

# LEARNING AT HOME INFANT WEEK 1

March 23rd-27th



Dear Families,

We are excited to launch plans for Week 1. There are some great options for physical activities in an indoor environment. Additionally, some simple ideas with materials available at home to support the creative undertakings. We hope you enjoy this week's plan with your little ones!

## Language Development

### Reading Books

Sit with your infants to read books. Make the stories come to life for them by changing your voice for different characters.



## Social-Emotional Development

### Peek-a-boo

Play peek-a-boo with your infant. Look for your infants reaction when playing peek-a-boo. Use a mirror that the infant can look at themselves in and talk about their facial expressions.



## Physical Literacy

### Tummy Time

Practice tummy time throughout the day. Tummy time will strengthen your infants neck and shoulder muscles. Provide the infants with toys and books of interest for your infant to reach for.

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## Cognitive Development

### Making Noise

Use instruments or rattles to make noise with your infant. Bring your infants attention to the sound that is being made.



## Creative Activity

### Car Painting

Using a taste safe paint, give your infant a toy car to make marks on the paper. Bring their attention to the marks that they leave on the paper. Talk about the colors they are using.

#### Taste Safe Paint Recipe

1/4 cup of flour

1/2 cup of warm water

2 to 3 drops of food coloring

Whisk together the flour, water and food coloring.



## Additional Activities

Songs: Sing songs like Itsy Bitsy Spider or This little Piggy.

Tea Party: Fill a sensory bin (short container) with water, soap and dishes that the older infants can explore with.

Spider Web: Make a spider web basket using a laundry basket and yarn. Add objects to the bin and have your child reach for the different items.

Get Outside: Take a walk outside during the day to get some fresh air. Point out the trees, birds and clouds to help your infant learn about their surroundings.