

LEARNING AT HOME YOUNG TODDLER WEEK 6

April 27th- May 1st



Dear Families,

We are excited to launch plans for Week 6. 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

What is that?

Walk around the room with your toddler. Identify different items that are in the room by asking your toddler what is it or naming it for them. Change it up and do the activity in the dark, pointing at objects with a flashlight.



Social-Emotional Development

Calming Strategy

Breathing strategies help bring oxygen to the brain and calm a child down. Practice the balloon breathing technique with your child when they are upset. Place your hands on the top of your head with your fingers interlaced. As you take a deep breath, raise your hands inflating your balloon. When you release your breathe, bring your hands down while making a "pbpbpbpb" sound.



Physical Literacy

Ball Toss

Give your child a soft object such as a ball or stuffed animal. Model how to throw the ball and get it into the basket. Let your toddler practice throwing the ball into a laundry basket. Cheer your toddler on when they get the ball into the basket.

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Cognitive Development

Ramps

Using cardboard and balls or cars, let your toddler drop the object and let it roll down the ramp. Talk to your toddler about the difference of letter the ball go and pushing it. Change the angle of the ramp to make changes in speed or length the ball travels.



Creative Activity

Tape Resist Art

Let your toddler make a design on paper using blue tape. Once their design is done, let them paint over the tape. After the paint is dry, take off the tape and bring your toddlers attention to the design left behind.



Additional Activities

Movement: Play freeze dance with your toddler. Have your toddler dance or hop around like frogs until the music stops.

Get Outside: Bring chalk outside and let your toddler explore with chalk. If you do not have pavement, bring out some dark colored paper for them to use the chalk on.

Sensory: Make a blue playdough using 2 cups flour, 1/2 cup salt, 2 tbsp vegetable oil, 1 cup warm water, Blue food coloring. Mix all ingredients together to make playdough. Give your child ducks and pond animals for them to use with the playdough.