

Learning at  
Home

with  
**little  
Sprouts**



Fall into Fall

# Infant Activities

## Citizen

Mirror Hand Prints: Teacher will help baby dab his or her 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

When outside in the morning or afternoon, show your baby your shadow. Wave your hands and say "hello, shadow!" Encourage your baby to wave at their shadow and see how their shadows moves as they move.

## Scholar

Engage the infant in pretend play. Hold a telephone to his ear and one to yours. Engage the infant in talk, make beginning sounds, for example, /d/,/d/,/d/ or /b/,/b/,/b/.

Pause and give the infant time to respond. Repeat, having a back and forth conversation.

## Body

Reaching for a Leaf Mobile! Hang a few leaves from string in your baby's changing area or playing area. Encourage baby to stretch out, reach for and grasp the leaves! (But, maybe avoid tasting them!)

# Toddler Activities

## Citizen

Invite toddlers to have apple slices for snack and sprinkle a little bit of cinnamon on top. Toddlers are notoriously sensitive to trying new foods, but a few things can help: starting with something familiar and adding new ingredients themselves!

## Mind

Acorn/Pinecone Hunt! Help your toddler notice acorns, pinecones and other kinds of seeds that fall to the ground in the autumn. Of course, it's important to remind them that we only eat food, and these objects are not people food. Talk about how squirrels and chipmunks might like to eat the acorns. Leave some in a pile for them to find.

## Scholar

Sing this song together:  
The green leaves are turning  
To yellow, red, and brown.  
And the wind comes whistling by  
(make wind sound and turn around)  
They all come falling down. (fall to ground)

## Body

Raking the Leaves: Toddlers love to help! Encourage them to rake or pick up leaves they find outside. Can we make a big, huge pile! And what is better than cleaning up the leaves? Running through them and tossing them around!

# Preschool Activities

## Citizen

Talk to your child about preparing for the cold weather. It's important to dress for outdoor play. Check out the temperature in the morning ([Try this weather site for kids](#)) and help your child to choose the most appropriate clothes. Encourage your child's independence in getting dressed.

## Mind

Squirrels love to hide acorns in the autumn. They will hide them before the winter, so that they can find them and eat them when there is snow on the ground. We are going to try to hide away some acorns today using some paper tubes. We will try to estimate how many acorns we will be able to fit inside of a tube. Count together and see

## Scholar

Write the letters of your child's name onto paper leaves (create sets of two) and encourage child to toss them about. Then, child will search through the fallen leaves and try to match the letters.

## Body

Fall-themes salt tray: our salt into a shallow tray, like a baking sheet. Add cinnamon. Your child can use their finger or a paintbrush to practice lines, swirls and letters.



# Resources

**Music Class with Ms. Lindsey**

<https://youtu.be/LuVEYGgiM84>

**Making Playdough**

<https://youtu.be/W8UQssbAwnM>

**Yoga Class with Ms. Bailey**

<https://youtu.be/QDP0pbP2HZs>

