

# Early Head Start English

## At-Home Activities for Children Ages Birth to 2



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|  <p><b>“Let’s Talk”</b><br/>Language &amp; Communication Activities</p>                    | <p>Sing familiar nursery rhymes such as “Itsy, Bitsy Spider”<br/><a href="https://www.youtube.com/watch?v=w_ICi8U49mY">https://www.youtube.com/watch?v=w_ICi8U49mY</a></p> <p>“I’m a Little Teapot”<br/><a href="https://www.youtube.com/watch?v=vRB9nbsQ1-Y">https://www.youtube.com/watch?v=vRB9nbsQ1-Y</a><br/>Move and sing.</p> | <p>Have your child touch your face. Name the parts of your face as they touch it.</p> <p>Ex. Eyes, nose, mouth.</p>   | <p>Cover your face with a towel or blanket as you say “Peek-a-boo”.</p>  | <p>Hold baby or sit close to your toddler and sing</p> <p><i>Ex: Ladybug<br/>Lady bug, Lady bug,<br/>Fly out of the farm,<br/>And land on my little arm!<br/>Fly out the tree, and land right<br/>On my little knee</i></p> | <p>Read a book to your child. Show your child the pictures. Describe the pictures.</p>  |
|  <p><b>“Body Works”</b><br/>Physical Development Activities</p>                            | <p>Hold your child’s favorite toy up in front of them. Give your child the toy and help them hold it with one or both hands.</p> <p>Use chunky crayons to color with your child</p>  | <p>Help your infant roll over by lying them on their back, sit behind baby head and hold a noise making toy above face.</p> <p>Roll and move in different ways with toddlers.</p> | <p>Set up chairs for your baby to move by holding on. Put a toy on the last chair to encourage your baby to move.</p> <p>Create a toddler obstacle course for them to run under, step over, etc.</p> | <p>Show baby special toy and ask, “Where is it?”</p> <p>Use a ball to roll, throw and kick with your toddler.</p>   | <p>Lean over child with a blanket and help child to reach.</p> <p>Playfully place a blanket over your toddler and pretend to look for them. Say, “wow you were under the blanket.” Allow your child to lead the game.</p> |
|  <p><b>“Friends &amp; Feelings”</b><br/>Social &amp; Emotional Development Activities</p> | <p>Look in the mirror with your child. When they smile, smile back. Make different silly face in the mirror.</p> <p>Describe the faces you are making.</p>   | <p>Dance with your child.</p> <p>Make a simple instruments with a large bowl and spoon (for a drum) Play and move to the music you create.</p>                                    | <p>Play Follow the Leader with your child. Ask you child to copy what you do. Ex: Blink, clap or act out animal motions.</p> <p>Allow your child to be the leader. Follow what they do.</p>          | <p>Show your child family photos. Name and talk about the people in the picture.</p> <p>Ask you child to point to the family member in the phot you name.</p>   | <p>Tell your child funny story.</p> <p>Read a book to your child.</p> <p>During the story ask, “what will happen next?”</p>   |
|  <p><b>“Brain Works”</b><br/>Cognitive Development Activities</p>                        | <p>Play the “What is that?” game by pointing to clothing, toys, body parts, objects, or pictures with your child. Name the item.</p>   | <p>Have your child follow a rattle or spoon with their eyes. As you move the item say ___ is up, down, to the left or right.</p>  | <p>Play Hide and Seek or Peek A Boo.</p> <p>Allow your toddler to look for you or others during Hide and Seek.</p>   | <p>Play the “ show me” game when looking at books. Ask your toddler to find an object in a picture. Take turns. Let your toddler find an object in a picture. Let him turn the pages.</p>                                   | <p>Gather small and medium sized boxes to use as blocks. Stack boxes on top of each other with your child. Describe what they are doing Example “You are making that so tall.” Ask “What are you making?”<sup>1</sup></p> |



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|  <p><b>“Let’s Talk”</b><br/>Language &amp; Communication<br/>Activities</p>                   | <p>Engage in positive talk to your child about their choices during play.</p> <p>Example “I noticed you are using a green bowl and a green spoon.”</p>                           | <p>Imitate sounds that your child can repeat.<br/>Ex. Ma-Ma Da-Da</p> <p>Go outside and talk with your child about things and people you see.</p>                               | <p>Ask questions to help with gesture and communicating needs.</p> <p>Ask your child questions. Watch, wait, and listen for their answer. <i>Ex: “What happened when...?”</i></p>             | <p>Let your child choose their clothing. Describe or ask your child to describe the clothing.</p>  | <p>Make up songs with your child and sing during care routines (diaper changing, bathing, dressing etc.)</p>   |
|  <p><b>“Body Works”</b><br/>Physical Development<br/>Activities</p>                           | <p>Join your child in rolling, tumbling, and crawling.</p>   | <p>Hold your child under arms and let child experience the feeling of jumping.</p> <p>Jump on, over, in, and out of objects.</p>  | <p>Hold your child in place where child can hold their head to look up and down.</p> <p>Toss a ball into a bucket with your child.</p>  | <p>Hold toys in various positions and help child to reach for toy.<br/>Cut out familiar shapes (square, circle, triangle). Tape them to the floor.<br/>Ask your child to walk, run, hop or jump to the shapes.</p> | <p>Talk to child as you walk and run.</p> <p>Slow or Fast.</p>   |
|  <p><b>“Friends &amp; Feelings”</b><br/>Social &amp; Emotional<br/>Development Activities</p> | <p>Play Peek-a-boo. Show different emotions when you uncover your face.<br/><i>laugh, smile, and frown</i></p> <p>Name the emotions and ask your child to name the emotions.</p> | <p>Have a pretend party with stuffed animals or dolls.<br/>You can cut out “presents” from a magazine, make a pretend cake, and sing the birthday song.</p>                     | <p>Play with mirrors with your baby. Make silly expressions and talk to your baby about what they are seeing in the mirror.</p>   | <p>Sing a familiar song to or with your child.</p> <p>Tell your child a favorite nursery rhyme and ask her how the character in the rhyme felt.</p>  | <p>Tell your child a simple story about something you did that was funny. Laugh and smile with your child.</p> <p>Ask them to tell you a different story about something they did.</p>                           |
|  <p><b>“Brain Works”</b><br/>Cognitive Development<br/>Activities</p>                        | <p>Put several plastic containers in your child’s bath. Allow your child to explore sinking floating, dumping, and pouring.</p>  | <p>Put a piece of cereal inside a clear plastic container or bottle without a lid. Allow your child to work to get the cereal out.</p> <p>Count the cereal with your child.</p> | <p>Touch and name parts of the body. (Nose, ears, eyes, etc.)</p> <p>Allow children to match socks while doing the laundry. Match by size of color. Match other objects around the house.</p> | <p>Let your child “help”. Encourage them to find shoes or get the diaper.</p> <p>On a large piece of paper, draw and scribble together with your toddler. Take turns. You scribble, and then let her scribble.</p> | <p>Turn a cup or a box of cereal upside during breakfast. See if your child notices and turns it back the right way. Try this at other times.</p> <p>With crayons, pencils or markers, draw with your child.</p> |