

Learning at Home

with
**little
Sprouts**



Emotions

Infant Activities

Creative Expression

Standard: Focus attention on interesting sight or sounds, often in shared experiences with adults. React to stimulation in the environment.

Paper Towel Tube Talk - Even before your baby can utter a word, she is developing his/her sense of speech through listening to the sounds around her. Use the center tube from a roll of paper towels to create a listening game with your baby. This exercise is especially good for babies aged four weeks to four months. Place the tube close to the baby's ear and whisper into it. Move the tube to the other ear and whisper something else. Simple phrases, like "I love you," are best. Let the baby see your lips while you whisper if she appears confused about the source of the sound

Sign Language

Standard: Remember language heard repeatedly in stories, poems, and interactive language experiences

Review the signs for the week:

- I Love You
- Hug
- Kiss

Sensory

Standard: Explore objects, activities, and environments

Stretchy Dough: Making the Dough : Mix 1 cup vegetable oil, 1 cup water, and 1 teaspoon food coloring in a bowl. Slowly add 4 cups flour and stir with a wooden spoon or hands until the dough forms a ball. Put the dough on the table and knead until smooth

Materials: Apron

- Tools for exploring the play dough
- Your newly-made play dough

Procedure: Pound, roll, knead, poke, and stretch the dough

Music and Movement

Standard: Respond to music by joining in on one or two words in a song or moving physically upon hearing a familiar melody or rhythm:

Hugs and Kisses Song: <https://youtu.be/frYfZYeBO4k>

Toddler Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Explore emotions with different colors. Discuss different emotions including sadness, anger, worry, and happiness. Have children find and paint with colors that go along with each emotion. For an extension, kids can even color with different shades of each emotion. For example, feeling irritated might be a light orange shade while feeling enraged might be a dark red. Using colors to explore emotions in this way makes it concrete for kids to discuss and identify feelings.

Math/Science

Standards: Math: Attributes, sorting, and Patterns, exploring cause and effect

Create with playdough!
There are so many emotional benefits of playdough
It can be calming and a source of stress relief!

If you decide to make your own playdough with your child. Here is a great recipe:

[Homemade Kids Playdough - A Pretty Life In The Suburbs](#)

Books and Songs

Standard: Word comprehension, symbolic representation demonstrate enthusiasm for new learning

The Color Monster: <https://youtu.be/W6wIEp-M4tg>

The Feelings Book: <https://youtu.be/sBFbQ70AJjs>

Outside Time:

Create a Family Mural with Puffy Sidewalk Paint:
<https://www.thebestideasforkids.com/puffy-sidewalk-paint/>
Make sure you highlight each family member's emotions

Preschool Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Explore emotions with different colors. Discuss different emotions including sadness, anger, worry, and happiness. Have children find and paint with colors that go along with each emotion. For an extension, kids can even color with different shades of each emotion. For example, feeling irritated might be a light orange shade while feeling enraged might be a dark red. Using colors to explore emotions in this way makes it concrete for kids to discuss and identify feelings.

Books and Songs

Standard: Word comprehension, symbolic representation

The Color Monster: <https://youtu.be/W6wIEp-M4tg>

The Feelings Book: <https://youtu.be/sBFbQ70AJjs>

Math/Science/Writing

Identify Emotions

Let's look at the 5 core emotions: joy, sadness, anger, fear, and disgust. The Pixar movie "Inside Out" does a beautiful job of characterizing these emotions. We especially appreciate the correlation between colors and feelings. Meet the 5-character emotions from the movie.

After you watch the movie with your children, discuss the different characters and the feelings they represent. Talk about body language and facial expressions. Encourage your child to identify and express the moods by asking them to draw and "color" the various emotions.

Outside Time:

Create a Family Mural with Puffy Sidewalk Paint:
<https://www.thebestideasforkids.com/puffy-sidewalk-paint/>
Make sure you highlight each family member's emotions

Resources and Links:

Yummy Summer Treats

<https://youtu.be/61FtWvwtXB4>

Music Class:

<https://youtu.be/LuVEYGgiM84>

Spanish Class:

<https://youtu.be/wuaTuAueFtc>