

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. This includes drawings, sculptures or painting

Observe, understand, and embrace your baby's unique personality. It's important to understand your baby's character traits and behavioral style as completely as possible so you can best respond to them. For instance, an irritable baby might need cuddling or distraction to refocus energy, while a shy infant might need time to watch from a distance before becoming directly involved with others.

Sensory

Standard: Explore objects, activities, and environments

Grow self-awareness with mirror games. Stand beside your baby in front of a mirror and point out different body parts, such as your nose or arm. Have your baby do the same. Move in and out of the reflection for mirror peek-a-boo. You and your baby can make faces to display various emotions you suggest.

Sign Language

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

Sign the words: **I Love You:** [I Love You Flash Card \(babysignlanguage.com\)](http://babysignlanguage.com)

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:

What I Am Song: <https://youtu.be/cyVzjoj96vs>

Peekaboo, I love you song: <https://youtu.be/83a7wLOTsXk>

Toddler Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Have your child make a collage about themselves.

Use old magazines and newspapers to have them find and cut out elements of who they are. Your child can use a variety of words, pictures, or their own drawing to highlight who they are. This can be a great activity for children to build confidence in themselves

Math/Science

Standards: Math: Attributes, sorting, and Patterns. Science: Investigating and Using Evidence cause and effect

Game: Feelings Hop-**Social-emotional skills + concepts:** Identifying what feelings look like, what causes certain feelings and even what to do about them.

Materials needed: Create large print outs of faces making different emotions and tape them to the floor.

Process: Call out a feeling—"frustration!" or "joy!"—and encourage your child to hop to the face that shows that feeling. Once they are standing on the feeling card, encourage them to make the face, and explain why a person might feel that way: "Sometimes we get frustrated when we have to wait." Take the game to the next level by asking the child how they can help a friend who may be feeling this emotion. Play until all feelings are identified.

Books and Songs

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

In My Heart: <https://youtu.be/xIfLgHBwYx4>

The Way I Feel: <https://youtu.be/MSdSWlfCpJ8>

Outside Time:

Standard: Large Muscle Movement and Coordination

Go outside and play! When you return indoors talk about how you felt about playing outside

Preschool Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Have your child make a collage about themselves.

Use old magazines and newspapers to have them find and cut out elements of who they are. Your child can use a variety of words, pictures, or their own drawing to highlight who they are. This can be a great activity for children to build confidence in themselves

Books and Songs

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

In My Heart: <https://youtu.be/xIfLgHBwYx4>

The Way I Feel: <https://youtu.be/MSdSWlfCpJ8>

Math/Science/Writing

Game: Silly Conversations. **Social-emotional skills + concepts:** Listening and engaging in conversations.

Process: Give your child the opportunity to pick a silly or imaginative topic of conversation and to ask questions—and no matter how wild the question, both of you get to come up with an answer. If they need help, start the conversation with a question like, "Would you rather fly like a bird or swim like a fish?" Then encourage them to verbalize their answer. Allow them to be silly while still engaging with the question.

You can demonstrate how to continue a conversation by adding "also" statements such as, "I would also have long blue wings to fly." This keeps the conversation open-ended while encouraging further exploration of the subject.

Outside Time:

Standard: Large Muscle Movement and Coordination

Go outside and play!

When you return indoors talk about how you felt about playing outside

Resources and Links:

Circle Time:

<https://youtu.be/V3AxELWZQAw>

Music Class:

<https://youtu.be/1WzYIaNskYg>

Spanish Class:

<https://youtu.be/wuaTuAueFtc>