrieves and explores each item, name and describe their choice. This activity helps build skills your child needs for writing. As your child grows, offer tongs. Coordinating opening and shutting them to pick up an object encourages your child to try new ways to achieve a goal and paves the way for using scissors.

## Friday

### **Tube tunneling.**

Hold a paper towel tube or tape it to the leg of a table for your child to drop balls, blocks, or other objects through into a box or basket. Does this keep your baby's attention? Which items fit through the hole? Which are too big? Use this game as a chance to talk about top/bottom, up/down, in/out/through, falling/catching, and big/little with babies and toddlers.



# WEEKLY LEARNING ACTIVITIES: PRESCHOOL



## Monday

### **Cotton swab paint.**

Using a cotton swab, paint (or use water if you don't have paint) over letters and numbers. Talk about each one!

### **Sink it!**

Leftover plastic eggs from spring? Can you add small items into them and place them in water? What will it take to sink them? Can you guess or estimate which ones will sink first?

## Tuesday

### **Discovery time.**

Using 2 empty toilet paper rolls, glue or tie together to make binoculars. Use outside to find rock patterns.

### **Tag it!**

Try to find something and tag it. For example, "Find and tag something blue." Or "Find and tag something that starts with the letter S." Give your child 1 minute to find as many items as they can. If your child can't yet find these items, do it together or place the items in front of them so they can reach!

## Wednesday

### **Float it!**

When near water (or in the bath), can you guess which things will float? Why will they float? What might make it sink?

### **Animal moves.**

Move like a snake (wiggle on belly on the floor). Move like a bear (walk on all fours). Move like a frog (get down and hop). Move like an elephant (with heavy stomping). Move like a penguin (waddle with ankles close together and arms pinned to sides). What other animals can you do?

## Thursday

### **Shape find!**

Draw many different shapes for your child. Ask them to color in the triangles, the circles, diamonds, etc.

### **Sweet and sour.**

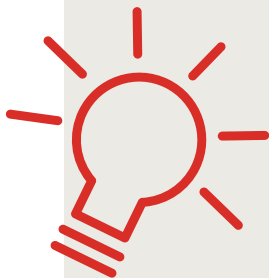
When cooking, talk about opposites. Taste the sweet vs. sour, crunchy vs. soft, wet vs. dry, hot vs. cold and any other opposites you can think of!

## Friday

### **Ask me!**

While reading with your child, ask what, where, when, why and how questions. You might say, "What's the name of this?" while pointing to an object in the book. Wh- questions teach children new vocabulary.

**Family names.** Practice writing the names of everyone in your family. If your child needs help, write in yellow or light pencil and have them trace the names.



# WEEKLY LEARNING ACTIVITIES: PRENATAL TO PRESCHOOL



## PARENT AND CAREGIVER CORNER

**This week's message is brought to you by the letter A, as in A for Anxiety.** Whether we're expecting our first child or already managing a busy household, anxiety is something we all experience – sometimes, more often than we'd like.

Anxiety often arises when we face the unknown. The first step is accepting that there are things we CAN change and things we can't. Embracing uncertainty allows us to take control of our anxiety, rather than letting it control us. We can also help our children understand that anxiety is normal – it's okay to not have all the answers.

By normalizing anxiety and teaching kids to manage it, we can reduce stress on our own bodies, too. As Kaitlin Soule from the Anxiety and Depression Association of America wisely points out, "If we wait for things to be 'better,' or the perfect circumstances to work on our mental, emotional, physical, or spiritual health, we just might miss the boat." The truth is, seeking support is always an option, and you can start today.

**Remember, you're not alone on this journey!**

May is National Mental Health Awareness Month! That's why we're highlighting the [Anxiety and Depression Association of America \(ADAA\)](#), which offers resources on teletherapy, screenings and self-care tips. If you're looking for a mix of support and comic relief, check out the [Parent Trapped](#) podcast, which shares real-life stories about balancing work, homeschooling and family life. Additionally, the [Breathe, Think, Do](#) app by Sesame Street offers breathing exercises, mindfulness games and fun activities to help kids manage stress.