

Slow-down Sunday	Mealtime Monday	Talking Tuesday	Wiggle Wednesday	Think Thursday	Follow-me Friday	Sensory Saturday
<p><u>Play A Game!</u> Take turns hiding a small object and finding it</p>	<p>Have your child help set the table, have them "estimate" how many will attend dinner</p>	<p>Read a story together and then make up a different ending</p>	<p>Cosmic Kids Yoga (YouTube)</p>	<p><u>Shape Hunt</u> Find 2D/3D shapes in your house and identify them</p>	<p>Using red, yellow, and blue paint, mix paint to create new colors; have your child show you how to recreate one of their colors.</p>	<p>Explore the spice cabinet! Sort into 2 groups – smells they like/dislike</p>
<p><u>Penguin Race</u> Blow up balloons, put one between your legs and keep it there while racing to the finish line</p>	<p>Try some new foods—have your child pick three food items, try them all, and then pick a favorite new food</p>	<p>Learn/memorize a Nursery Rhyme (Humpty Dumpty, Baa Baa Black Sheep)</p>	<p>When going to a different part of the house, challenge your child to walk like a... (bear, crab, fly like a bird, etc.)</p>	<p>Find an object to use as a unit of measure (paperclip, shoe, marker) and practice measuring</p>	<p>Be brave and show interest in how <i>they</i> are playing by playing with them!</p>	<p><u>Speed Scribble</u> Find a fast song and have your child draw/scribble fast, repeat with slow music</p>
<p><u>Cup Towers</u> As a family build cup towers using paper, plastic, or real cups</p>	<p>During a meal take turns asking "What's your favorite..." questions</p>	<p><u>Play a Game!</u> "Simon Says" or "Red Light, Green Light"</p>	<p><u>Freeze Dance!</u> Put on a song and when someone stops the song everyone has to "FREEZE!"</p>	<p><u>Letter Hunt</u> Search the house/street/signs to find the first letter in their name</p>	<p>During play, expand ideas and narrate actions (e.g., child says, "shh baby is sleeping," you respond "Oh she's sleeping she must be tired... I wonder why"</p>	<p>Make Bubbles! (6 C water, 1 C dish soap, ¼ C corn syrup, stir slow) Experiment with different tools to blow bubbles with (pipe cleaner, jar ring)</p>
<p>Dress up and act out a classic story together (3 Little Pigs, Goldilocks)</p>	<p>In the kitchen today pull out Tupperware containers and let your child match the lids</p>	<p>Go on a walk and use descriptive language to describe interesting objects your child notices</p>	<p><u>Balloon Play</u> Blow up a balloon, play don't touch the ground using only hands, then only feet</p>	<p>Using unpaired socks (folded/unfolded) find matches and describe patterns and colors</p>	<p><u>Imitation Play</u> Notice what your child doing, (sounds/actions/in play) and copy them</p>	<p>Paint using slightly blown up balloons, experiment with pressure and size of circles</p>
<p>Let your child dress up with <i>your</i> clothes, accessories, or shoes; identify clothes, colors, count buttons/pockets</p>	<p>Play "I Spy" in the fridge, cabinet, or pantry; have your child find ingredients you need to help make the meal</p>	<p>Practice rhyming and don't be afraid to make up silly words!</p>	<p><u>Play A Game!</u> Hide and Seek or Sardines</p>	<p>Create your own Memory game (use child-suggested pictures, shapes, letters), then play!</p>	<p>Focus today on being on the same level as your child, and share face-to-face interactions</p>	<p>Go on a walk and make a list/visual documenting all the sounds you hear (draw pictures, make list, etc)</p>

Slow-down Sunday	Messy Monday	Talking Tuesday	Wiggle Wednesday	Think Thursday	Follow Me Friday	Sensory Saturday
Look at pictures of family members together and name the people you see	Have your toddler help clean up after a snack or activity--wipe off tables/chairs	During diaper changes, play "what's this" and name parts of their body together	Lay pillows or cushions on the floor and let your child crawl, walk, and jump on them	Walk around the room touching items—label it and describe how it feels	Look in the mirror together and name the different parts of the face/body as your child points to them	Fill empty bottles with interesting material(s)--ribbons, colored glittery water, coins, etc.) and glue lids on
Get a flashlight, move to a darker room, and slowly move light across wall/ceiling and see if they can follow the light with their eyes	Blow bubbles and let your child try to pop them as they fall	Say a nursery rhyme and bounce your child to the rhythm of the rhyme (Baa Baa Black Sheep, Humpty Dumpty)	Place your infant's toy just out of reach and encourage them to get it—move farther away to increase difficulty	Hide a toy for your child to find and adjust difficulty according to ability	Go for a nature walk and let your child collect treasures along the way, explore treasures when you get home	Offer a new texture to explore (scarf, jar ring, basting brush, etc.) and describe how it feels
Create a comfy space outside and take deep breaths while listening to nature	Fill gift bags with tissue paper and transfer paper in and out--also try tearing it	Talk about the food you are eating and where it comes from (tree, plant, etc.)	Have a dance party! For younger children, hold them while dancing	Draw a face on an old cereal box, cut out a circle for the mouth and feed him/her imaginary foods	Get down on child's level and observe things from their perspective and then add something for them to explore in that space	Flip pots, pans, and bowls over in your kitchen and let your child use spoons and spatulas to make some noise
Make small colorful paper chains together, hang them from an open umbrella and get comfy underneath to enjoy some quiet time	Paint/play with taste-safe foods (pudding, yogurt, veggie puree)	Pick a part of your routine and narrate it for your child using descriptive language	Try "baby and me" yoga, pick a few simple moves for your mobile baby to try and imitate	Let your child practice fine motor skills by poking spaghetti noodles into a colander	Notice what your child is doing, (facial expressions, sounds, actions) and copy them	Explore some smells in the kitchen together (orange, cinnamon, etc.) and discuss noses/smelling
Share family pictures/stories and tell them what's happening in the picture	Transfer taste-safe materials (water, marshmallows, pretzels) from one bowl to another using scoops or spoons	Sing a song with finger plays (Patty Cake, Wheels on the bus, Where is Thumbkin...) #wylearnathome	Tie string/ribbon to a box, let your child pull their "wagon" around (Optional: have a wheel for you)	Use empty tubes (wrapping or toilet paper) and let your child pull scarves through/out.	While reading books have your child point to objects in the story and name what they point to	Make Jell-O together, put it in a cake pan and let your child explore (add tools)