

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

Talk, read, and sing together: The primary mode of learning for infants is by interacting with the people around them. These simple interactions help the baby feel connected with their caregivers, thus helping them learn.

Sign Language

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

Sign the word: Hug [Hug Flash Card \(babysignlanguage.com\)](http://babysignlanguage.com)

Sensory

Standard: Explore objects, activities, and environments

Expressions: Show your baby different facial expression and then tell him what they are. For example, show them a big smile and then tell them you are happy. Make a face that is sad, angry, surprised and silly, each time saying the expression. Show them pictures in books and magazines of people with different faces. Exposing them to these various expressions helps them understand that emotions can be displayed in a social and readable way

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:

Fill Your Bucket: <https://youtu.be/WaddbqEQ1NE>

Best Friends Forever: <https://youtu.be/mpctWHSc5XU>

Hello Everybody: https://youtu.be/fdGi_mrQmjU

Toddler Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Scribble Art- Sometimes, we just need to “get the scribbles out!” Teach your child how to hold one or many drawing tools and scribble all over a blank sheet of paper, letting their emotions come out on the paper. Your little artist can use the scribble paper to create something else, such as a special card to give someone they LOVE!

Math/Science

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

Game: My Turn- **Social-emotional skills + concepts:** Sharing, along with saying "Please" and "Thank you"

Materials needed: Any household object your child likes—a toy or blanket, or something "grown-up" your child likes to hold, like your phone or the remote.

Process: Say to your child "My turn please" with your hand placed out in front, ready to receive the object. Gently guide your child's hand to place the object into your hand, providing positive praise and a "Thank you" as soon as they do. Then, say "Your turn" and hand them back the object. Practice it a few times. This can be done throughout the day with any item. Don't forget to always say "Please" and "Thank you."

Books and Songs

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

Jabari Jumps: <https://youtu.be/RfpIivqO3ic>

What I am Feeling: https://youtu.be/QqnW_nPi4-0

Outside Time:

Standard: Large Muscle Movement and Coordination

Mindful Scavenger Hunt: Skill targeted: Mindfulness, Attention. Explain that mindfulness is learning to focus on the present. This can help our minds and bodies feel calm and in control. On your own, create a list of 10 or 12 items you want kids to find. Note that this can be done inside or outside. For example, if outside, you might want them to find a plant, a pinecone, something blue, and something bumpy. If inside, you might want them to find something yellow, something in the shape of a square, and something that makes noise. Give your child time to find these items and then talk about what you found.

Preschool Activities

Creative Expression

Standard: Small Muscle Movement and Coordination

Emotion Masks: create some masks to help explore their feelings.

You will need paper plates, Popsicle sticks, tape and markers, crayons, or paints. Cut each plate in half and tape a Popsicle stick to the rounded edge of each half plate.

Have your child draw a mouth and a nose on each mask. Now get exploring some emotions. Be silly and mix up the feelings, for example, your child could give angry eyes with a happy face mask.

Math/Science/Writing

Share A Snack: Have your child help you prepare a snack and enjoy together!

Work together to create a favorite snack with your child. Once done, enjoy the snack practicing taking turns and sharing.

Books and Songs

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

Jabari Jumps: <https://youtu.be/RfpIivqO3ic>

What I am Feeling: https://youtu.be/QqnW_nPi4-0

Outside Time:

Standard: Large Muscle Movement and Coordination

Mindful Scavenger Hunt: Skill targeted: Mindfulness, Attention. Explain that mindfulness is learning to focus on the present. This can help our minds and bodies feel calm and in control. On your own, create a list of 10 or 12 items you want kids to find. Note that this can be done inside or outside. For example, if outside, you might want them to find a plant, a pinecone, something blue, and something bumpy. If inside, you might want them to find something yellow, something in the shape of a square, and something that makes noise. Give your child time to find these items and then talk about what you found!

Resources and Links:

Circle Time:

<https://youtu.be/V3AxELWZQAw>

Music Class:

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

Spanish Class:

<https://youtu.be/wuaTuAueFtc>