

INFANTS

Dinosaurs

Early Childhood Distance Learning Materials



TABLE OF CONTENTS

HOME LEARNING BINGO BOARD	3
DAILY CHECK-IN	4
SOCIAL EMOTIONAL DEVELOPMENT & SOCIAL SYSTEMS COGNITIVE ACTIVITIES	5
LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES	8
THE ARTS & SENSORY ACTIVITIES, MUSIC & MOVEMENT	9
MATHEMATICS & SCIENCE ACTIVITIES	12

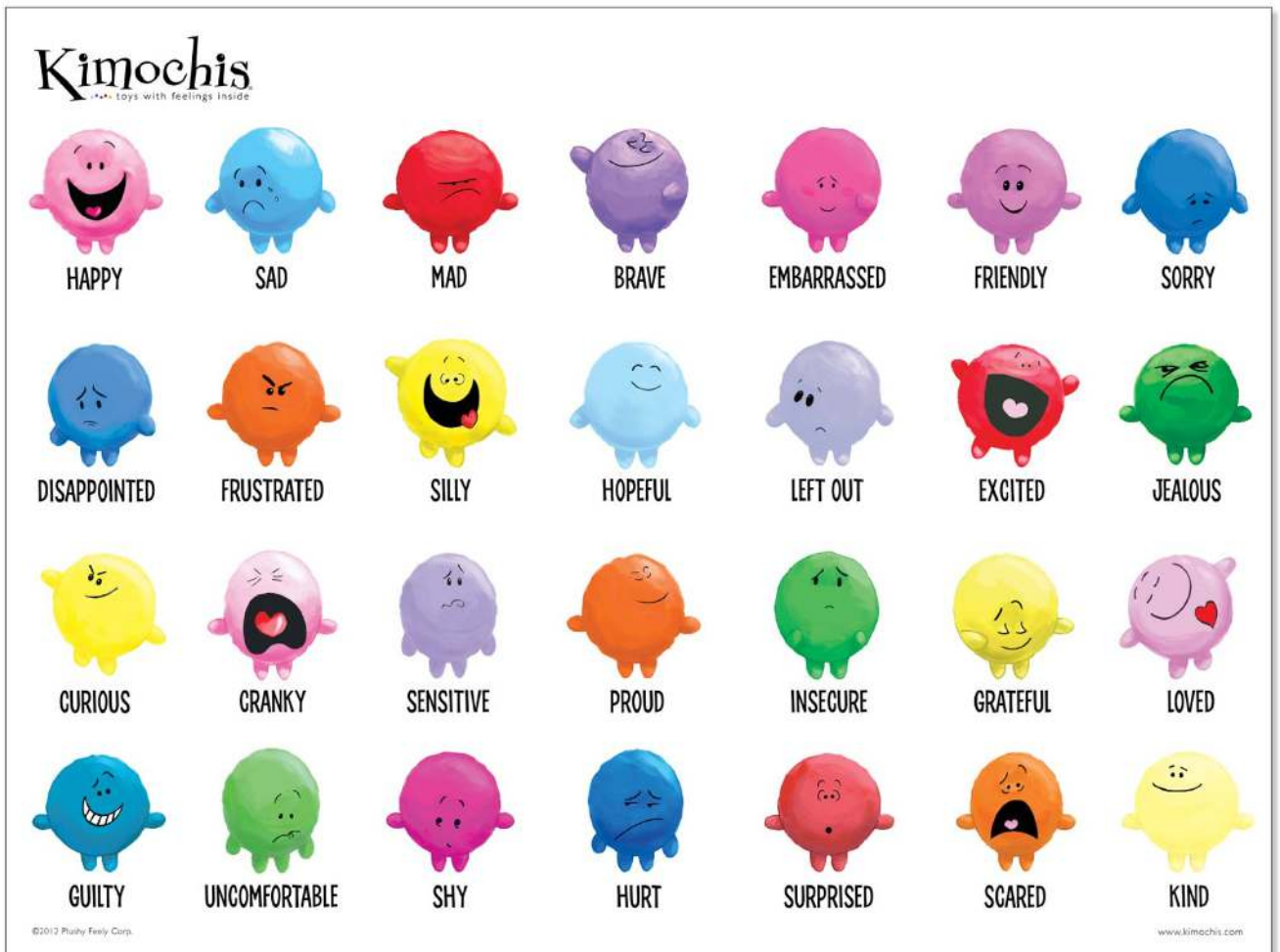
HOME LEARNING BABY BINGO BOARD

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!

L Literacy	E Exercise	A Arts	R Regulation	N Numbers
Read your child's favorite book	Make an obstacle course in your house	Have a dance party with the whole family	Take BIG dinosaur breathes and blow them out	Go for a shape hunt around your house and talk about them
Tell your child your daily plans while changing their morning diaper	Go on a walk and see all T-Rex (squirrels) around your neighborhood	Make handprint or footprint art	Practice STAR breathing. Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out. Do this 3 times.	Count your child's fingers and toes
Read a book outside	Work on your child's next development milestone	Go to YouTube and listen/dance to "We are the Dinosaurs"	Learn the sign for "more"	See how many different colors you can find of cars outside
Learn and sing a new song	Play outside in water	Make your own finger paint and paint with your favorite color	Help your child learn to self-regulate when appropriate	Count how many pterodactyls (birds) you can see on a walk
Learn different animal sounds	Bring a stuffed animal for a walk	Do the motions to "Itsy Bitsy Spider"	Hold your child and take 5 deep breaths	Use spatial relationships to items (above, below, in, out)

DAILY CHECK-IN

Tell me how you're feeling today?



MONDAY	Make a CIRCLE with a BLUE crayon
TUESDAY	Make a TRIANGLE with a RED crayon
WEDNESDAY	Make a SQUARE with an ORANGE crayon
THURSDAY	Make a CLOUD with a PURPLE crayon
FRIDAY	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

SOCIAL EMOTIONAL DEVELOPMENT & SOCIAL SYSTEMS COGNITIVE ACTIVITIES

Positive Parenting



ZERO TO THREE
Early connections last a lifetime

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.**



© ZERO TO THREE 2018

www.zerotothree.org

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Maintain Consistent and Predictable Routines	Fosters Connection and Cooperation	You and Baby
ACTIVITY/LESSON DESCRIPTION		
<p>Try and provide your baby a consistent routine of feeding, napping, playtime, etc. They are more relaxed when they are aware of what to expect next.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Be an Emotional Role Model	Fosters Connection and Cooperation, Healthy Relationships	You and Baby
ACTIVITY/LESSON DESCRIPTION		
<p>Babies can feed off of your emotions. So if you're in a cranky mood your baby can pick up on that and become fussy. Respond calmly to good or bad situations, show kindness towards others, and be emotionally available to the baby when they need you. This encourages the baby to have healthy relationships when they grow up.</p>		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Peek-A-Boo	Building Relationships	You and Baby
ACTIVITY/LESSON DESCRIPTION		
Games like Peek-A-Boo help you coo with your baby back and forth. Helping to form a relationship.		

ACTIVITY #4 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Respond to Vocalizations	Building Relationships with Adults	You and Baby
ACTIVITY/LESSON DESCRIPTION		
Respond when the baby is blabbering or making cooing sounds. Nod your head and reply to them like you understand what they are trying to say. They learn turn taking of conversation well before they have words.		

ACTIVITY #5 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Playing with Friends	Building Relationships, learning how to interact with others, social skills	Baby and Friends
ACTIVITY/LESSON DESCRIPTION		
Place your baby next to another baby (they can be a safe distance apart). Once they are sitting near each other, encourage them to coo and babble to each other. You can also set toys in front of the babies as well to keep their attention.		

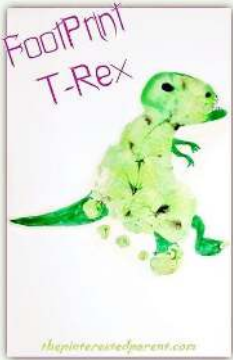
LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES

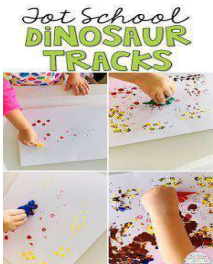
ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Imitating	Building Vocabulary	You and Baby
ACTIVITY/LESSON DESCRIPTION		
Copy your baby's sounds and encourage him/her to imitate you.		


ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Play Games	Literacy Development	You and Baby
ACTIVITY/LESSON DESCRIPTION		
Hand your baby a rattle or a soft ball. Then see if she/he will hand it back to you. See if you can exchange the toy a few times while doing this. This "back and forth" is practice for having a conversation.		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Read, Read, Read	Literacy Development	Books
ACTIVITY/LESSON DESCRIPTION		
Reading together helps your baby develop a love for reading books. Reading aloud helps build your babies vocabulary when she/he has the chance to hear different words & sounds.		

THE ARTS & SENSORY ACTIVITIES, MUSIC & MOVEMENT

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
T-Rex Footprint	Sensory Play	Green Paint and Paper
ACTIVITY/LESSON DESCRIPTION		
	<p>Paint the bottom of your child's foot green and stamp it onto a piece of paper. Once you've done that you can paint a tail where you want the end of the T-Rex to be. After that you can paint little arms on the T-Rex too.</p>	

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Dinosaur Tracks	Fine Motor	Paper, Toy Dinosaurs, and Paint
ACTIVITY/LESSON DESCRIPTION		
	<p>Put out different colors of paint, once you've done that give your child a couple of toy dinosaurs. Encourage them to put the dinosaurs feet into the paint and stamp it all over the paper.</p>	

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Dinosaur Feet	Social Dramatic Play	Cardboard, Paint, and Ribbon
ACTIVITY/LESSON DESCRIPTION		
	<p>Cut out a foot shape out of the cardboard. Once you've done that, you can paint the dinosaur foot whatever color you would like. Once the paint is dry, cut two slits on each dinosaur foot for the ribbon and tie to your child's foot!</p>	

ACTIVITY #4 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Shake, Shake, Shake	Sensory Play and Gross Motor	Empty plastic bottles, rice, beans, sand, or anything else you can think of.
ACTIVITY/LESSON DESCRIPTION		
<p>Make shakers by putting the rice (and whatever else you would like) and glue the cap to the bottle. Reinforce them by putting tape over the cap. Let your baby explore the different sounds that the shaker can make. You can sing a song while your baby shakes the bottle.</p> <p style="text-align: center;"><i>"Shake it high (hold the bottle overhead), Shake it low (hold the bottle by the feet), Shake it, shake it, shake it, Watch us go (shake it as you turn around)"</i></p>		

ACTIVITY #5 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Mood Music	Sensory Stimulation	Paper and Crayons
ACTIVITY/LESSON DESCRIPTION		
<p>Tape big pieces of paper to either the floor or the table. Place crayons out and have your child color, while listening to different kinds of music such as, jazz, hip hop, rock, and classical.</p>		

MATHEMATICS & SCIENCE ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Spatial Relationships	Basic Math Concepts	You and Baby
ACTIVITY/LESSON DESCRIPTION		
<p>When you're helping your child clean up, ask a question like "Can you help me put a ball in a basket?" Helping children understand the physical relationship between objects teaches them basic math skills at a young age.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Measurement	Math Concepts	You and Baby
ACTIVITY/LESSON DESCRIPTION		
<p>Throughout the day, talk to your child about measurements. For example, if your child takes a 4 hour nap. When they wake up, talk about how long their nap was! Another example is, if your child has just learned how to walk or can already walk, talk to them about how far they can walk. Ask them if they can walk to the front door and back. After they do this, tell them "Look how far you've walked"!</p>		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Patterns	Math Concepts	You and Baby
ACTIVITY/LESSON DESCRIPTION		
<p>If you or your baby is wearing stripes, show your baby that every other stripe color is the same. So you could say “Look, your shirt has a white stripe then a red stripe and then a white stripe.” Keep this going until you reach the end of the shirt.</p>		