

# 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

**Respond to vocalizations:** Respond when the baby is blabbering or making cooing sounds. Nod your head and reply to them like you understand what they are trying to say. They learn turn taking of conversation well before they have words

## Sign Language

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

Sign Kiss: [Kiss Flash Card \(babysignlanguage.com\)](http://babysignlanguage.com)

## Sensory

**Play simple social games:** Games such as peek-a-boo and cooing back and forth help develop a bond. These games, and the “games” of feeding, diaper changing, and going to sleep are all examples of ways your baby learns the ways of the world that are unique to their culture

## 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/cyVzjoi96vs>  
Manners and Character: [https://youtu.be/XEjVu8Kj\\_2I](https://youtu.be/XEjVu8Kj_2I)  
Let's Go Swimming Song: <https://youtu.be/O9zVJn3ChqM>

# Toddler Activities

## Creative Expression

**Standard:** Small Muscle Movement and Coordination

**Mindful Coloring:** Skills targeted: Mindfulness, Coping Skills

How to try it: Set the tone with some calming music. Have your child color or doodle quietly as they breathe in and out. Note that you can use any coloring pages or books on hand!

## Math/Science

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

**Game:** Mimicking Emotions **Social-emotional skills + concepts:** Recognizing and naming different types of emotions, as well as empathy.

**Process:** Cover your face with your palms; remove your hands from your face and make a face that expresses an emotion: happiness, sadness, confusion, worry, anger. Encourage your child to mimic the emotions you are making. Make sure to describe the emotion to help build their vocabulary words.

As your child gets older, you can show them how to offer comfort when the emotion is not happy. For example, when you show your child a sad face, guide them into giving you a hug, and saying, "everything will be okay." Make sure to provide the same empathy when your child is expressing those feelings themselves.

## Books and Songs

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

Today I Feel Silly: <https://youtu.be/Sr13yipIToM>

I Like Myself: <https://youtu.be/kTLxkMaOXDk>

## Outside Time:

**Standard:** Large Muscle Movement and Coordination

Go for a Family Walk. Discuss with your child all the seasonal things you see while walking.

# Preschool Activities

## Creative Expression

**Standard:** Small Muscle Movement and Coordination

**Emotions Stress Balls:** All you need for a fun craft and activity is five balloons, a sharpie, and some homemade playdough or uncooked rice.

1. *Create small balls of playdough and stuff them into the balloons. You can hold open the balloons while your kids' stuff in the playdough.*

*Once full, push out any air and tie off the balloons.*

2. *Draw faces with a Sharpie on the balloons representing happy, sad, angry, scared, and surprise*

*As an alternative, you can fill them with uncooked rice. Why not try both for a comparison.*

## Math/Science/Writing

**Mindfulness 5-4-3-2-1**

Skills targeted: Mindfulness, Coping Skills, Self-Regulation

Explain that you will be practicing mindfulness, which is a skill that helps us stay calm and in control.

Have your child look around their room to find 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset when needed. After giving it a try, you can move to another room and try the same.

## Books and Songs

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

Today I Feel Silly: <https://youtu.be/Sr13ujpIToM>

I Like Myself: <https://youtu.be/kTLxkMaOXDk>

## Outside Time:

**Standard:** Large Muscle Movement and Coordination

Go for a Family Walk. Discuss with your child all the seasonal things you see while walking.

# Resources and Links:

Circle Time:

<https://youtu.be/V3AxELWZQAw>

Music Class:

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

Spanish Class:

<https://youtu.be/wuaTuAueFtc>