

Learning at
Home

with
**little
Sprouts**



Clean Learning

Infant Activities

Citizen

In a shallow container place a small amount of water, just enough to fill the bottom of the container and mix some gentle baby soap in to form bubbles. Add a few items such as: a wash cloth, a loofah, a sponge, or a scrub brush, etc to the Tupperware container of soapy water. Sit baby in your lap with the container in front of you and let them explore the different textures. Talk to baby about how they feel, take turns touching the different objects. Ask to take turns with baby and wash some toys together.

Scholar

Sing the Wash Up song with baby!

“Wash you face, nice and clean, (pretend to wash your face)

Clean your fingers, in between (pretend to wash our hands)

Brush you teeth, (pretend to brush your teeth)

And comb your hair, (Pretend to comb your hair)

Neat and clean, everywhere!”

Sign “all clean”!



Mind

In a gallon size ziplock bag, fill the bag with shaving cream, if you have food coloring you can add some to the shaving cream as well to add some color. Close the ziplock bag, tape the top shut so that baby cannot accidentally open the bag, then additionally tape all 4 sides of the bag to a flat surface such as a floor, high chair tray, or small table. Allow baby to squish the bag and explore how it feels.

Body

Fill up a kitchen sink or bathroom sink with water. Hold baby and sit baby on the edge of the sink, holding them so babies feet can go in the water. Allow baby to kick, kick, kick the water. Making small splashes! For older infants, fill the tub with a little bit of water just to cover the bottom, hold baby up and let baby stomp, stomp, stomp to splash in the water!

Toddler Activities

Citizen

Let's work on cleaning up, toddlers usually LOVE to help and what better way than to help with clean-up?
When you see a mess on the floor or table, pick up a single object from a pile of toys and ask "I wonder where this belongs, can you help me find where this toy goes?"
Encouraging your toddler to seek out where the toy belongs to help you out! Once they've helped you put the toy or item away, say "Thank you for helping me take care of that toy!"

Scholar

Create a checklist when cleaning up together. Draw a few simple pictures and "read" the pictures to your child. For example, you might draw a broom if you need to sweep together, or a t-shirt to represent laundry. Have your child be in charge of the list! Ask them to "read" which tasks you need to do and check off which tasks you have done.
Have a special symbol at the bottom to represent your post-clean up activity. Just a few chore to do before we can go outside!

Mind

Wash away the shape!
Bring some sidewalk chalk outside and draw a bunch of shapes all over the ground. Give your toddler a spray bottle filled with water. Name a shape and have them spray the shape you named until it starts to fade away! (No spray bottle? You can have them used a bowl of water and a wet cloth to wash away the shape as well!)

Body

Silly Window Washers!
Give your toddler a spray bottle with water in it and a wash cloth or paper towel to "wash" with. Encourage them to spray a window with the water and have them "scrub" with the cloth or towel. Make it silly! Have them reach up high! Have them squat down low! Can they balance on 1 foot while they're cleaning? Have them jump to reach really high!

Preschool Activities

Citizen

Have a bike? Toy Cars? Toy slide? Cozy Coupe?

Anything that can get washed, OUTSIDE?

Bring out a bucket or bowl of soap and water, a large sponge/wash cloth/rag. Allow your child to go to town washing something outside! Encourage them to stretch really high when they need to or get down low in other areas!

Scholar

Sensory Bag Letters

Fill a ziplock bag with shaving cream and magnet letters or foam letters! Mix them into the shaving cream, close the bag, and tape the top shut in addition to zipping it shut. This will help ensure that this will not make a mess when the start playing with the sensory bag. Tape your sensory bag to a flat surface and now encourage your child to manipulate the contents until they reveal a letter. Encourage your child to name the letter they found and write it down on a piece of paper!

(If you do not have shaving cream, you could use anything similar that is fun to squish. Ex. Liquid soap, shampoo, lotion, hair gel, etc if it is clear, your may want to mix in some food coloring to allow the letters to be a little bit hidden)

Mind

Check out the link for the Clean Mud recipe! Follow the recipe together and discuss how to measure the ingredients. Once you've made the Clean Mud, use descriptive language to talk about how it feels, smells and looks!

Body

Sweeping!

Grab a broom, not for you, but for your preschooler! Find a mess on the floor (or create a small mess) and teach them out to manipulate a broom! With your assistance, can they get the mess into a dustpan? Brooms are usually larger than preschoolers and will require them to use a lot of hand-eye coordination for practice!

Or you can give them a ball and have them sweet the ball into a goal (between the legs of a chair is an easy makeshift goal)

Resources and Links:

[Clean Mud Recipe](#)

Additional Scholar Activity For Preschoolers
Wash away the letter!

Bring some sidewalk chalk outside and write letters all over the ground. Give your preschooler a spray bottle filled with water. Name a letter and have them spray the letter you named until it starts to fade away!
(No spray bottle? You can have them used a bowl of water and a wet cloth to wash away the shape as well!)