



THE
GODDARD SCHOOL®
FOR EARLY CHILDHOOD DEVELOPMENT

AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

TODDLERS (1 YEAR - 3 YEARS)

AT-HOME LEARNING ACTIVITIES

TO DO WITH YOUR CHILD

TODDLERS (1 YEAR - 3 YEARS)



THE
GODDARD SCHOOL[®]
FOR EARLY CHILDHOOD DEVELOPMENT

DAY 1



LANGUAGE AND LITERACY

ACTIVITY

Read books with animals and encourage your child to make animal sounds with you as you read. You can also make the animal sounds first and ask them to point to the animal that makes that sound.

SKILL DEVELOPED

Categorizing familiar sounds

MATERIALS

Book suggestions: *Little Blue Truck* by Alice Schertle, illustrated by Jill McElmurry; *Dear Zoo* by Rod Campbell; *Goodnight Gorilla* by Peggy Rathmann



COGNITIVE AND MATHEMATICS

ACTIVITY

Take out blocks or shape sorters. Play with your child and see how many ways you can sort the items. You can sort them from smallest to largest, least amount of sides to most, hard or soft, pointy or smooth, etc.

SKILL DEVELOPED

Exploring comparisons and quantities

MATERIALS

Play items, blocks, shapes, etc.



SCIENTIFIC EXPLORATION

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

ACTIVITY

Measure objects with different body parts. Use hands to measure the table or the porch, then use feet or arms. Make a picture graph to compare the measurements with hands vs. feet.

SKILL DEVELOPED

Exploring measurable attributes

MATERIALS

Paper, crayons or markers

AT-HOME LEARNING ACTIVITIES

TO DO WITH YOUR CHILD

TODDLERS (1 YEAR - 3 YEARS)



THE
GODDARD SCHOOL[®]
FOR EARLY CHILDHOOD DEVELOPMENT

DAY 2



ENGINEERING

ACTIVITY

Use a mirror and flashlights to see how light moves when shining on different surfaces from different angles. Talk about how the room gets lighter when light reflects in the mirror. Let your child explore with the flashlight.

SKILL DEVELOPED

Participating in simple investigations

MATERIALS

Flashlight, mirror



SOCIAL-EMOTIONAL

ACTIVITY

Give your child choices for a snack. Allow them to pick one item from a list of two to three items. Then have them help you put out the selected snack and put the others away. Talk with them about the snack they selected and then explain that the other snack items can be a choice for another time.

SKILLS DEVELOPED

Making simple choices and recognizing consequences

MATERIALS

Snack items



MUSIC AND MOVEMENT

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

ACTIVITY

Sing your child's favorite songs with them. Suggest clapping along to the beat the first time through a song. To challenge them further, suggest clapping the first time through and dancing the second time. Ask them what they are going to do the second time through and see if they remember and follow the instructions.

SKILL DEVELOPED

Following one- and two-step directions

MATERIALS

Favorite songs

AT-HOME LEARNING ACTIVITIES

TO DO WITH YOUR CHILD

TODDLERS (1 YEAR - 3 YEARS)



THE
GODDARD SCHOOL[®]
FOR EARLY CHILDHOOD DEVELOPMENT

DAY 3



LANGUAGE AND LITERACY

ACTIVITY

Read your child's favorite books as you ask them about what is going on in the stories. Use questions such as the following:

- "What are they doing?"
- "Where do you think they will go?"
- "What do you see in the pictures?"
- "Where is the _____?"

SKILL DEVELOPED

Relating text to personal experiences

MATERIALS

Book suggestions: *The Snowy Day* by Ezra Jack Keats; *The Napping House* by Audrey Wood and Don Wood; *The Very Hungry Caterpillar* by Eric Carle



COGNITIVE AND MATHEMATICS

ACTIVITY

Draw shapes with your child. Talk about how many sides they have. You can use objects to trace shapes, too. Then ask your child to color with you. Encourage them to match shapes with the same colors.

SKILL DEVELOPED

Creating and composing simple shapes

MATERIALS

Paper, crayons or markers, items of different shapes to trace



SCIENTIFIC EXPLORATION

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

ACTIVITY

Take a walk outside and water some plants or flowers. Talk through why watering plants is important for them to grow. Let your child try watering by themselves. Talk about how they need water to grow, too.

SKILL DEVELOPED

Recognizing basic needs for plants, animals and humans

MATERIALS

Watering cup or can, water, flowers or plants

AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

TODDLERS (1 YEAR - 3 YEARS)



THE
GODDARD SCHOOL[®]
FOR EARLY CHILDHOOD DEVELOPMENT

DAY 4



ENGINEERING

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

ACTIVITY

Mix cornstarch and water. Try it with varying quantities of water and cornstarch. Encourage your child to test the mixture with their hands and pick some up to see what happens. Ask questions such as the following:

- “What happened?”
- “Why does it feel that way?”
- “What should we try next?”

SKILL DEVELOPED

Noticing changes in matter

MATERIALS

Cornstarch, water, bowl or bin, towels for cleanup



SOCIAL-EMOTIONAL

ACTIVITY

Take turns looking in a mirror, side-by-side. Talk about what is similar and different. Identify facial and bodily attributes. While you are there, practice your funny faces, sad faces and angry faces too! Be sure to label emotions with words.

SKILL DEVELOPED

Making connections to similarities and differences

MATERIALS

Mirror



MUSIC AND MOVEMENT

ACTIVITY

Sing “If You’re Happy and You Know It” with your child. Allow them to choose the emotion from a list.

- Happy – Clap your hands;
- Angry – Stomp your feet;
- Sad – Give a hug;
- Excited – Shout hooray (arms up);
- Confused – Give it thought (point to head).

SKILLS DEVELOPED

Identifying emotion words, corresponding words with motions

MATERIALS

“If You’re Happy and You Know It”

AT-HOME LEARNING ACTIVITIES

TO DO WITH YOUR CHILD

TODDLERS (1 YEAR - 3 YEARS)



THE
GODDARD SCHOOL[®]
FOR EARLY CHILDHOOD DEVELOPMENT

DAY 5



LANGUAGE AND LITERACY

ACTIVITY

Encourage new language when engaging with books. Repeat words that your child understands and encourage them to say the words with you. This is particularly great to do with repetitive books.

SKILL DEVELOPED

Using new vocabulary in everyday speech

MATERIALS

Book suggestions: *Brown Bear, Brown Bear, What Do You See?* by Bill Martin, Jr.; *The Pout-Pout Fish* by Deborah Diesen, illustrated by Dan Hanna; *Five Little Monkeys Jumping on the Bed* by Eileen Christelow



SCIENTIFIC EXPLORATION

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

ACTIVITY

Flip through magazines, take a walk or read a book. Talk with your child about living and non-living things. Encourage them to identify what is living and what is not.

SKILL DEVELOPED

Recognizing living and non-living things

MATERIALS

Magazines, books, play items, etc.



MUSIC AND MOVEMENT

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

ACTIVITY

Play follow the leader with your child. Start by making a movement, then have them repeat it. Then let them choose a movement and you repeat it back for them. Try the following:

- Nod your head;
- Tap your toes;
- Clap your hands;
- Jump up and down;
- Tap your belly;
- Tap your shoulders;
- Bend at your waist;
- Twirl around.

SKILL DEVELOPED

Taking turns when asked

MATERIALS

None

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 people they care about.