

# Early Childhood

## Fun and Learning At Home

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On the chart provided, complete 2 activities each day with your child.

The remainder of the document includes playful activities that can be done in your home during normal everyday activities. Children learn best through hands-on and engaging activities. Have fun with your child, playing and learning at the same time!

All activities incorporate all areas of children's development and learning that are supported daily in the Early Childhood classroom setting.

Read every day! All students can access online databases for more books to read. See below:

- [Capstone Library](#)  
(These titles can be used by **multiple users** simultaneously.)

**Teacher and Family Access:**

**username:** continue

**Password:** reading

- [Sora](#)  
(These titles are for **one user** to access and use at a time. Families are encouraged to *Return* a book after they read it so that others can access the book.)

**Family Access:**

Username: student ID#

Password: student birth date

**Early Childhood Home Learning Activities**  
**Have your child complete 2 activities each day**  
**Cross out activities completed**

<p>Let's drive. Pretend you are driving. You can drive fast. You can drive slowly. You can take a sharp corner and put on the brakes.</p> 	<p>Go around your house and find all the letters or words that you know. (environmental print)</p>	<p>Practice writing the letters A-K. If you don't have paper and pencil handy, use your finger and write the letters on your hand, the floor or a table.</p>	<p>Let's leap! Can you leap on one foot? Let's try the other foot. Leap with both feet like a frog. Can you take little and big leaps like a rabbit?</p> 
<p>Practice zipping your coat and buttoning or snapping your clothing.</p>	<p>If someone has shoes that tie, ask them to teach you how to tie your shoes. If you already know how to tie, practice tying shoes.</p>	<p>Practice writing the letters M-Z. If you don't have paper and pencil handy, use your finger and write the letters on your hand, the floor or a table.</p>	<p>Practice writing numbers 1-10. If you don't have paper and pencil handy, use your finger and write the letters on your hand, the floor or a table.</p>
<p>Let's imagine! Pretend you are a superhero. Act out your favorite superhero around the house.</p> 	<p>Pretend to go to the farm! Have an adult call out a farm animal. You will act out the animal. Don't forget to make the matching sound!</p> 	<p>Sing your favorite song from school.</p>	<p>Let's fly! Use a piece of paper to create a paper airplane. Throw the plane and chase after it each time to catch up to it.</p> 
<p>Let's grow! You will practice growing like a flower. Start small and then grow, grow, grow as you bloom into a big flower.</p> 	<p>Practice writing your first and last name. If you don't have paper and pencil handy, use your finger and write the letters on your hand, the floor or a table.</p>	<p>Talk with a family member about how many days in a week and name them.</p>	<p>Let's crawl. Using items in your house, make your own tunnel or cave. Take a stuffed animal through the tunnel or cave.</p> 
<p>Let's row! Put down a towel or blanket as your boat. Practice rowing long strides. You will row back and forth on both sides.</p> 	<p>When eating a meal, talk with a family member about the food you are eating, examples: colors, shapes, etc.</p>	<p>Let's bounce! Can you bounce a ball high? Can you bounce it down low? Can you bounce the ball 3 times? Can you catch the ball?</p> 	<p>Practice learning your address.</p>
<p>Practice learning your phone number.</p>	<p>Practice learning the names of your family members and friends.</p>	<p>Name things that make you happy.</p>	<p>Practice counting to 10 or higher.</p>
<p>With a family member or friend, think of words that begin with the first letter of your name.</p>	<p>Do a job for a family member or friend, examples: washing dishes or folding laundry.</p>	<p>Name 5 things that are real and 5 things that are pretend</p>	<p>Practice making patterns using household items.</p>

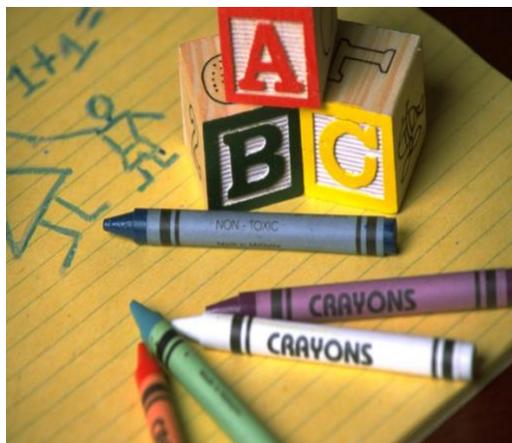
**Early Childhood Home Learning Activities**  
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<p>Let's color tap! Have an adult call out a color. You will run through the house and tap as many items as you can that are the color.</p> 	<p>Practice writing your name. If you don't have paper and pencil handy, use your finger and write the letters on your hand, the floor or a table.</p>	<p>Let's jump! Jump high 10 times. Jump low 10 times. Try 10 jumping jacks. Can you do it again?</p> 	<p>Build a fort using household materials.</p>
<p>Using household items, make a set of 7 things. Make a set of 3 things. How many things do you have all together. Do this with other numbers of things.</p>	<p>Sort household items by shape, size and color. (cars, dolls, shoes, Legos, etc.)</p>	<p>How does it feel? Touch is often how children experience the world. Let your child feel certain textures. Then help him give each a name ("Your sweater is really soft." "The carpet is fuzzy.").</p>	<p>Do you see what I see? With a family member or friend, look out the window together, point at what you see and talk about it.</p>
<p>Tell Me a Story: Tell your child the stories you were told when you were his or her age. Don't forget favorite stories about your family.</p>	<p>Listen up! Sounds are everywhere. When you are out, talk about what you hear ("Do you hear the cars beeping?" "The wind is rattling the branches.").</p>	<p>Read everything around you. Print is everywhere, not just in books. Together, notice and read signs, cereal boxes, letters that come in the mail, menus, ads on the side of buses, and so on.</p>	<p>Breathe deeply. When you're taking a walk, point out the smells in your world ("Mmm...this grass smells fresh! Let's smell it!").</p>
<p>Let's flutter! Pretend you are a butterfly. Fly and flutter around the house. Don't forget to stop for some nectar.</p> 	<p>Let's clean up! Help pick up an area in your home as quickly as you can.</p> 	<p>It's a matter of taste. Talk about how things taste in your mouth ("Does that juicy apple taste sweet?").</p>	<p>Think of words that rhyme. What rhymes with Box? Car? Door? Cat? Moon? Man? Cone? Book? Glue?</p>
<p>Practice saying the letters in your name.</p>	<p>Let's stomp! Pretend you are a dinosaur. Take big steps as you stomp around the house. Chomp, chomp, CHOMP!</p> 	<p>Demonstrate good hand washing and tell a family member how to wash their hands. Sing the ABC song twice as your wash. Use plenty of soap on the top and bottom of your hands. Get between your fingers and under your nails.</p>	<p>Let's use our toes! Place little items on the floor, like socks, pennies, or a bottle cap. Use your toes to pick up the items.</p> 
<p>Let's hop! Pretend you are hopping over or maybe through mud puddles. Make sure you hit all the big and muddy puddles.</p> 	<p>Let's sweep! Practice the sweeping motion by helping sweep a room in your home. If you don't have a real broom, pretend.</p> 	<p>Say your name and your family member's names. First and last names.</p>	<p>Practice moving in different ways. Do the bear crawl, gallop, skip, jump with two feet, hop on one foot, slither like a snake, zoom, crab walk, etc.</p>

# Fun and Learning at Home

This packet of activities can guide you in teaching your child in everyday routines. Each activity can be followed during your family's everyday life in each room of your home; and while you and your child are outdoors. Just because an activity is described in one room of your home does not mean that it could not be done somewhere else. Many of the ideas might be routines you are doing already.

Children are learning all the time, especially when they are playing. Learning for children is fun. Learning and playing with your children can also be fun for you. You will find that your child is curious and eager to talk and play with you.



## In the Kitchen

In the kitchen, you and your children can do many things together: put away groceries, prepare meals and snacks, set the table. Every family member can have a job to do! Your children will feel good about their successes as they use their large and small muscles, look for shapes and colors and learn new words and skills. Be sure the kitchen is a safe place. Keep sharp objects out of reach. Remind your children about family rules in the kitchen.

Help your children become aware of differences in foods.



- Talk with your children about the size, taste texture, and color of foods. Help them to recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods.
- Talk with your children about any foods that have special meaning to your family.

Look for shapes or colors around the kitchen in and on the cabinets, refrigerator and stove.

- Ask your children to find circles, triangles, or squares.
- Play the game, "I see something you don't see and the color (or the shape) IS..." Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.

Count, make sets, and match things with your children.

- Ask your children to make sure there is one plate, one glass, and so on, for each person.
- While you wash dishes, match spoons, cups or plates.
- Make small collections by gathering all round or square shaped things.



## In the Living Room

The living room can be the place for both quiet and noisy activities. Your children will develop their social skills by learning how to play alone or with others and can practice listening and talking.

Read to your children each day:

- Give your children a chance to pretend to read from magazines or books.
- Ask an older child or other family member to read to a younger child and to you.



Develop your children's big muscles:



- Encourage your children to help with household jobs: watering plants, sweeping, dusting, and vacuuming.
- You and the children can pretend to be characters from a story or a TV show.
- Turn on music and march around the house. Or, if your family likes to dance, turn on music and have fun!

Talk about cartoons or movies or sing songs from your favorite show:

- As your child watches their favorite movie or cartoon, talk to them about what is happening. Ask them questions – What is going to happen next?
- Sing songs together: Use a wooden spoon or thick stick as a microphone.



## In the Bedroom

The bedroom can be a special place to play alone or to share some special, private time with your child. You and your children can read stories and talk about almost anything! Your children will learn a lot of self-help skills in the bedroom. They will be very proud of their new abilities.

Read to your children daily:



- Tell a story or read a book to your children at bedtime.
- After you've finished reading, ask your children to tell you all they remember about the story.

Talk about clothing:

- Help your children describe pieces of clothing.
- Talk about the front and back, top and bottom of shirts, pants, skirts, dresses.
- Let your children select the clothes they wear for daytime, for sleeping.
- Encourage your children to dress themselves and their dolls or their stuffed animals.



Encourage your children to think, imagine, and be creative:

- Ask questions that have many answers, rather than questions that have right or wrong answers, such as "Where do you think birds sleep? How do you think a rainbow gets in the sky? Where do you think the water goes after it goes down the drain?"
- Ask your children to act out a story you've read to them.

## In the Bathroom

The bathroom is a great place for children to learn to brush their teeth or fix their hair. While they're taking a bath, they can learn math and science concepts, such as sinking and floating, full and empty. Safety tip: Always stay with your children when they're in the bathroom and make sure the water is not too hot!

Use mirrors to name body parts:

- Make faces in the mirror with your children—move your tongue, make a kiss, wiggle your nose.
- Talk with your children about all of the things they can do with their eyes—blink, stare, wink.

Let your children play with different things while taking a bath:

- Help your children collect and save things to play with in the bathtub, such as plastic containers, sponges, cartons, and corks.
- Help your children notice which things sink and float.



Practice helping skills with your children:

- Encourage your children to wash their hands and face, brush their teeth, and comb their hair.
- Talk about why we wash our hands and face, why we brush our teeth.

Talk with your children about opposites in the bathtub:

- Encourage them to pour water into and out of containers, making them full, making them empty.
- Discover things that are hard and soft, warm and cold, wet and dry.