

Hello GDM and PCG Families! I know this can be a stressful time for you as we are all housebound. Your teachers, Jessica and Laura, have composed a list of suggested activities to help support your child's development and routine. If possible, attempt to do an activity per category every day. And as always, please do not hesitate to reach out to us if you have any specific questions!

Stay healthy!

Jessica & Laura

BOOKS:

Our March monthly book for GDM is *Maisy's Wonderful Weather*. If interested in purchasing the book, here is a link.

<https://www.amazon.com/Maisys-Wonderful-Weather-Book-Cousins/dp/076365096X>

Otherwise, consider having your child watch a read aloud.

<https://www.youtube.com/watch?v=u7pGI1yXpDE>

Repetition is key so consider doing this book at least two times per day. In class, we have been identifying sun, clouds, rainbow, rain, etc.

- Take your child for a walk and discuss the weather while using hands-on activities: jump in puddles, notice the sun's shadows, watch the leaves (bubbles, paper airplanes, etc) blow in the wind.
- If possible, print out large pictures of sun, cloud, etc, and have your child identify by pointing, matching, picking up, etc. selected items. (Ex: Point to sun. Match cloud. Pick up a rainbow.)

FLOOR TIME:

- Work on completing puzzles, matching activities, reciprocal ball toss or car pushing
- We are working on the following concepts: in/out, big/little, open/close, putting blocks/items in containers. The following toys are great for these concepts: big/little animals, pop up toys that open/close, etc

SENSORY:

- Bins! Fill large containers with rice, beans, dry pasta, kinetic sand, etc and add measuring cups, spoons and other manipulatives. Hide animals or shapes in the bin to work on language skills. "Find the (animal, shape, color, etc)."
- On a cookie sheet, put a dollop of shaving cream and have them explore.
- Add soap to small wet sponges on a cookie sheet. Let your child squeeze and explore. (This is a favorite in our class.)
- Playdoh! Let the focus be on the playdoh itself - squeezing, rolling, poking with emphasis on language (say "squeeze" "roll" "push"). Slowly add one or two playdoh toys at a time as to not visually overwhelm the area.
- Physical input! Massage! Our kids LOVE receiving the input. This is great to do while or before completing activities that require focus and engagement.
- Blow! Blowing is a calming strategy. Work on blowing feathers or pompoms off the top of an upside-down cup. Or have a race blowing the feathers, etc, across the table. (Blowing also works on oral motor).

MOVEMENT:

- Get outside and walk, run, climb.
- Non motorized ride-on toys (using feet to push or pedal).
- Inside, set up obstacle courses (step ON, go OVER, go UNDER). If you have the materials: tunnels, steppers, etc. If you do not have the materials, be creative (couch cushions, chairs, etc.).
- Jumping: The class loves the song Five Little Monkeys Jumping on a Bed. This is also a great time to count.
- Spinning: (sit and spins, the song Ring Around the Rosie) When spinning, always attempt to keep it equal, meaning spin the same amount in both directions.
- Swinging: Have two adults hold a blanket and swing your child back and forth while prompting your child to say “swing”

LANGUAGE:

- Consider printing out images of objects or food items that you would like your child to request. Have the images accessible so your child can point to as necessary.
- Repetition is key! As you are teaching language to your child remember that less is more. For example, you may just want to repeat the main word/concept a few times, while allowing wait time for the word to be repeated.
- Integrate language through each activity.

CRAFTS:

- Art allows for sensory, fine motor, language, and cognitive development. Attempt to do **one art activity each day**. Consider the following: paint (finger or paint brush), crayons or markers (color identification, fine motor skills, request to open/close cap), glueing ripped paper into a shape pre drawn on paper (put in circle/cloud, etc),
- PINTEREST!! This website is a parent’s dream! Just type in “toddler crafts.” Even better, try searching for “Toddler WEATHER Crafts” to stick with our monthly theme. Have fun and MAKE A MESS!

Please check out our agency’s Facebook page (SJ & Associates) for daily recommended activities. Many of the activities will support our thematic units.