

# INFANTS

## Under the Sea

Early Childhood Distance Learning Materials



## TABLE OF CONTENTS

---

<b>HOME LEARNING BINGO BOARD</b>	<b>3</b>
<b>DAILY CHECK-IN</b>	<b>4</b>
<b>SOCIAL EMOTIONAL DEVELOPMENT &amp; SOCIAL SYSTEMS COGNITIVE ACTIVITIES</b>	<b>5</b>
<b>LANGUAGE, LITERACY &amp; COMMUNICATION ACTIVITIES</b>	<b>8</b>
<b>THE ARTS &amp; SENSORY ACTIVITIES, MUSIC &amp; MOVEMENT</b>	<b>10</b>
<b>MATHEMATICS &amp; SCIENCE ACTIVITIES</b>	<b>13</b>

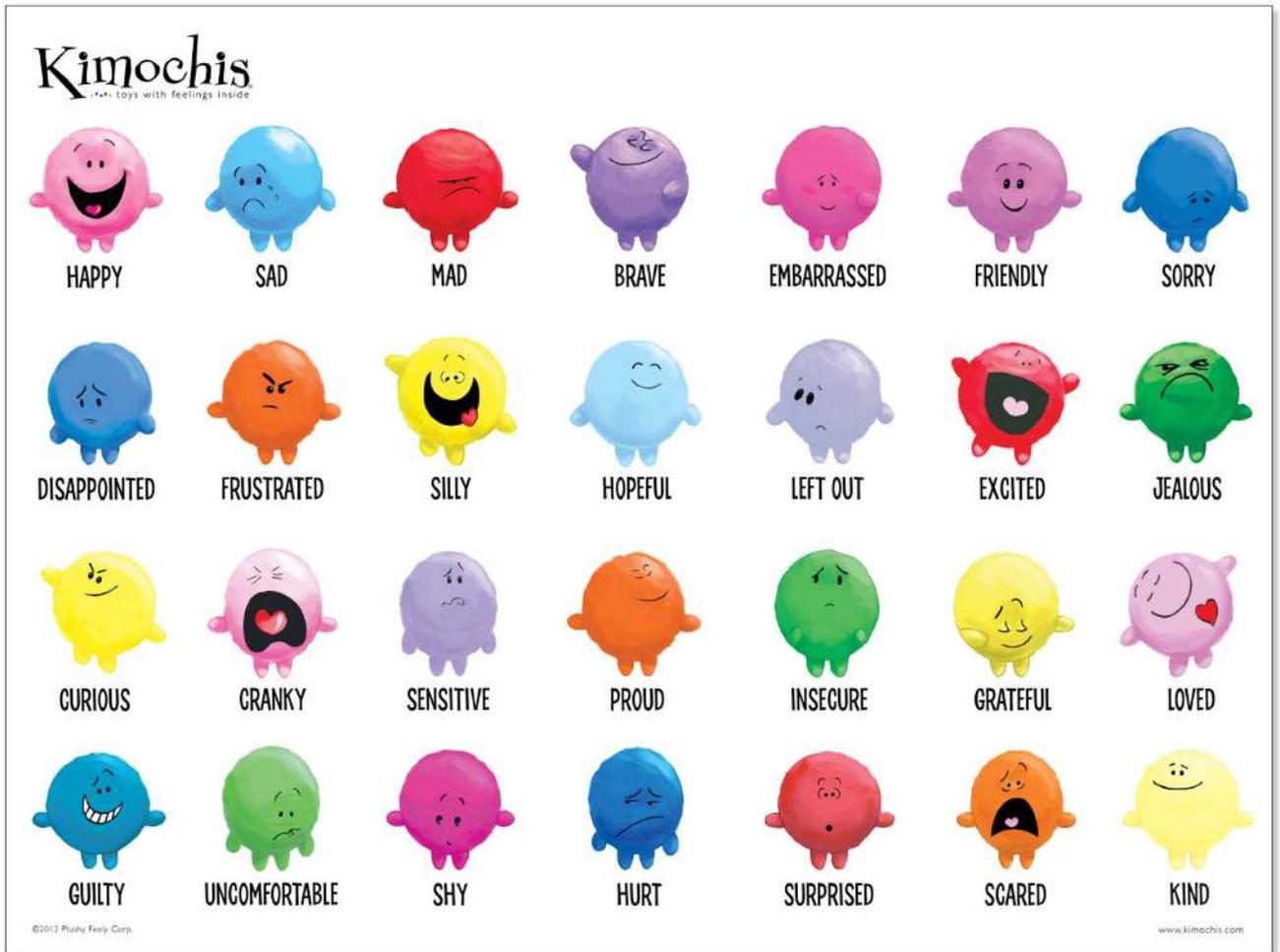
## HOME LEARNING BABY BINGO BOARD

**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!

<b>L</b> Literacy	<b>E</b> Exercise	<b>A</b> Arts	<b>R</b> Regulation	<b>N</b> Numbers
Read 5 minutes with your child	Do some Parent and Me yoga	Make your own infant safe paint	Make a rain shaker	Have your child play with different size containers
Read to your child their favorite stuffed animals	Have your child do tummy time	Do a hand print or foot print art project	Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times.	Walk around the house and talk about the different shapes things are
Let your baby explore a book by feeling it, putting it in their mouth or patting it	Create an obstacle course in your home and have your child practice crawling or walking through it	Find a spot in your house to display all your awesome artwork	Recognize that your child communicates their needs in various ways; crying, looking, smiling, etc. Respond to those needs by naming them, "are you hungry, sleepy" "happy baby" etc.	Help your child learn the meaning more
Complete one lesson from the literacy packet	Practice standing up with support	Walk around the house and talk about what color different things are	Talk to your child while doing daily activities. Let them know what you are doing.	Find things that are taller and shorter than your child
Pretend you are at a park and lay on a blanket and read a book	Play your family's favorite song and have a dance party	Play your child's favorite song and clap to the beat	Make a sensory bottle	Complete one of the math packet activities
Talk to your child while you change their diaper	Enjoy the weather and take a walk outside	Painting in a bag activity	Dance around the house with different tempo songs	Take a walk around the neighborhood and count how many flowers you see

# 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.**



© ZERO TO THREE 2018

[www.zerotothree.org](http://www.zerotothree.org)

<b>ACTIVITY #1 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
How Do You Do?	To help see what and how your child reacts to different voices and things.	Dolls, stuffed animals, any other toys
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>One at a time bring a toy to your child and introduce them to it as if it is new to them. You can use different voices, do it fast, slow, hide it, etc. With each item, watch how they react. Then you can respond to their reaction. End with a hug and a smile to see how they are taking it all in.</p>		

<b>ACTIVITY #2 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Let's Get Dressed	Helps infants know what you are doing with them and to help you as much as they are able.	Clothes the child will wear for the day.
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>When getting your child dressed, let them know what you are doing each step of the way until they are dressed. For example: say "let's first get your pajamas off!". Or "first let's unzip your pajamas."</p> <p>You can make it fun by singing as you get your child dressed. Try to the tune of "The Farmer in the Dell". Sing "Let's put your pants on first, the right leg then the left leg, now let's pull them up. Getting dressed today."</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Wiggle Wiggle	Help with attachment and connecting together.	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Sing rhyme while you help your child wiggle their toes:</p> <p style="text-align: center;">Wiggle, wiggle 1,2,3 Baby toes move like the trees Wiggle wiggle 4,5,6 I love baby's silly tricks Wiggle, wiggle 7,8,9,10 Can you wiggle your toes again?</p>		

<b>ACTIVITY #4 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Move to the Beat	To bond with your child, discover and expose them to various kinds of music.	Music from streaming, CD, etc.
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Play different types of songs such as silly, slow, fast, etc. Play songs with and without words and different beats. Then move and sing to your baby. Talk about how the music feels and sounds to you. See how your baby responds to the music.</p>		

<b>ACTIVITY #5 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Time for Sleep	To calm your baby's mind and body at nap/bedtime.	N/A
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Rock and hold your baby while singing a lullaby or telling a story about nap/bedtime in a soft voice. This helps get your baby ready and prepared to get some hopefully good sleep.</p>		

# LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Puppet Talk	To work on back and forth response.	Sock/paper bag, markers
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Make a simple puppet with a sock or paper bag. Talk with your baby about the parts of the face you put on it. For example - "Look! Here are the eyes and mouth!" Point to your baby's body parts and yours as you show them on the puppet. Then use the puppet to talk or sing to your baby. Give your baby a chance to "talk" to the puppet and then have the puppet respond. Have fun with it! You can also have your baby ask the puppets questions.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Many Places, Many Times	What Baby Retains	Baby's Favorite Book
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Read your baby's favorite book in different places throughout the day. In doing this your baby will react to it and you will notice how they start to remember what is coming next and will start to recall the book in their own way. You will notice this more mostly in older infants.</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Stacking/Peek-a-Boo	Cause and Effect	Blocks / Blanket
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Build towers by stacking things with your baby. Then use a blanket to hide it and then have it reappear. Next your baby can knock it down (or you can help them do it). You can also cover and uncover toys as well.</p>		

## THE ARTS & SENSORY ACTIVITIES, MUSIC & MOVEMENT

---

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Handprint Rainbow	To enjoy exploring senses, while learning different colors, To stimulate brain development, relieving stress relaxing, and creative ways to express feelings (happy)	White paper Different color paint Paint brushes
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Sit your baby in a high chair, remove their shirt, put on an old shirt to paint in or your baby can go without a shirt. Get your paint colors and brush near you. Put paper on the highchair, you may tape down, you can squeeze a little paint on your baby's hand, or put paint in a cup. Use a paint brush to spread over your baby's hand, you can use one color at a time or put different colors on parts of the hand, turn his hand over and patting into an arch shape on the paper.</p>		

<b>ACTIVITY #2 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Make a Under the Sea Ocean	To enjoy exploring our senses, to learn different sea animals, to stimulate brain development, relieving stress, relaxing, and creative ways to express feelings	Different color paint Paint brushes Googly eyes Glue Markers
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Sit your baby in a high chair, let older babies color with a marker first to create the ocean, you can use blue for water, or green for plant life, or explore with different colors. Put an old shirt on or have your baby go without a shirt. Get your paint and brushes near you. Paint your baby's hand and turn it over on the ocean picture she made then continue making different color handprints. Make this art a two day project so your baby does not get overwhelmed. For example, do coloring the first day, and painting the second day. Have fun with it!</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Water Play - Blue Water	To develop fine and gross motor skills, and develop hand-eye coordination through actions like squeezing and pouring, develops language skills	A container Water Food coloring Sponges Plastic fish
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Find a small container and put water in it. Then add a couple drops of blue food coloring in the water, plastic fish, and sponges (cut sponges in half for baby size). Have your baby sit on the floor and put a towel under the water container to help catch spills as your baby plays. Sit with your baby and play! Squeeze the sponge to show your baby how to do it, and then you squeeze saying "i'm squeezing the sponge! Can you squeeze yours?" Say "water, fish, blue, sponge" naming everything over and over again. Babies learn by hearing the words. As your baby watches you play, they will learn quickly. Have fun playing until your baby loses interest.</p>		

<b>ACTIVITY #4 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Slippery Fish	To Move Your Body	Slipper Fish Song
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Act out the different animals in the song and help your baby do this by moving their body for them. Here is a video for reference: <a href="https://www.youtube.com/watch?v=0C9HS0lb4qI">https://www.youtube.com/watch?v=0C9HS0lb4qI</a>		

<b>ACTIVITY #5 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Row Your Boat	Coordination, Stimulation of Speech	Stuffed Toy (optional)
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Play Row, Row Your Boat with your baby. Hold your baby's hands while they are sitting in front of you or with younger baby's in your lap. You can also use a stuffed toy to play it with and show the rowing. Get creative and make up different verses like "row your boat to the shore if you hear a lion, you will hear it roar!" Then make a roar sound.		

## MATHEMATICS & SCIENCE ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
How Much Did You Have?	Size and Amount	Whatever you are feeding your baby
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>When you are giving your baby a bottle/sippy cup. You can say “this is full!” Then when they take a break or need to burp, say “wow, you drank _____ (whatever amount it is)” or “most, some, all”, etc. You can do this with food as well. With older infants who are eating some on their own can, you can count how many pieces of food they are given and then say “you ate 2 and you had another one, so have had 3 pieces!” “Look - and one is left!”</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
What’s That?	Exposure textures. How they feel and smell.	Things from the kitchen and outdoors
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>To let babies smell and touch different things from the house and outside. You can put items in a plastic bag for them to touch. Talk about what it is used for, how it feels, smells, etc. You can also have older babies help you cook by dumping, pouring, and stirring ingredients (please make sure that you are not including anything that baby could put in their mouth like small chokable foods).</p>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Shapes and Sorting	Classification	Toys and Things at Home
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Talk about shapes while you are interacting and playing throughout the day. Say what you do with them such as “your bottle is an oval shape”. “Oh we are looking out a window that is a rectangle shape” or “let’s clean up and put your cars against the wall and put your balls in the basket”.</p>		