

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!



MORE EARLY CHILDHOOD LEARNING ACTIVITIES



JUST THE TWO OF US

In a calm moment together, take the time to look at your child's face. Point to their nose and say, "your nose." Then point to your nose and say, "my nose." Respond to what they do. Do they point too? Do they smile or repeat your word or sounds? Try this with different parts of your face.

Suggested Age: 0-2 years

Brainy Background

Children are more likely to learn when they're in a relaxed and supportive environment. As you help your child learn new words, you're also introducing them to the ideas of same and different. The ability to make these kinds of connections is at the heart of learning.

DANCE SPEEDS

Dance with your child and ask, "Should we dance slow?" Pick them up and gently move as you hum a slow tune. "Should we dance fast?" Change your tune and dance faster. Watch how they use their arms or move to tell you which they like and respond to what they're telling you.

Suggested Age: 0-18 months

Brainy Background

"Dance Speeds" gives you a chance to do something fun together in a loving way. It also allows you to respond to their movements to begin to help them connect words to their feelings and thoughts. It's the way your child will learn to talk and communicate later.

EYE GAZING

Take a few minutes and look into your child's eyes. As they look back, smile and talk with them. Do what they do. If they blink, you blink. If they look left, you look left. Let them see your eyes too, and have fun keeping eye contact.

Suggested Age: 0-12 months

Brainy Background

When your child looks at you, and you respond, they're making new connections in their brain. Children learn best through loving relationships. When you look at each other and react to each other, the bond you have is growing stronger.

ROLIE POLIE

Grab a ball or anything that rolls and is soft and play a game of catch. Roll the ball back and forth and talk to your child about what is happening.

Suggested Age: 2 years – 5 years

Brainy Background

Brain building can be just this simple. This game helps your children learn to pay attention and remember the rules. Chatting while you do it adds new words to their vocabulary too.

ANIMAL ADVENTURE

Turn your living room into an "Animal Adventure." Make an animal noise. Can your child guess the name of the animal? Can they copy the sound back? Now it's their turn to make a sound for you to guess. See how many times you can go back and forth: "Woofff! Hisssss! Rooarr!"

Suggested Age: 2 years – 5 years

Brainy Background

Back-and-forth conversations whether they're with words, sounds or faces, help your child learn to pay attention, listen carefully, and follow the rules rather than go on autopilot.

IF YOU'RE HAPPY AND YOU KNOW IT

Sing "If you're happy and you know it clap your hands." (If you don't know the tune, make up your own.) At the end of the line, clap your hands and ask your child to clap their hands too. Next, try changing up captions: touch your nose, hop on one foot, or snap your fingers. When they are ready, ask them to pick what actions you do next!

Suggested Age: 12 months – 5 years

Brainy Background

When you ask your child to follow directions with this game, you're helping them to learn how to focus while having fun. This skill is very important in learning and in life.

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