

Early Years Preschool Playful Home Activities

Activities to do together with your child at home.

Week of: 4/20/2020

Theme: My Home, My Neighborhood

Art & Crafts

- Have your child draw a picture. They can then tell you a story about their picture and you can write down their words as they say them. Read the story back to your child. You can do this daily and your child will have a journal collection of stories and pictures.

Play

- What can you build together? - gather blocks, legos, even empty cereal boxes will work! Build towers and knock them down, build a pretend castle, or homes for stuffed animals
- Build a fort using pillows and blankets. Pretend to be animals and crawl through or use flashlights to make shadows on the inside.

Conscious Discipline/Social Emotional

- How can your child be and feel helpful at home? Find a simple task that your child can help you with, wiping the kitchen table, helping to set the table, helping to put away some silverware, using a cleaning cloth to wipe down / dust surfaces, help to fold and put away laundry, clean up their toys / bedroom. Working together to keep our homes safe will help to bring a sense of purpose and responsibility to your child's day. They will light up when you thank them for all their help.

Gross Motor (Get Moving!)

- Get outside and take a walk around your neighborhood. To add some fun to your walk, try playing a game like "I spy", move in silly ways (hop, skip, twirl, squat and frog jump), or listen to music.
- Try a soft toy toss! Collect soft items around the house (stuffed animals, small pillows, rolled up socks, etc.) and take turns trying to toss them into the laundry basket or another container.

Sensory Ideas

- Shaving cream fun!!! Spray just a bit on a tray or cookie sheet. You can spread it all around. How does it feel? Soft, smooth, slippery....? You can use your finger to draw different shapes, letters or numbers or draw a picture.
- See below under fine motor for creating a sensory bin. You can add to it each day with different things to cut. Then you can hide different toys among the cut up shreds.

Fine Motor Activities

- Spring cutting bin: Gather some long grass, leaves, flowers, etc. on a nature walk and let your child practice cutting these spring objects!
- You can also practice cutting some recyclables (toilet paper tubes, paper etc). Collect in a bin / bowl and use it a sensory bin.

Science/Nature

- Create binoculars out of empty toilet paper rolls or a telescope out of an empty paper towel roll. Have your child look through it to explore their indoor or outside environment

Math / Cooking

- Matching – Have your child help you fold laundry. Match the socks and put them together.
- Small parts collection. Use an empty egg carton and find small things outside (pebbles, petals, acorns etc) Your child can sort (by object, by color, by texture (soft/rough), and you can count them.

Literacy & Language

- Go on a What do you hear? walk. Make a list of things you hear outside and write them down ex. a bird singing, a dog barking, a car, laughter, an airplane, kids playing, a lawn mower, the wind, an ambulance or fire truck.
- Read a favorite book

Online Resources

- great videos for mindfulness, stories, and kid yoga
<https://www.youtube.com/user/CosmicKidsYoga>
- Counting, sorting, comparing -
https://www.abcya.com/games/counting_sorting_comparing

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!