



Dear Parents,

In order to continue your child's educational growth while their center is closed a package of home learning activities have been prepared for you and your child to do at home.

The package contains developmental appropriate activities for children 8wks to 3 years old in the areas of physical, math, language, literacy, and social emotional. A calendar has been provided for you and your child to do a different activity each day. Please feel free to do the activities as many times as your child would like; reinforcement is great! Also, included you will find links to free website that have great activities.

Please remember to be safe and we all are looking forward to seeing you when centers reopen.

If you have questions, please feel free to contact me.

Additional Learning Activities:

<https://www.abdozoom.com/zoomchoice/?tk=AE75056C570B319A6B47A15986D1DDEE9>

<https://www.familyeducation.com/fun/activities-babies/its-playtime-baby-12-simple-developmental-activities-try-your-tot>

https://www.gov.nl.ca/eecd/files/earlychildhood_everyday_i_learn_through_play.pdf

<https://www.zerotothree.org/resources/164-play-activities-for-birth-to-12-months>

Thanks

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Early Head Start Home Learning Activities



Picture Caption

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Activity Card #93	3 Activity Card #92	4 Activity Card #77	5 Activity Card #89	6 Activity Card #37	7
8	9 Activity Card #17	10 Activity Card #32	11 Activity Card #29	12 Activity Card #39	13 Activity Card #41	14
15	16 Activity Card #44	17 Back to School!!!	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Transport child in proper seat restraint		Wear your mask	
	Clean toys and surfaces		Wash hands often			Wear Your Seatbelt

Read a short story to your child

Take a walk outside and talk about the sounds you hear. Ask child to make each sound they hear.

Tell your child a happy story from your childhood.

Roll a ball back and forth with your child.

Blow bubbles with your child

Talk about the different foods at mealtime.

Up, Down

93

Objective 23

Demonstrates knowledge of patterns

Related Objectives: 3a, 4, 5, 6, 11a, 12b, 14a, 21a, 35

What You Do

1. Invite children to complete a two-step action pattern with you, e.g., hands up, hands down; touch knees, touch head.
Say, "Let's use our bodies to make a pattern."
Describe what you are doing. "Let's reach up high. Now reach down low. Reach high again, and now low."
2. Gently move young infants' bodies for them as you describe what you are doing.

Creepy Crawly Spiders

92

Objective 20

Uses number concepts and operations

a. Counts

Related Objectives: 7a, 8a, 8b, 11a, 14b, 15a, 20b, 23, 34

What You Do

1. Move your hands like creepy crawly spiders as you read the poem.

One, two spiders, crawling on the ground,
One, two spiders, where can they be found?
One, two spiders, hide behind my back,
One, two spiders, I see them coming back!

Rise and Shine

77

Objective 1

Regulates own emotions and behaviors

a. Manages feelings

Related Objectives: 1b, 9a, 9b, 10b, 12a, 15a, 26, 31, 34

What You Do

1. Sing to the tune of "The Farmer in the Dell."

It's time to rise and shine. It's time to rise and shine.

Hello, my little one, it's time to rise and shine.

It's time to play some games. It's time to play some games.

Peek-a-boo my little one. It's time to play some games.

It's time for great big hugs. It's time for great big hugs.

I love you, my little one, it's time for great big hugs.

Hop Around

89

Objective 35

Explores dance and movement concepts

Related Objectives: 1b, 3a, 4, 5, 8b, 11a, 34

What You Do

1. Sing the following song to the tune of "Skip to My Lou."

Hop, hop, hop all around.

Hop, hop, hop all around.

Hop, hop, hop all around.

Let's hop around together.

2. Repeat, substituting different actions for "hop."

The Rain and Me

37

Objective 4 Demonstrates traveling skills

Related Objectives: 2a, 5, 11a, 15a, 35

What You Do

1. Stand in front of the child and introduce the movements as you chant the rhyme. Encourage the child to follow your actions.

Rain on the green grass [*Turn around in a circle.*]

Rain on the trees [*March forward.*]

Rain on the sidewalk [*March backward.*]

But no rain on me. [*Tip and tilt from side to side, pretending to hold an umbrella over your head.*]

2. Repeat the rhyme, performing the movements together.

Dream

17

Objective 2 Establishes and sustains positive relationships

- a. Forms relationships with adults

Related Objectives: 1a, 2b, 8a, 11a, 12b, 18a, 36

What You Do

1. Find a comfortable spot to snuggle with the child in your lap.

2. Recite the poem.

Dream about flowers and fast moving cars.

Dream about monkeys and bright shooting stars.

Dream about horses and trips to the moon.

Dream about rainbows and bright red balloons.

Dream about oceans and pale blue skies.

Dream about love, dear. Now close your eyes.

Jump and Twirl

32

Objective 5 Demonstrates balancing skills

Related Objectives: 2a, 4, 8a, 8b, 11a, 15a, 35

What You Do

1. Sing to the tune "London Bridge." Stand in front of the child and demonstrate the movements.

Now I'm jumping up so high, up so high,
up so high,

Now I'm jumping up so high.

My sweet [child's name].

[*Jump up in the air.*]

Now I'm twirling round and round, round
and round, round and round.

Now I'm twirling round and round,

My sweet [child's name].

[*Twirl around in a circle.*]

2. Repeat the song. Invite the child to sing and/or move along with you.

Let's Start Our Day

29

Objective 2 Establishes and sustains positive relationships

- c. Interacts with peers

Related Objectives: 1b, 2d, 3a, 8a, 9a, 9b, 12a, 18a, 23, 30, 34

What You Do

1. Sing to the tune of "For He's a Jolly Good Fellow."

Let's start our day together.

Let's start our day together.

Let's start our day together.

So glad that we're all here.

Oh [Michael's] here today.

Oh [Michael's] here today.

Oh [Michael's] here today.

So glad that [Michael's] here.

2. Repeat using each child's name.

Motion Magic

39

Objective 4

Demonstrates traveling skills

Related Objectives: 2a, 5, 8a, 8b, 9a, 9b, 11a, 15a, 35

What You Do

1. Recite "Jack Be Nimble."

Jack be nimble, Jack be quick,
Jack jump over the candlestick.
[Each time, jump forward over an imaginary candlestick.]

2. Repeat the rhyme using different movements as you chant. Invite toddlers and 2-year-olds to copy your movements, e.g., slide your feet sideways, gallop in place, march forward and backward.

3. Hold infants securely in your arms as you chant the rhyme and perform the movements.

The Dish & the Spoon

41

Objective 2

Establishes and sustains positive relationships

a. Forms relationships with adults

Related Objectives: 2a, 4, 5, 11a, 15a, 35

What You Do

1. With young and mobile infants, lay the child on her back on a padded surface.

2. Recite "Hey, Diddle, Diddle" as you move her through the motions.

Hey, diddle, diddle, the cat and the fiddle,
["Bicycle" the child's legs in a pumping motion.]
The cow jumped over the moon. *[Take both feet and bring her toes up to her nose.]*
The little dog laughed to see such sport,
[Hold and bicycle the child's legs.]
And the dish ran away with the spoon!
[Take both hands and gently lift her to a sitting position.]

Jack and Jill

44

Objective 21

Explores and describes spatial relationships and shapes

a. Understands spatial relationships

Related Objectives: 2a, 5, 8a, 8b, 15a, 34

What You Do

1. With young and mobile infants, sing or chant the rhyme as you hold the child securely and perform the movements with him.

Jack and Jill went up the hill
[Gently lift the child above your head.]
To fetch a pail of water. *[Turn around with the child lifted over your head.]*
Jack fell down and broke his crown,
[Lower him down slowly.]
And Jill came tumbling after.
[Swing him in your arms from side to side.]