

## FAMILY RESOURCES & LEARNING ACTIVITIES

*Bright by Text allows you to enroll for quality information and trusted research-based resources to parents of children prenatal to five years old. The text comes to your phone in English or Spanish and is comprised of tips, learning materials, and videos to support healthy child development and build strong resilient families. Enroll for free at: <https://www.brightbytext.org/>*



**World Health Organization**



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



National Head Start Association: Responding to COVID-19 visit:

<https://www.nhsa.org/covid-19-resources-parents>



### DID YOU KNOW?

Sheltered at home can create behavior changes

POSITIVE PARENTING CONNECTION



YOU MIGHT NOTICE CHANGES IN SLEEPING AND EATING HABITS

YOUR CHILD MIGHT BE CLINGY AND SEEKING CONNECTION WITH YOU.



IMPULSE CONTROL ISN'T EASY WHEN THE BRAIN IS FULL OF WORRY.

BE KIND  
BE PATIENT  
TAKE A BREAK  
YOUR CHILD NEEDS LOVE AND SUPPORT, NOT PERFECT SCHEDULES OR PERFECT PARENTING.

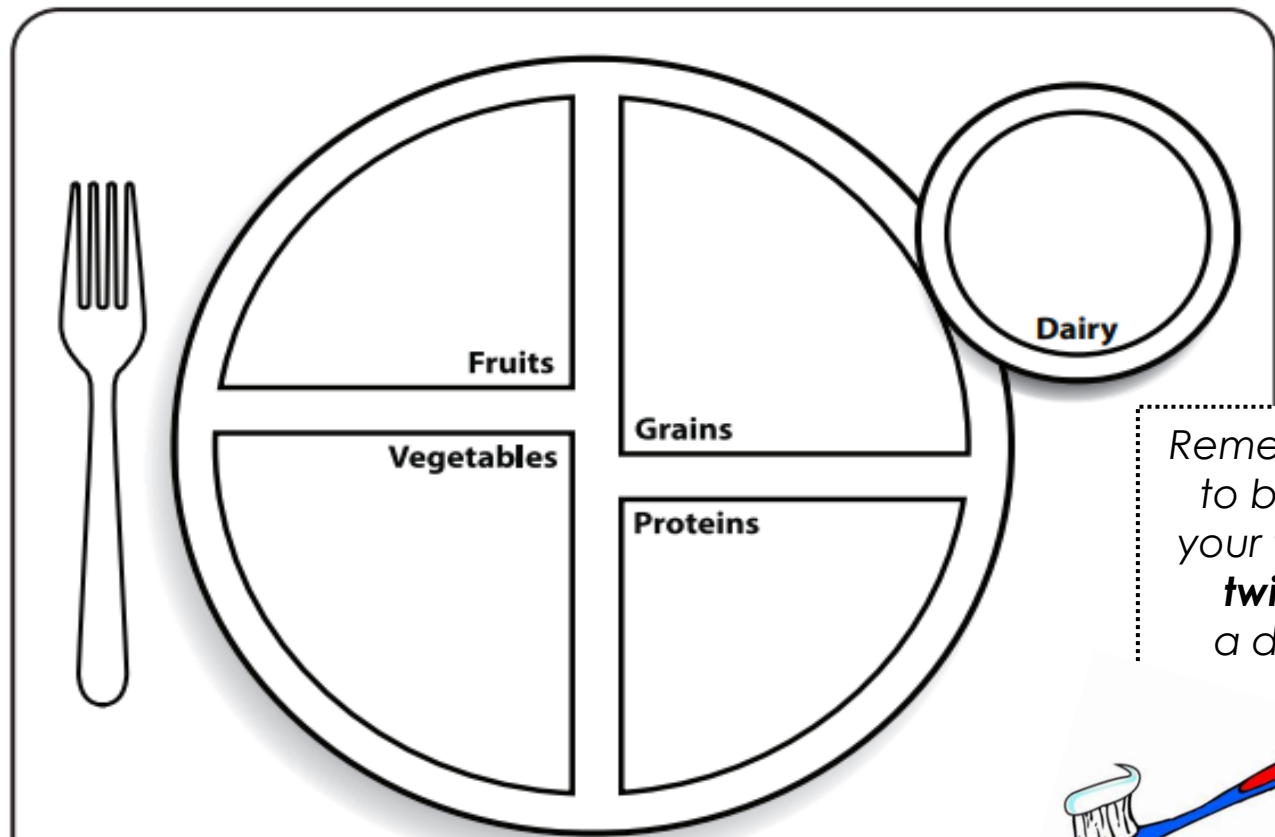


Playdough ingredients:  
 2 cups all-purpose flour.  
 3/4 cup salt.  
 4 teaspoons cream of tartar.  
 2 cups lukewarm water.  
 2 Tablespoons of vegetable oil (coconut oil works too)  
 Food coloring, optional.  
 Quart sized bags.

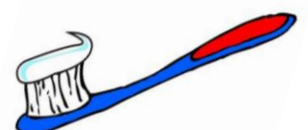


A healthy meal has a good mix of different foods including fruits, vegetables, grains, proteins, and dairy like the ones in the chart below.

Fruits	Vegetables	Grains	Proteins	Dairy
<ul style="list-style-type: none"> <li>Apple</li> <li>Orange</li> <li>Pear</li> <li>Grapes</li> <li>Bananas</li> <li>Peach</li> <li>Berries</li> </ul>	<ul style="list-style-type: none"> <li>Onion</li> <li>Carrot</li> <li>Cauliflower</li> <li>Lettuce</li> <li>Spinach</li> <li>Peas</li> <li>Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Rice</li> <li>Bread</li> <li>Pasta</li> <li>Oats</li> <li>Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Fish</li> <li>Meat</li> <li>Chicken</li> <li>Eggs</li> <li>Beans</li> <li>Nuts</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Yogurt</li> <li>Cheese</li> </ul>



Remember  
 to brush  
 your teeth  
**twice**  
 a day!



# RAINBOW SCAVENGER HUNT







primary playground

-  Find something red.
-  Find something yellow.
-  Find something orange.
-  Find something green.
-  Find something blue.
-  Find something purple.
-  Name a fruit that is red.
-  Name an animal that is yellow.
-  Name a vegetable that is orange.
-  Name a plant that is green.
-  Name a flower that is purple.
-  Name something outside that is blue.



# BACKYARD SCAVENGER HUNT

primary playground

-  Find 3 kinds of leaves..
-  Find something yellow.
-  Name a bug that is red.
-  Find 2 sticks.
-  Find something that smells good.
-  Name something you see in the sky.
-  Find something that is round.
-  Find something that grows that is green.
-  Find a bird.
-  Find 3 different colored rocks.
-  Find something purple.
-  Find a bug.



We hope you'll enjoy these activities with your child.  
Be sure you're supervising the entire time.

## **Early Head Start (ages 0-36 months)**

Ideas and developmental milestones for young infants and toddlers can be found at:

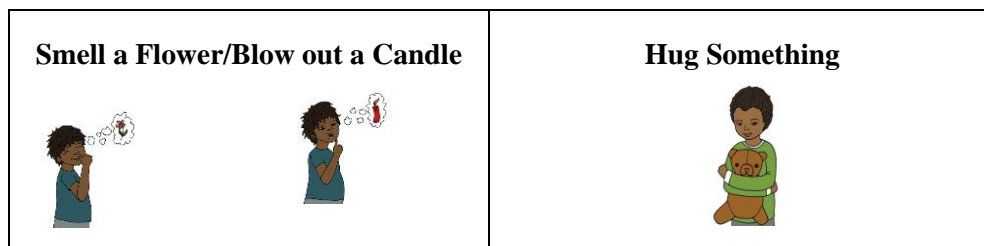
- [www.candokiddo.com](http://www.candokiddo.com)
- <https://pathways.org/baby-milestones-calendar> (0-6 & 6-12 months)
- <https://pathways.org/growth-development/13-18-months/games/> (13-18 months)
- <https://pathways.org/growth-development/19-24-months/games/> (19-24 months)

### **Social and Emotional Development & Physical:**

\*Be active for at least 60 minutes a day (it doesn't have to be all at once)

- Tummy time
- Move feet as if pedaling a bike
- Play interactive songs like "Patty Cake" or "Row, row your boat"
- Give your child empty plastic eggs to practice taking apart and putting together (great for motor skills)
- Roll a ball, kick a ball, try playing catch

Frustrated with staying inside? Find your calm. Try the following



### **Language and Literacy --- READ EVERYDAY!!**

- When reading ask questions and explain your thinking; talk about the pictures. Examples of reading questions are
  - Before reading question: What characters might be in this story?
  - While reading question: What do you think will happen next?
  - After reading question: What did you learn from this book?
- Hide toys under blanket for infant to find. Describe the object your child found. Ex. "You found the yellow duck." "You found the red fire truck."

### **Mathematics**

- Have your child find 5 things that are bigger than him/her (wider, longer, taller). Have your child find 5 things that are smaller or shorter than him/her.

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(...cont Early Head Start)

- During meal or prep time in the kitchen, talk about the shapes of foods or food containers (circle, triangle, square, rectangle).

#### Science

- See scavenger hunts above

#### The Arts

- Draw on paper or outdoors using sidewalk chalk
- Make a musical instrument out of items around the house (be sure the items are not chokables and/or the lid is sealed so your child cannot consume)

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## TRADITIONAL RHYMES:

- Roll Over
- 5 Little Monkeys  
Jumping on the Bed
- 5 Little Monkeys  
Sitting in a Tree
- 5 Little Ducks
- 5 Green and Speckled Frogs



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## Head Start (ages 3-5 years old)

### Social and Emotional Development

- Play board games
- Play Simon Says or Follow the Leader

Frustrated with staying inside? Find your calm. Try the following

<b>Smell a Flower/Blow out a Candle</b> 	<b>Count to Ten</b> 	<b>Wall or Chair Pushups</b> 
<b>Slow Deep Breaths</b> 	<b>Hug Something</b> 	<b>Do a Drawing</b> 

### Physical

\*Be active for at least 60 minutes a day (it doesn't have to be all at once)

- Play hide-and-seek
- Trying to keep a balloon in the air as long as possible - count how many times you hit the balloon and trying to beat the record.
- Create an obstacle course – indoors or outdoors

Language and Literacy --- **READ EVERYDAY!!** Read with fun voices using a different one for each character.

- When reading ask questions Ex.
  - Before reading question: Look through the book to see if there are any words your child might not know. If so, tell your child there's a new word they will learn and define that word.
  - While reading question: What do you think will happen next? How do you think this story will end?
  - After reading question: What was the problem in the story? How was it solved? Can you think of another title for this book?
- Gather safe objects. Put out 2-3 items at a time and ask your child to hand you one based on how you describe it such as color, size, shape, use, or other features. (Ex. ball, spoon, sock – Hand me the object that's red. Hand me the object that's used to eat food. Hand me the object that's round.)

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(...cont Head Start)

- Start a journal. Writing ideas:
  1. My favorite thing about today was ...
  2. The five best things about me are ...
  3. I feel proud when ...
  4. How to make \_\_\_\_ (ex. play dough, a cake, a rainbow, etc.)
  5. The bravest thing I've ever done was ...Go on a walk and write down words you find along the way (ex. stop, store, library, mart, etc). Then make up a story using those words.

## Mathematics

- Have your child make sets. Write down a number (3 year olds 1-10; 4-5 year olds 1-20) and ask your child to make a group with that many items in it.
- Play card games such as Go Fish or War remember to remove the face cards
- Give your child 2 objects. Ask, "Which is heavier?" "Which is lighter?"

## Science & Problem-solving

- Creativity is good. For this you need your imagination – pose questions for a possible problem you might run into with your child such as "What if you got to Grandma's house and you forgot your pajamas? What could you do?" "How could you get a toy you can't reach?"
- Build something outdoors using sticks, leaves, flowers – be safe
- See scavenger hunts above

## The Arts

- Draw
- Water "painting" – use hand, sponge, paintbrush, etc and dip in water to "paint" a fence, house, sidewalk, ...
- Play charades

### **FIVE LITTLE JELLYBEANS**

**5 little jellybeans  
I wish I had more!  
I'll eat the (color) one  
Now there are four!**

**4 little jelly beans  
Tasty as can be  
I'll eat the (color) one  
Now there are 3!**

**3 little jelly beans  
Only a few.  
I'll eat the (color) one  
Now there are 2.**

**2 little jelly beans  
Eating them is fun  
I'll eat the (color) one  
Now there is one.**

**1 little jelly bean  
The last one for me  
I'll eat the (color) one  
I'm as happy as can be!**

## **Websites you can explore with your child**

Early Head Start (24-36 months)

- <https://www.pbs.org/parents/learn-grow/age-2/science>
- <http://pfs.cte.jhu.edu/pf/pfs/pflink-dgn5jca>

Suitable ages 2-5 years old

- <https://healthyathome.readyrosie.com/en/> (English) -or-  
<https://healthyathome.readyrosie.com/es/> (Spanish)
- <https://kids.sandiegozoo.org> – check out the zoo animals, their stories, and watch live cameras
- <https://www.youtube.com/user/alexgmay/videos> – Dr. Jean

Head Start (ages 3-5 years old)

- <https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/?fbclid=IwAR2cC0QwcUOglmJpRQSDmQzv46E6SK0HSI19W5RfpB1OZ4CnqCpMtN2cF7c>
- <https://www.abcya.com/grades/prek> (ages 4-5)

YouTube books such as

1. <https://www.youtube.com/watch?v=ig0dCJSITU> – Panda Bear, Panda Bear, What do You See?  
-After reading: What animals were in the book? What was your favorite animal?
2. [https://www.youtube.com/watch?v=dkQ4d\\_fff3E](https://www.youtube.com/watch?v=dkQ4d_fff3E) – Pete the Cat and His Four Groovy Buttons
3. <https://www.youtube.com/watch?v=PMCKXaFsmCA> – Not a Box  
-After reading: Give your child a box and ask what they want to pretend it is or make it into
4. <https://www.youtube.com/watch?v=OzdfZYH5SSg> – Help the Environment: Reusing and Recycling  
-After reading: Ask your child if the book was fiction or non-fiction and how they know.
5. <https://www.youtube.com/watch?v=x7WmFwGE9go> – I Stink  
-Before reading: Tell your children the title of the book. Ask, “What do you think this book is about?”  
-After reading: Explain how the trash on the barge goes to a big floating dump or an incinerator. Tell the children that an incinerator is “a piece of equipment that burns trash.” Explain that an incinerator is like a big fireplace with a door.

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## **Screen Time Recommendations**

American Academy of Pediatrics (AAP) recommends, "no more than 2 hours each day for preschool children ages 2 to 5 and screen time should be avoided altogether for infants and toddlers under age 2 years other than video chatting. Co-viewing is best when possible and for young children they learn best when they are re-taught in the real world what they just learned through a screen."

The Center for Disease Control and Prevention (CDC) recommends reducing children's screen time as one of the most important strategies for preventing childhood obesity.

## **March/April Parent Engagement Activities**

National Reading Month, select a book of your choice at home and/or online and re-create the characters in the story with your household members. Utilize clothing that you have at home to dress as the character in the story. Have fun and use items at home to make it fun and creative.

Clean Up, Clean Up- Go through household items and clothes that you have not used or worn in quite some time. Make piles of items/clothes by color, size and style. This will be a fantastic sorting assignment kids will have fun engaging with their parents. This assignment will be a great learning experience sorting my color, size (big or small) and style (shirts, pants, socks etc.) Plus a great way to get rid of things you are no longer using (Donate to your local Good Will)

Vision Boards- Find those old magazines that are laying around your house. Think about how you envision your future. Clip pictures from the magazine that aligns with your future plan. Include pictures of ideas you envision for the entire family. Paste your pictures on cardboard box (use an empty cereal box). Great project for the entire family to enjoy!

STEM – Create a maze! Allow everyone in the household to master your maze.

Items Needed:

Old shoe box

Straws (cut them 1 inch or smaller)

Glue stick

Marble (do not leave child unattended with this item)

Food Creation- Create a colorful meal and/or snack plate utilizing food items that you have at home. Try making the plate colorful: Green (beans), Yellow (squash, banana), Red (apples), Purple (prunes, grapes, egg plant). Let the kids design their own colorful plate and write a story about their food creation

**Gardening Fun:** March is the ideal time to [plant vegetable and flower seeds](#) in indoor pots. Introduce your family to seeds with the book *The Tiny Seed* by Eric Carle. Vegetables such as cauliflower, tomatoes, and broccoli can be planted in small, biodegradable pots indoors. When the weather warms up, help the children transfer the pots outdoors.

**Family Seed Collage:** Introduce spring to the children by using seed packets. Compare the different types of seeds using small magnifying glasses. Then create a large family seed collage or craft smaller individual ones. Here are some examples:

