

Activities to Support Learning at Home- Week 1



Activities to Support Language and Literacy

- Read to your child
- Practice Phonemic Awareness Skills- Heggerty
- Ask your child questions
- Recite Nursery Rhymes
- Sing simple songs
- Have your child trace or write the letters of their name, letters of the alphabet or simple words



Read to Your Child

- Read at least 1-2 books to your child daily
- Allow your child to pick out the book that you read (it's ok if they pick the same book every day 😊)
- Let your child hold the book while reading it
- Move your finger along under the words as you read the book
- While reading the book, ask your child a variety of questions about what is happening in the story
- Allow your child to 'read' the pictures to tell the story
- Talk about the book with your child after reading it with them



Heggerty Phonemic Awareness Lessons

- Introduction to Heggerty Phonemic Awareness Lessons Video Link

https://youtu.be/CSv4PZT4Y_g

- Complete Heggerty Lesson

Lesson can be found under the Resources Section



Activities to Support General Knowledge: Math Concepts

- **Count in a Fun and Active Way:** Count steps as you climb them, count as your child jumps, etc.
- **Number Books:** Make your own counting book. Each page can have a number and that quantity of objects. Use drawings, photographs, magazine clippings, or actual objects (buttons, small toys, etc.)
- **I Spy:** Play “I Spy” with shapes and colors. For example say “I spy a circle,” or “I spy something red.”
- **Play with Shapes and Patterns:** Use blocks, straws, sticks, and other objects to make shapes and create patterns.



Activities to Support General Knowledge: Science Concepts

- Lava Lamp Experiment
- Rain Cloud in a Jar Experiment
- Walking Water Experiment

***Directions for all experiments can be found under Resources Section



Activities to Support Fine Motor Skill Development

- **Play-Doh FUN!**

Mold and roll Play-Doh® into balls—using the palms of the hands facing each other and with fingers curled slightly towards the palm.

Roll Play-Doh® into tiny balls (peas) using only the fingertips.

Use pegs or toothpicks to make designs in Play-Doh®.

Cut Play-Doh® with a plastic knife or scissors



- **“Connect the Dots.”**

Draw dots on a piece of paper. Make sure the child's strokes connect the dots from left to right, and from top to bottom.

- **Newspaper Time**

Tear newspaper into strips and then crumple them into balls. Use the balls of paper for art projects or to have a snowball fight.

Scrunch up one (1) sheet of newspaper in one hand—great for building hand strength



Activities to Support Gross Motor Skill Development

- Move Like an Animal

You'll need some open space, but this is a great way to get kids using their muscles.

- Move like a bird (run with arms outstretched)
- Move like a snake (wiggle on tummies on the floor)
- Move like a bear (walk on all fours)
- Move like a frog (get down on haunches and hop)
- Move like a kangaroo (take big leaps with arms in front of chest)
- Move like an elephant (slowly with heavy stomping feet)
- Move like a penguin (waddle with ankles close together and arms pinned to sides)



- Copy Me!

This is where you can get your workout in for the day! Simply do a series of exercises or silly actions and have your child copy what you are doing. Examples- jump like a kangaroo, run in place, stretch to the sky, twirl like the wind, etc.) Be creative and allow your child to come up with new movements.

- Tape Balance Beam

This is ultra simple, but fun! Use colored painter's tape or masking tape and stick it to the floor using different types of lines and shapes (straight line, zigzag, curvy). Challenge your children to walk on the lines from beginning to end without stepping off the line.

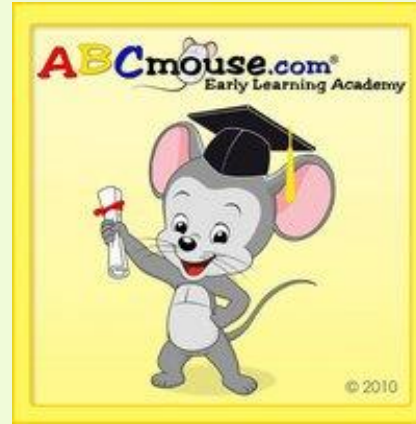


Activities to Support Social Skill Development

- Play turn taking games (board games)
- “Can YOU Follow the Directions?” Relay Game

Gather up some random items from around the house. Divide the kids into two lines (if you have more than one child). The children are asked to move across the room and back (you can have them move in different ways) and do the task(s) they are given. Start with just a one step direction. If your child is able to follow the one step direction, keep adding steps to the task you give them. (An example of a 3 step direction would be: put on a hat, crawl across the room, and give me a high five.)





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