Infants

Week #9

June 15-19, 2020
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Home Learning Bingo Board

**DIRECTIONS FOR EACH DAY THIS WEEK:** The goal is to do 5 activities in each area. After you complete an activity, color in the box and show it is done. The goal is to have a blackout by the end of the week with every box colored in! Get ready...get set...LEARN!

<table>
<thead>
<tr>
<th>L</th>
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</thead>
<tbody>
<tr>
<td><strong>Literacy</strong></td>
<td><strong>Exercise</strong></td>
<td><strong>Arts</strong></td>
<td><strong>Regulation</strong></td>
<td><strong>Numbers</strong></td>
</tr>
<tr>
<td>Read a story everyday with your child</td>
<td>Have a family dance party</td>
<td>Make Sensory Bottles <a href="http://www.funathomewithkids.com/2013/02/discovery-bottles-infant-please-always.html">Link</a></td>
<td>Soothe and help them self-soothe</td>
<td>Count 1 to 5</td>
</tr>
<tr>
<td>Recite nursery rhymes.</td>
<td>Roll a ball</td>
<td>Make up a new song</td>
<td>Baby yoga</td>
<td>Go on a walk and count the houses you see?</td>
</tr>
<tr>
<td>listen to different types of music.</td>
<td>Crawl around the house</td>
<td>Use objects from around your house to create a new art project</td>
<td>Turn on some lullabies <a href="https://www.childrenscolorado.org/conditions-and-advice/calm-a-crying-baby/parents/resources/lullabies/">Link</a></td>
<td>Count their toes and fingers</td>
</tr>
<tr>
<td>Complete one lesson from the literacy packet</td>
<td>Go for a walk outside</td>
<td>Complete one lesson from the Arts packet</td>
<td>Talk to your baby</td>
<td>Count as getting the baby dressed</td>
</tr>
<tr>
<td>Make funny faces</td>
<td>Practice pulling up on furniture</td>
<td>Squish bag <a href="http://www.funathomewithkids.com/2013/06/10-ways-to-use-fingertips.html">Link</a></td>
<td>Give them a toy they are able to hold</td>
<td>Read a counting book</td>
</tr>
<tr>
<td>Listen to different types of music</td>
<td>play push and pull games with balls and soft toys.</td>
<td>Play your favorite song and clap to the beat</td>
<td>Sing to your baby</td>
<td>Sing 5 little monkeys jumping on the bed</td>
</tr>
</tbody>
</table>
# Daily Check-In

Tell me how you’re feeling today?

<table>
<thead>
<tr>
<th>Day</th>
<th>Make a Shape with a Color Crayon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Make a <strong>CIRCLE</strong> with a <strong>BLUE</strong> crayon</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Make a <strong>TRIANGLE</strong> with a <strong>RED</strong> crayon</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Make a <strong>SQUARE</strong> with an <strong>ORANGE</strong> crayon</td>
</tr>
<tr>
<td>Thursday</td>
<td>Make a <strong>CLOUD</strong> with a <strong>PINK</strong> crayon</td>
</tr>
<tr>
<td>Friday</td>
<td>Make a <strong>SHAPE OF YOUR CHOICE</strong> with a <strong>GREEN</strong> crayon</td>
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</tbody>
</table>
Positive Parenting describes a set of parental behaviors that foster a child’s capacity to love, trust, explore and learn. The goal of positive parenting is to help parents guide their children’s healthy development in the context of the family’s culture. Key elements of positive parenting include the ability to:

- Understand or imagine the child’s point of view, especially during challenging moments.
- Respond with interest and sensitivity to the child’s cues.
- Recognize that parenting can be stressful and missteps are a natural part of child-rearing.
- Recognize and celebrate the child’s strengths, abilities, and capacity to learn and develop.
- Provide consistent, age-appropriate guidelines and limits for child behavior.
- Work toward a balance of meeting parental needs and child needs.
- Delight in moments of connection with the child.
- Recognize and regulate their own feelings and behaviors before they respond to the child.
- Seek help, support, or additional information on parenting when needed.

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<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twinkle twinkle little star</td>
<td>social development listening to words, making eye contact</td>
<td><a href="https://www.youtube.com/watch?v=yCjJyiqpAuU&amp;vl=en">https://www.youtube.com/watch?v=yCjJyiqpAuU&amp;vl=en</a></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

You can sing along with the link or by yourself, if you know the song! Have fun with it!

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rocking/Relaxing Music Bonding</td>
<td>The baby is bonding and learning to trust adults or earning self regulation.</td>
<td><a href="https://www.youtube.com/watch?v=2Q1X03-Y3gY">https://www.youtube.com/watch?v=2Q1X03-Y3gY</a></td>
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</tbody>
</table>

**Activity/Lesson Description**

Rock your baby and listen to classical music (Bedtime Baby Lullaby Classical Music Mozart Bach Beethoven Pachelbel Sleep Music 1 Hour)

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<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make funny faces in a mirror</td>
<td>Self recognition and recognizing other people</td>
<td>A mirror</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Hold a mirror in front of your face and make different faces... silly, sad, happy etc name the emotion on your face

<table>
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<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five little Astronauts</td>
<td>learning numbers, bonding with your child, and language skills.</td>
<td>Below song sheet</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Sing the song five little astronauts with your child, while pretending to fly in the sky.
Five Little Astronauts

Five little astronauts, sitting on the stars
The first one said, “Let’s go to Mars!”
The second one said, “There are spaceships in the air!”
The third one said, “But we don’t care!”
The fourth one said, “Let’s fly up in the sky!”
The fifth one said, “Let’s fly, fly, fly!”

Then WHOOSH went the spaceship into the night
and the five little astronauts zoomed out of sight!
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<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turning up for outer space</td>
<td>developing language skills and developing a bond with your child</td>
<td>Below song sheet</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

While holding your child getting them ready to take a nap or even just holding your child you sing them this song.

Тuning Up For Outer Space

*Sung to: “The Farmer in the Dell”*

The sun is in the sky. The sun is in the sky.
Hot and bright, it gives us light.
The sun is in the sky.

The moon is in the sky. The moon is in the sky.
Around and round the Earth it goes.
### Activity #1 Title
Good night moon

### Learning Goal/Objective
Learning names of pictures in the book

### Materials
https://www.youtube.com/watch?v=Rg3wI0OPRe0

### Activity/Lesson Description
Hold your baby while you watch the youtube video or book and point out pictures as you go along.

### Activity #2 Title
There's No Place Like Space
The Cat in the Hat Story

### Learning Goal/Objective
Learning names of pictures in the book

### Materials
https://www.youtube.com/watch?v=AB6zDBoPpoI

### Activity/Lesson Description
Hold the baby while you watch the youtube, book and point out pictures they name.

### Activity #3 Title
Sing twinkle twinkle little star using stars

### Learning Goal/Objective
Eye coordination, developing vocabulary

### Materials
https://www.youtube.com/watch?v=yCjJyiqAyuU&vl=en

### Activity/Lesson Description
You can sing it alone or along with the youtube video. Use cut out stars and tape them to your fingers and twinkle your fingers.
The Arts & Sensory Activities, Music & Movement

Activity #1 Title: Moon dough
Learning Goal/Objective: Learning textures
Materials: 8 cups flour, 1 cup oil

Activity #2 Title: Starry night
Learning Goal/Objective: Hand eye coordination
Materials: Black paper, white crayon

Activity/Lesson Description

Have your baby sit in a highchair, as you sit nearby and allow them to explore the moon dough. You can also add food coloring if you would like to make it more fun!

Have your baby hold a crayon and make marks on a black piece of paper. Talk to your baby about their art masterpiece!
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<tr>
<td>Galaxy in a bag</td>
<td>Self regulation, hearing the names of colors</td>
<td>Ziplock bag, black paint, glitter</td>
</tr>
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**Activity/Lesson Description**

Mix the ingredients in a bag and have the baby squish the bag, or tape it down on a table or high chair tray and they can move the paint around. Talk about what your baby is feeling and seeing.

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<tr>
<td>Make an Alien</td>
<td>Helps with fine motor and exploring different textures</td>
<td>paper, paint, glue, and googly eyes</td>
</tr>
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**Activity/Lesson Description**

Paint your child’s hand and make a handprint on the paper, once the paper is dry, glue some googly eyes to the fingers for eyes.

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<th>Activity #5 Title</th>
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<tr>
<td>Colorful Spaghetti</td>
<td>develop hand-eye coordination and fine motor.</td>
<td>noodles, food coloring, and bowl</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Make some spaghetti and add a few drops of food coloring after the spaghetti is already cooked and the water is drained. Let the spaghetti fully cool before allowing your child to explore how it feels in their hands and feet. Ask your child what colors they see and talk about the different colors. You can also ask your child how it feels and what it tastes like.
# Mathematics & Science Activities

## Activity #1: Patty Cake

**Learning Goal/Objective:**
This simple sequence of clapping teaches your baby about the mathematical concept called patterns.

**Materials:**
- Hands

**Activity/Lesson Description:**
Clap hands and sing:
Pat-a-cake, pat-a-cake, baker’s man.
Bake a cake as fast as you can
Pat it and prick it,
and mark it with B,
Put it in the oven for Baby and me.

## Activity #2: Dropping Toys

**Learning Goal/Objective:**
Recognizing sequences help children develop a sense of order, logic and reason

**Materials:**
- Small toys

**Activity/Lesson Description:**
Let your baby drop a toy from his high chair. Put it back. When your baby is dropping the toys ask them “Are they toys on the floor now? Where did they go? Do you see them?” Then say “Lets try and pick them up and put them back on the tray.” You can also talk about the different shapes, sizes, and colors of the toys.
## Activity #3 Title

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<tr>
<td>Peek-a-boo</td>
<td>This simple game also teaches your baby the complex set of rules about turn-taking and expectations.</td>
<td>hands/blankets</td>
</tr>
</tbody>
</table>

## Activity/Lesson Description

Hide your face. Cover your face with your hands or drape a towel or cloth over your face. Remember that to the baby, you’re not just hiding, you’re gone.

At this stage of development, babies haven’t developed an understanding of object permanence. Object permanence means that an object (you) is still there even when the baby can’t see it. For this reason, the first few games of peek-a-boo can be a bit shocking to the baby.

- You can ease your baby’s mind by talking to him/her while you’re hiding. You can say something like “Where did mommy go? Where is she?”
- You can also hide yourself behind a piece of paper, a book or anything else that you have around.