

Learning at Home

with
**little
Sprouts**



Fall in our Community

Infant Activities

Citizen

Help baby dab their palms and fingers into washable ink, then introduce baby to the mirror. Tell the baby "There you are!" And point to the mirror. Encourage baby to place their hands on the mirror and tap or use the mirror to steady themselves while sitting or standing. "There is baby's smile! There are your eyes! and here are your hands! tap-tap-tap"

Mind

What's Missing?
Use a baby blanket to "hide" an object. Observe to see if the baby will reach and pick up the cloth to look for the object. Say "Where did ___ go?" You can sign "where" by pointing up and shaking your finger gently.

Scholar

We are going grocery shopping with blocks! We will look at the picture-based grocery list and see if we can find the block that has the matching food label. We will place the items into our shopping bag and check to make sure we got everything on our list! We can also use recycled food containers and boxes.

Body

Use a large cardboard box and place it on the floor for baby to crawl into and out of. Encourage baby to hide down inside and then pop up, "peek-a-boo!" Some babies may lift and lower the flap of the box to hide inside.

Toddler Activities

Citizen

Toddler Doctors to the rescue! Notice that a stuffed bear isn't feeling very well. He seems to have some bumps and bruises. Help your child practice using very gentle touches. Clean him up with tissues and then give him bandaids where needed! Are you feeling better bear?

Mind

Before the activity, use the colored chalk to draw flames onto the sidewalk or, if possible, onto the side of the building.

Encourage the group of toddlers to work together in putting out the flames using a spray bottle filled with water. Talk to the children about being safe and about fire being dangerous. Talk about how firefighters save people from burning.

Scholar

Let's Write a Card:

Explain that we are going to make a card for someone else, anyone that they wish. Give your child the opportunity to draw or write a message. Use phrases like "I see you wrote a message" or "You're telling dad that you love him! That is so kind of you."

Body

Pinch-pinch-pull! Use zipper seal bags filled with a little ball of paper. (This bag will be practice for an individually wrapped snack) Model how we pinch the sides of the bag and then pull to open the top. The zipper seal bags should come apart a little bit easier than an actual packaged snack. We can try it out over and over again. We can practice asking for help if we need help after trying on our own. We will learn to persevere and then celebrate our success! You did it!

Preschool Activities

Citizen

Draw a Scientist: Imagine a scientist and then draw them. Ask your child questions about who can be a scientist:: what color hair does your scientist have? Is your scientist a boy or a girl? What color skin does the scientist have?.. We will learn that scientists can be male or female, with dark skin or light skin, tall or short or any person in between! Anyone can be a scientist!

Mind

Use sidewalk chalk to practice writing numbers on trees, rocks, sidewalks, decks/ porches. We can pretend that each spot is an address. Who can live at number 6 rock street? Maybe there is a hospital at number 3 Tree Lane.

Scholar

Grown-up Jobs: Invite your child to draw a picture of what they would like their job to be when they grow up. Draw a picture of you doing your job, as well. Talk to your child about that you like about your job.

Body

Use chalk to draw a road on the driveway or sidewalk outside. Include stop signs and traffic lights. Encourage your child to “drive” their pretend car and follow the traffic rules. Stop at the stop sign! Green means go!



Resources

Music Class with Ms. Lindsey

<https://youtu.be/LuVEYGgiM84>

Frozen Banana Treats with Ms. Sam

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

Yoga Class with Ms. Bailey

<https://youtu.be/QDP0pbP2HZs>

