

Early Years Preschool Playful Home Activities

Activities to do together with your child at home.

Week of: 4/6/2020

Theme: My Home, My Neighborhood

Art & Crafts

- You can bring items home from your nature walk and make a collage – glue them on cardboard (think recycling, back of cereal box).
- Cut or tear out pictures from magazines, newspapers, food circulars etc and make a collage.

Play

- Let's play some music! A bowl or pots and pans with spoons will work. What kinds of sounds can you make? Are some the same or are some different?
- If you tap out a rhythm (tap, tap, tap). Maybe your child can imitate you and then you can take turns and imitate them.

Conscious Discipline/Social Emotional

- Social story about social distancing: https://www.youtube.com/watch?v=DA_SsZFYw0w&fbclid=IwAR3XkoEscbpCPwW7n7vL6Xq81hZ-AuQkuWP1JH5zA1aQoIy08QePAABez7c
- Keep practicing the belly breathing: try laying on your back with a small stuffed animal on your belly. Breathe in through your nose and see it go up and then exhale out and see it go down.

Gross Motor (Get Moving!)

- Take a sensory walk: walk around outside – what do you hear, smell, see, what can you feel / touch?
- Make an indoor or outdoor obstacle course – jump 2 feet together over things, climb under, go around. Use anything you have around. You can crawl under a chair/table, jump over a stuffed animal, go around the couch....

Sensory Ideas

- Fill a sink or a dish pan with water and add some small cups or measuring spoons to dump and pour. Add ice cubes for a different experience, then add some warm water. What happens to the ice? You can even try making colored ice cubes with food coloring.
- Any extra hair gel or hair conditioner around the house? Squirt a bit onto a cookie sheet or tray and just have fun exploring how it feels. Is it cold, smooth, slippery?

Fine Motor Activities

- Clip clothespins or chip clips onto a coffee can or onto a cardboard box
- Tape paper to the underside of a coffee table. Your child can lay on the floor and color upside down.

Science/Nature

- Nature walk outside – what can you find? Leaves, pinecones, flowers....

Literacy & Language

- Talk about the things you find on your nature walk or your sensory walk. See if you can describe them. Are they prickly, smooth, spikey, cold, rough, hot, warm, wet, dry, soft etc...?
- Read your child's favorite book to them, even if it's for the millionth time 😊

Math / Cooking

- How many things did you find on your nature walk? Can you sort them into groups? How many in each group?
- Counting going up and down stairs in your home or outside – try 1 foot on each step going up and going down (hold onto the railing if you need to).

Online Resources

- Starfall:
<https://www.starfall.com/h/index-kindergarten.php?mg=k>
All the letters are free online and some of the other content is free as well.
- Follow on Instagram: ooeygoeeylady for read a-louds and fun activities.

Special Notes

EYP staff realizes this can be a stressful time for both adults and children. Our intention is not to overload families with 'have-to' activities, but to provide opportunities for times of connection throughout the day that can be restorative for everyone. Getting outside to take a walk (maintaining distancing, of course!) is helpful because movement allows us to 'work out' some of the stress in our bodies. Taking moments throughout the day to give your full attention to your child and his/her play and thinking can be so helpful to his/her feeling of safety. Doing easy chores together such as washing dishes, making beds, folding laundry, setting the table, or feeding a pet can help our children feel they are being of service to the family while also being able to spend time with you as you guide them through the chore. Take care, have some fun, and hug those preschoolers for us. We wish you well!