

# INFANTS

## Trees and Plants

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Early Childhood Distance Learning Materials



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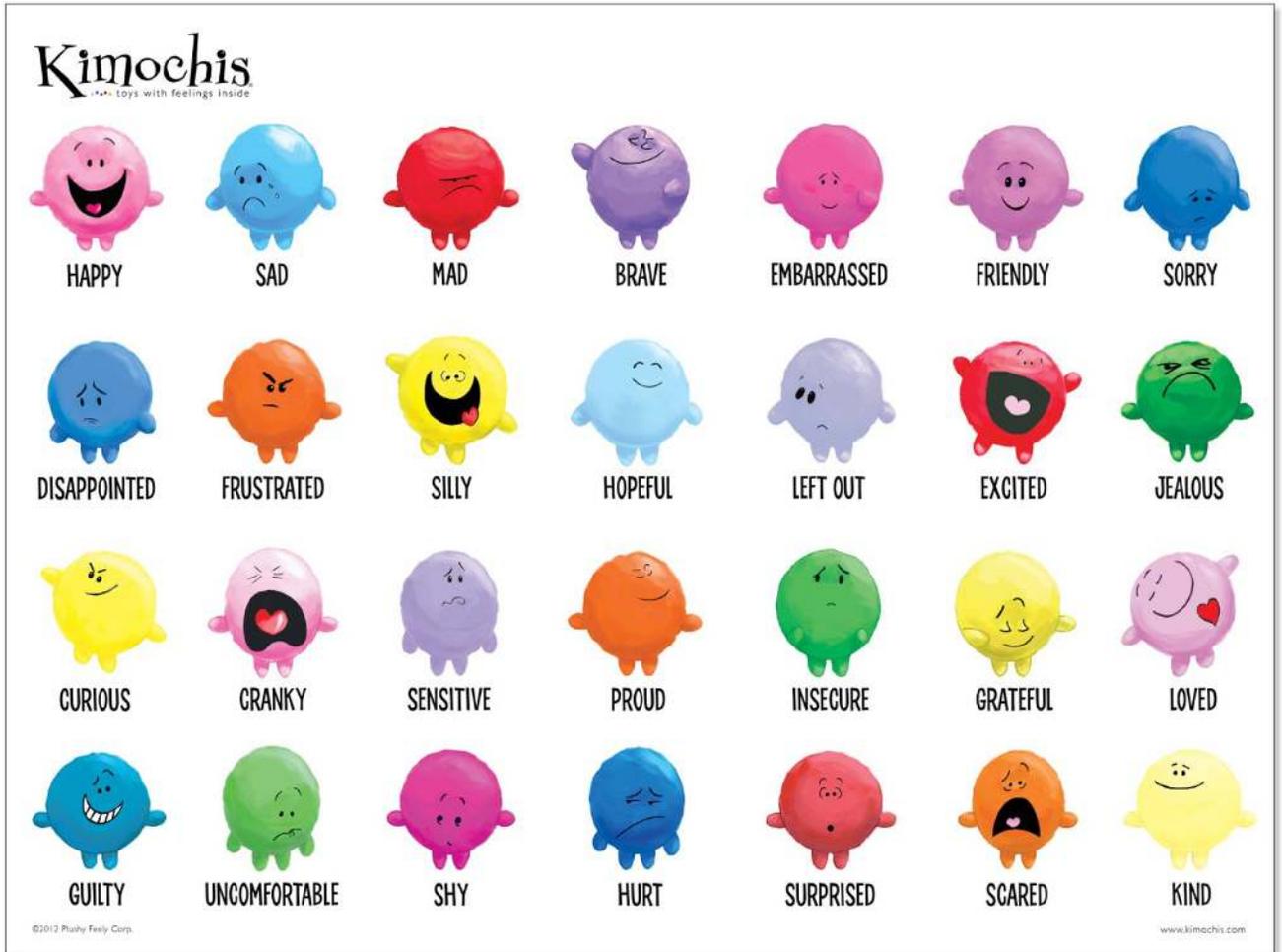
# HOME LEARNING BABY BINGO BOARD

**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 15 minutes with your child <div style="border: 1px solid black; display: flex; justify-content: space-around; padding: 2px;"> <span>M</span><span>T</span><span>W</span><span>R</span><span>F</span> </div>	Have a family dance party!	Draw a picture of what you are doing today	Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times.	Count 1 to 20
Use handwriting sheet to write name	Create an obstacle course in your home and run it 5 times	Make up a new song	What kid you do to show kindness? Draw a picture.	Find items in your house you can make patterns with. Can you make an AB pattern?
Retell main events in your favorite book	Find color freeze dance on YouTube and dance to it	Use objects from around your house to create a new art project	Choose a job that you can do today to help your family	Complete one lesson from the math packet
Complete one lesson from the literacy packet	Go outside and practice skipping, hopping on two feet, galloping and running	Complete one lesson from the Arts packet	Help your help make a daily schedule that you can put up in your house	Find shapes in your house and draw them on paper
Name some words that rhyme with: cat, dog bed, map	Do each stretch for 10 second hold and repeat 3 times: baby pose, up dog, down dog tree pose	Use scissor to practice cutting paper in straight lines and zig zag lines	Help your child identify a space to go to help them feel calm	Find a block and use it to measure your bed, a table and a chair. How many blocks tall are they?
Identify tree and plants in your picture books	Dance to "Mr. Sun"	Make a handprint tree	What toy or animal helps you calm down when you're feeling upset? Draw how they help you.	Count how many forks and how many spoons are in your house. How many all together?

# DAILY CHECK-IN

Tell me how you're feeling today?



<b>MONDAY</b>	Make a CIRCLE with a BLUE crayon
<b>TUESDAY</b>	Make a TRIANGLE with a RED crayon
<b>WEDNESDAY</b>	Make a SQUARE with an ORANGE crayon
<b>THURSDAY</b>	Make a CLOUD with a PURPLE crayon
<b>FRIDAY</b>	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.**



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<b>ACTIVITY #1 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Name Your Child's Emotions	Identify Emotions	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Help your child identify his/her emotions by naming them. Examples such as feeling overwhelmed by anger, fear, or sadness. Give them the names for each feelings makes them less scary.</p>		

<b>ACTIVITY #2 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Act Silly	Social Interactions	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Act silly with your child. Make funny faces, do a crazy dance, and wear pants on your head. Doing silly things makes you child laugh and is great for everyone.</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Make Time for Games	Take Turns	Ball
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Play games such as throwing and rolling a ball back and forth. This game helps your child learn to take turns.</p>		

## LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES

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ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
"More" and "All Done"	Communication Needs	YouTube search ASL, if needed
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Practice the ASL signs for "more" and "all done". Demonstrate for your child, and then help them do the signs. While they are playing or eating, help them communicate with you by speaking and showing them the signs when they want more and when they are all done. If used daily, children will start to sign on their own.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Summer Growth	Explore Nature, Expand Vocabulary, Use 5 Senses	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Go for a walk and stop periodically to talk about trees, grass, leaves and flowers. Let your child touch the bark of a tree, feel their toes in the grass and play with leaves. Identify each plant and describe it to your child. This grass feels soft between my toes. This tree bark is rough and hard. These leaves make a crackling sound when I fold them. This flower smells fresh and sweet.</p>		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Find the Plants	Identify Plants	Picture Books
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Read a book together and point out pictures of grass, trees and flowers. Look out the window and point to the real life outside. Allow your child to associate the flat picture in the book with the real thing outside.</p>		

## LANGUAGE, LITERACY & COMMUNICATION INDEPENDENT PRACTICE

DIRECTIONS: Read / Listen to these books

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The Tiny Seed by Eric Carle

<https://www.youtube.com/watch?v=5z76OqjF6fU&feature=youtu.be>

Lola Plants a Garden by Anna McQuinn

<https://youtu.be/f01WcOO8vbM>

Planting a Rainbow by Lois Ehlert

<https://www.youtube.com/watch?v=sti3PXBeVag>

A Tree is Nice by Janice May Udry

<https://youtu.be/YnpO1EpfDT4>

# THE ARTS & SENSORY ACTIVITIES, MUSIC & MOVEMENT

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ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Nature Collage	Creative expression, sensory exploration	Paper, Glue, Leaves, Flowers and Grass
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Go on a nature walk and collect fallen leaves, grass and flowers. Then, use those materials to make a nature collage by gluing onto the paper. Mix shapes and colors and textures to create a work of art!</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Bake Cookies	Sensory stimulation, language development, early math and science	Cookie ingredients and recipe or store bought cookie dough, baking sheet
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Make cookies with your child. Wash your hands together. Talk them through the process and explain the ingredients. Let them touch the raw ingredients. Have them help you measure, dump ingredients in the bowl, stir and roll into balls. Let them touch, smell and taste the cookies.</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Mr. Sun Song	Music and Movement, Creativity	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Sing “Mr. Sun” together and make up your own movements. “Oh Mr. Sun Sun Mr. Golden Sun, Please shine down on me, Oh Mr. Sun Sun Mr. Golden Sun, Hiding behind a tree. These little children are asking you, To please come out so they can play with you, Oh Mr. Sun Sun Mr. Golden Sun, Please shine down on me!”</p>		

<b>ACTIVITY #4 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Home Drum	Music and Movement, Creativity	Pot, Pan or Bucket and Wooden Spoon
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Make a drum out of household items and explore the different sounds they make. Let your child hit them with their hands and then with a spoon to hear the different sounds. Use big and small movements. Try to drum quiet and then loud.</p>		

<b>ACTIVITY #5 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Handprint Tree	Art, Creativity, Sensory Stimulation	Paper, Paint, Scissor and Glue
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>On a piece of brown paper, trace around your child’s wrist and hand to make a tree trunk. Cut out the brown tree trunk and glue it to a white or blue piece of paper. Then, dip your child’s fingers in paint and allow them to fill the tree with fingerprint leaves.</p>		

## MATHEMATICS & SCIENCE ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Flower Experiment	Visual Sensory Process	White Flowers, Food Coloring and Cups
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>You can go on a nature walk and find white flowers. Fill cups with the desired amount of water and then have your child add several drops of food coloring and flowers. Each cup should have a different color. 4 to 6 cups is a good start. As the flowers drink the water they transform into rainbow. Have your child observe the transformation.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Creating Towers	Fine Motor Skills	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Build towers made of large blocks, boxes, plastic bowls, and other stackable materials. This teaches your child spatial relationships, as well as differences in size and shapes.</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Calendar	Introduce Numbers and Days of the Week	Blank calendar, Markers or other writing materials
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Go over the names of the months, days of the week and count the days together. You can place stickers on special days such as birthdays or holidays.		