THREES, FOURS, & FIVES

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

April 6, 2020

Let's Get Started!

We are thrilled to share some fun ideas for your child to do at home this week. The **On My Own** box has an activity your child can do by themselves, while **With My Family** activities can be done together! Keep active and healthy with a **Moving My Body** activity, and maintain routines and life skills with a **Helping at Home** activity.

On My Own

All the Colors of the Rainbow

1. Provide your child with paper, magazines, glue, and safety scissors.
2. **Encourage them to look at the pictures they see, cut them out, and sort them by color.**
3. Label each paper with a different color, then use the glue to stick all of the blue pictures on one paper, all of the red pictures on another paper, etc.
4. Once finished, hang them up for all to see!

With My Family

Family Portraits

1. Provide each person in the family with paper and a pencil or crayons.
2. **Invite each person to draw a self-portrait.** Use a mirror if possible!
3. Once everyone is done, share the portraits and hang them in your home.

Extend the fun by having each person draw a portrait of someone else!

Moving My Body

Dancing Our Feelings

1. When people have different feelings, they can dance in different ways.

2. Put on a song with fast, upbeat tempo. Ask: **If you could not talk, how could you show you were happy by dancing?** Now put on a song with a slow tempo. Ask: **How could you show you were sad or angry?**

Choose different songs with a variety of tempos and encourage your child to dance how the song makes them feel.

Helping at Home

Making My Bed

1. Encourage your child to begin their day by making their bed.
2. Show your child how to find the corners of the sheets and blankets and match them to the corners of the bed.
3. Next, have your child organize the pillow and any other items, like stuffed animals, neatly on the bed.

Encourage your child to continue this chore everyday, making it a part of their daily routine. *It's an easy way to get the day started on the right foot!*