



THE

GODDARD SCHOOL®

FOR EARLY CHILDHOOD DEVELOPMENT

# AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

INFANT (6 WEEKS TO 12 MONTHS)

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## TO DO WITH YOUR CHILD

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### DAY 1



#### LANGUAGE AND LITERACY

ACTIVITY	Read a rhyming book with your child and emphasize the rhyming words by pointing to pictures that correspond.
SKILLS DEVELOPED	Rhyming and comprehension
MATERIALS	Book suggestions: <i>Chicka Chicka Boom Boom</i> by Bill Martin, Jr. and John Archambault; <i>Little Green Peas</i> by Keith Baker



#### COGNITIVE AND MATHEMATICS

This activity can be taken outside for fresh air and physical activity!

ACTIVITY	Have your child touch an item around them and then name the color of the item. Then identify other items around the area by name and color so they can see the associations.
SKILL DEVELOPED	Identifying colors
MATERIALS	Play items



#### SCIENTIFIC EXPLORATION

ACTIVITY	Place cool water in one bowl and warm water in another. Have your child do “stamps” on paper with the water from both. Use language such as warm, cold, wet, dry, press, splash. Use full sentences such as “This water is cold.”
SKILLS DEVELOPED	Developing language and sensory skills
MATERIALS	Water, bowls, paper (construction paper works best)

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### DAY 2



#### ENGINEERING

##### ACTIVITY

Stack blocks and encourage your child to knock down the blocks. Then use language such as “Oh boy, now we will have to build UP again!” Encourage them to help you stack the blocks back up or hand them to you, and enjoy all over again!

##### SKILLS DEVELOPED

Developing balance and fine motor skills, developing resilience through risk/failure

##### MATERIALS

Blocks



#### SOCIAL-EMOTIONAL

##### ACTIVITY

Sit with your child during mealtime. Ask them questions such as “What does that taste like?” “Where is your cup/bottle?” “Where is mommy/daddy’s nose?” “Which food would you prefer?” Using language and talking through actions with expressions helps infants to connect language with meaning when it is relevant to their interests.

##### SKILLS DEVELOPED

Bonding with adults, using language to convey desire or interest

##### MATERIALS

Food and beverages



#### MUSIC AND MOVEMENT

This activity can be taken outside for fresh air and physical activity!

##### ACTIVITY

Lay with your child on the ground (on belly) and place musical instruments or household items that make noises in front of them, just out of arm’s reach. Encourage them to grab them and shake the instruments.

##### SKILLS DEVELOPED

Developing gross motor skills and core muscles

##### MATERIALS

Instruments and safe items from the home

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### DAY 3



#### LANGUAGE AND LITERACY

ACTIVITY	Read a book with a bouncing rhythm. Place your child on your lap and bounce along!
SKILLS DEVELOPED	Learning steady beat and language patterns
MATERIALS	Book suggestions: <i>Hand, Hand, Fingers, Thumb</i> by Al Perkins and Eric Gurney; <i>Brown Bear, Brown Bear, What Do You See?</i> By Bill Martin, Jr.



#### COGNITIVE AND MATHEMATICS

This activity can be taken outside for fresh air and physical activity!

ACTIVITY	Sing “Five Little Ducks” with your child and use your fingers to represent the ducks. As you count down, put your fingers down.
SKILL DEVELOPED	Learning concepts of subtraction
MATERIALS	<u>“Five Little Ducks”</u>



#### SCIENTIFIC EXPLORATION

ACTIVITY	Gather several of your child’s toys and line them up across the floor. Then encourage your child to roll each item. Talk about which roll and which do not. Then encourage your child to find more to try and discuss if those roll or not.
SKILL DEVELOPED	Simple experimenting
MATERIALS	Play items

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### DAY 4



#### ENGINEERING

This activity can be taken outside for fresh air and physical activity!

##### ACTIVITY

Make a ramp with a book and blocks underneath. Take turns placing items at the top of the ramp and letting them slide or roll down the ramp. Talk with your child about which go fast and which go slow. If items do not move, ask them, "What happened?" Though they will not verbally respond, they are building neural connections to what you have asked and what they already understand - cool!

##### SKILLS DEVELOPED

Learning concepts of gravity, predicting

##### MATERIALS

Book, blocks, other play items



#### SOCIAL-EMOTIONAL

##### ACTIVITY

Show pictures to your child of known family and friends. Talk with them about who the people are and how they interact with your child. "It's Aunt Lea! She always gives you big hugs and reads books with you!" "It's Grammy! She loves to take you for walks to look at the birds and trees!"

##### SKILL DEVELOPED

Recognizing familiar faces

##### MATERIALS

Photo album or pictures on a tablet



#### MUSIC AND MOVEMENT

##### ACTIVITY

Sing the ABCs with your child and tap the rhythm on your bodies. Point out specific letters in the alphabet that represent the first letters of your names, "M" for mommy, "G" for grandpa, etc.

##### SKILLS DEVELOPED

Learning letter concepts, exploring rhythm

##### MATERIALS

None

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### DAY 5



#### LANGUAGE AND LITERACY

##### ACTIVITY

Read your child's favorite book to them. Have them help turn the pages. If they turn the pages before you're finished reading, read whatever is on the next page. It is a fun way for them to connect that each page and picture has meaning.

##### SKILLS DEVELOPED

Book handling, recognizing that print has meaning

##### MATERIALS

Books



#### COGNITIVE AND MATHEMATICS

##### ACTIVITY

Take turns filling buckets or bins with various play items. When you do, count along. When you take them out, count backward. You can also name the objects or identify them by color, texture, etc.

##### SKILL DEVELOPED

Counting (colors, shapes, etc.)

##### MATERIALS

Play items



#### ENGINEERING

This activity can be taken outside for fresh air and physical activity!

##### ACTIVITY

Roll a ball with your child. If you have more than one, test how far each will go. Then walk with them to go and get the ball. When you do, talk to them about near and far and the texture or size of each ball. Talk about how that might have affected how far the ball went. "That one is bumpy - maybe that is why it turned away like that!"

##### SKILL DEVELOPED

Describing characteristics of objects

##### MATERIALS

Various balls

#### ENJOY AND REPEAT!

When we repeat activities, books and songs with children, we help them master skills, build confidence and create lasting and more meaningful connections with learning and with the adults around them.