


 <p>“Let’s Talk” Language & Communication Activities</p>	<p>Make up a story about a superhero. Work with your child to draw pictures to go along with your story. Retell the story when you are done. You are authors and illustrators</p>	<p>Read a familiar story to your child. Have the child to retell the story.</p>	<p>Read/ recite the poem “The Itsy-Bitsy Spider”. Ask your child to describe/retell what happened in the poem.</p>	<p>Show your child a family photo and talk about what is happening in the picture. Ask them to describe the people and activities in the photo.</p>	<p>With your child, make a list of things they can do. Ask your child how they feel when they are doing the activity.</p>
 <p>“Body Works” Physical Development Activities</p>	<p>Play your child’s favorite songs and dance together.</p>	<p>Have children move to their favorite music. Say each motion as the child moves. Example “You’re moving your arms up and down”</p>	<p>Go outside with your child and have the child bend their knees and move arms up and down. Ask your child to select a different body part to move.</p>	<p>Sing and move to “Head Shoulders Knees and Toes.” https://youtu.be/ZanHgPprl-0</p> <p>Touch the parts of the body as you sing. Sing the song fast and slow.</p>	<p>Play “Follow the Leader” Walk Run Jump Spin Ask your child to add other movements.</p>
 <p>“Friends & Feelings” Social & Emotional Development Activities</p>	<p>Ask your child about their favorite thing to do with your family. Ask them to say how the different activities made them feel and why it made them feel that way.</p>	<p>Draw pictures of different feelings and expressions. Role play each expression with your child.</p>	<p>Invite your child to draw a picture of your family. Label the picture (write the names of each family member)</p>	<p>Ask your child to make a face that expresses: Happy Excited Afraid Mad Serious Funny</p> <p>Play make a face with your child say, “I’m going to make a face guess what face I’m making?”</p>	<p>Talk to your child about what they can do if there is an emergency.</p> <p>Teach your child their telephone number.</p>
 <p>“Brain Works” Cognitive Development Activities</p>	<p>Count the number of spoons and forks in the kitchen. Help your child to add. Ask them how many spoons and forks they have together. Use different combinations to help them add.</p>	<p>Play matching games. Write letters on an index card. One set uppercase; second set lower case letters.</p>	<p>Using objects around the house. Have your child count up to the number 10. Increase the number once they mastered counting to 10.</p>	<p>Go on a letter hunt around the house. Look around your home for letters. Point to the letter and say its name.</p> <p>Ask your child to identify the sound the letter makes.</p>	<p>Sing the Rhyming Song with your child: <i>Dog, hog, these two rhyme</i> <i>Dog, hog, these two rhyme</i> <i>Dog, hog, these two rhyme</i> <i>They sound the same at the end</i></p> <p>Replace the words with other rhyming words</p>



 <p>“Let’s Talk” Language & Communication Activities</p>	<p>Syllables Talk Break common words into syllables when speaking.</p> <p>Example say: Bas- ket – Basket Cray-on – Crayon Spi-der – Spider</p>	<p>Tell your child you will take turns being a speaker and a listener.</p> <p>Have the child patiently wait while you tell a short story. Now you wait and listen to the child tell a story.</p>	<p>Select a picture from a magazine or other picture in your house. Ask your child to describe what they see in the picture.</p>	<p>Ask your child to identify their favorite color. Share your favorite color with your child. Hunt/ find things in your house that are the same color. Ask your child to describe the objects.</p>	<p>Walk outside, say and describe what you see.</p> <p>Ask your child to draw a picture of something they saw outside. Label the items in the picture.</p>
 <p>“Body Works” Physical Development Activities</p>	<p>Bounce a ball back and forth to your child. Label the movement of the ball as you bounce it up and down.</p> <p>Throw the ball with your child.</p>	<p>Give children pre-drawn curved lines.</p> <p>Ask children to cut along the dotted lines.</p>	<p>Jumping Jacks- Show children how to do jumping jacks.</p> <p>Do 5 jumping jacks together. Count as you complete each. Add music to doing jumping jacks.</p>	<p>Walk somewhere with your child. Talk about walking and how it moves your whole body.</p> <p>Talk about the heartbeat and measuring your pulse.</p>	<p>Ask your child to trace your hand. Ask them to trace their hand.</p> <p>Ask them, “which hand is bigger? Longer?”</p>
 <p>“Friends & Feelings” Social & Emotional Development Activities</p>	<p>Throw a ball with your child in different directions.</p> <p>Label the direction Up, down, Left, right</p>	<p>Find opportunities to encourage your child throughout the day.</p> <p>Be specific. Example- “You wrote all the letters in your name!”</p>	<p>Ask your child to look in the mirror. Ask them to tell you what they see.</p> <p>Ask them to say something nice/positive about themselves.</p>	<p>With you child- create a poster of things your child likes to do.</p> <p>Cut out pictures from magazines and paste them on a poster board or paper.</p>	<p>Say/sign with your child</p> <p>This is me from head to toe. I have two eyes and one little nose. I can wiggle my ears and stomp my feet. From head to toes I’m pretty neat.</p>
 <p>“Brain Works” Cognitive Development Activities</p>	<p>Walk though your house and look for things that start with letters in your child’s name.</p>	<p>Place six objects on the table. Have children to write the number for each object.</p>	<p>Cut two pieces of paper in strips. Count the strips with your child. Ask your child to divide the strips in piles. Count the piles together to see which has the most or the least.</p>	<p>Write your child’s name on a piece of paper. Ask your child to point to the lowercase letters in their name. Ask your child to point to the uppercase letters in their name.</p>	<p>Ask your child to count as many items as they can around the house.</p>