

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

Sing your favorite song to your baby! See how your baby reacts and what emotions they show when they hear you.

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

Take them outdoors: Take them out for a stroll and introduce them to neighbors, friends, etc. Show them the sky, flowers, and animals. This way, they will begin to recognize people and things around them.

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:

Music Class with Mr. Erik: <https://youtu.be/pKLZw8uB2X0>

Yoga with Ms. Bailey: <https://youtu.be/YuDZBZCrfSA>

Toddler Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Sparked Creativity: Painting engages creativity in a hands-on way. Creating art with a paintbrush gives your child a chance to express their personal style; they become more in tune with themselves and their interests. Developing creativity encourages your child to think about other situations in different ways. Creativity through painting may inspire her to come up with new ideas in other areas.

Take part in the fun and paint a picture with your child!

Books and Songs

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

B is for Breathe: <https://youtu.be/sEmIKSIZzNo>

Ruby Finds a Worry: <https://youtu.be/VCyuiHI2SJU>

Math/Science

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

Emotion Sensory Bins to create for your child for different emotions:

[Emotions Sensory Bins ★ Sugar, Spice and Glitter](#)

Outside Time:

Standard: Large Muscle Movement and Coordination

Yoga Family Fun Outside:

www.youtube.com/user/CosmicKidsYoga

Preschool Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Sparked Creativity: Painting engages creativity in a hands-on way. Creating art with a paintbrush gives your child a chance to express their personal style; they become more in tune with themselves and their interests. Developing creativity encourages your child to think about other situations in different ways. Creativity through painting may inspire her to come up with new ideas in other areas.

Take part in the fun and paint a picture with your child!

Books and Songs

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

B is for Breathe: <https://youtu.be/sEmIKSIZzNo>

Ruby Finds a Worry: <https://youtu.be/VCyiiiHI2SJU>

Math/Science/Writing

Mindful Breathing: Skills targeted: Mindfulness, Coping Skills, Managing Emotions

Let your child know that they will be practicing mindful breathing. Explain that mindful breathing is just focusing on breathing in and out to help calm our minds and bodies. There are many different mindful breathing exercises to try out. One of my favorites is "Cool off the pizza." In this activity, have your child pretend they have a hot slice of pizza in front of them. Slowly breathe in to smell the pizza and breathe out to cool it down.

Outside Time:

Standard: Large Muscle Movement and Coordination

Yoga Family Fun Outside: www.youtube.com/user/CosmicKidsYoga

Resources and Links:

Circle Time:

<https://youtu.be/V3AxELWZQAw>

Music Class:

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

Spanish Class:

<https://youtu.be/wuaTuAueFtc>