

18 to 36
Months

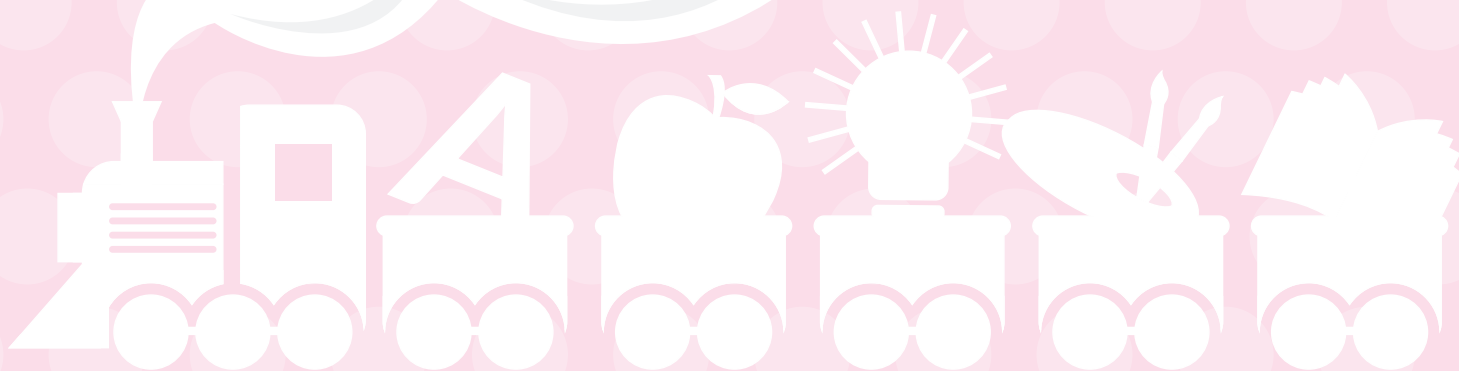
AWARE, CARE, & SHARE™



MY NAME



WORKBOOK



Dear Parent,

A child's learning journey never stops, even during uncertain and difficult times. Every child is unique and approaches learning differently. While there are many ways that parents and family members can support this journey at home, it can be hard to decide what to do and when.

Within these pages you will find activities especially designed for children who are 18 to 36 months old. The activities will help children learn skills in each of the five developmental domains. We recommend doing one activity per day.

Learning Journey

Approaches to Learning

Focuses on a child's ability to:

- Develop problem-solving skills
- Explore the world around them
- Become more independent

Cognitive Development

Focuses on a child's ability to:

- Think critically and creatively
- Understand the world around them
- Demonstrate early math skills, such as identifying characteristics of objects, quantity, and sorting

Language & Communication Development

Focuses on a child's ability to:

- Communicate effectively using oral and written language
- Understand and respond to the communication of others
- Demonstrate early reading skills, such as book knowledge and appreciation and retelling stories and songs

Physical Development & Health

Focuses on a child's ability to:

- Coordinate and control their large and small muscle movements
- Learn health and safety concepts
- Practice self-help skills

Social & Emotional Development

Focuses on a child's ability to:

- Identify their emotions
- Interact with others
- Understand their relationships with others, such as family and friends

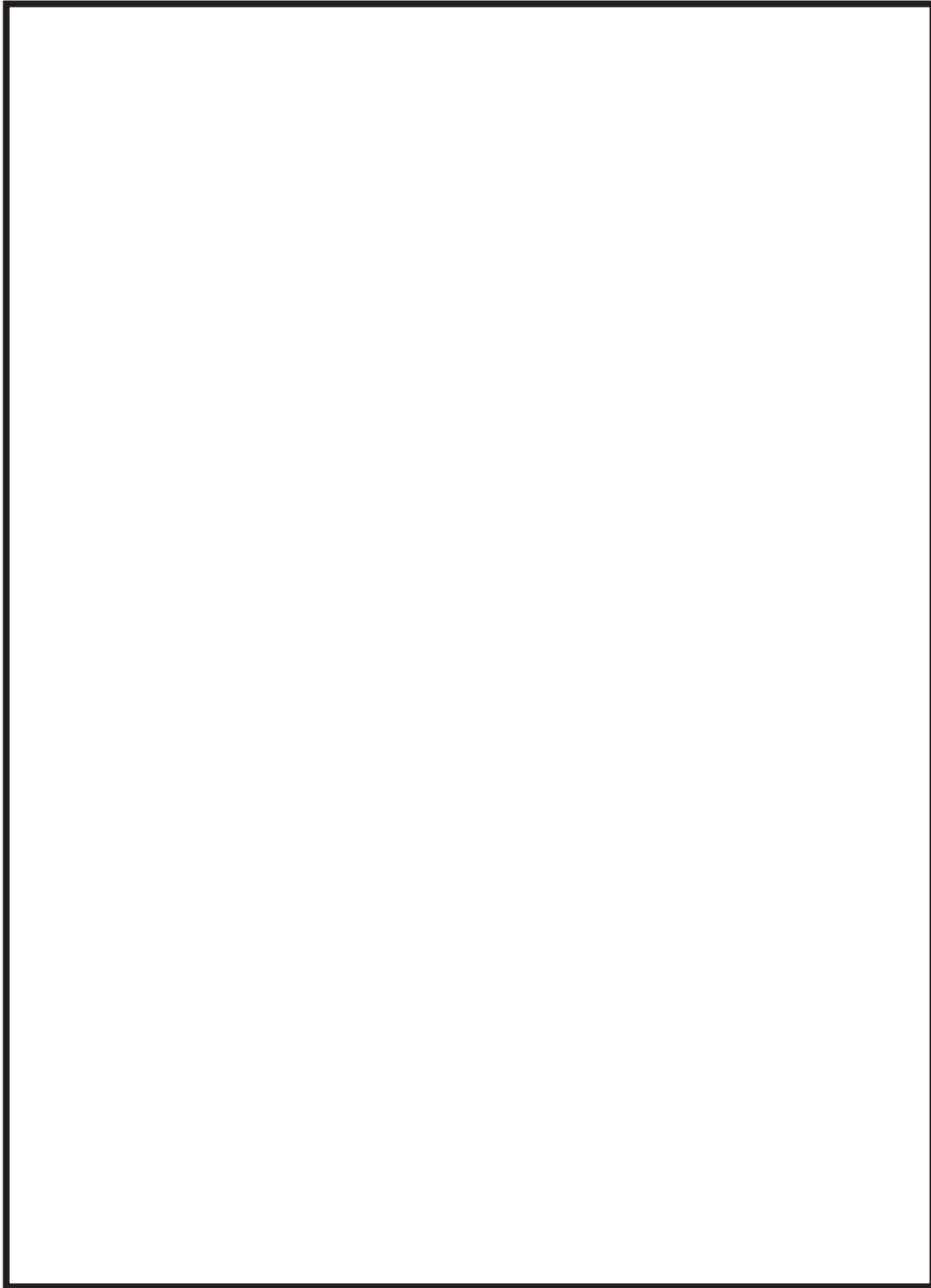


Dr. Susan
Chief Academic Officer

Enjoy sharing this workbook with your child and seeing your child learn these important skills.

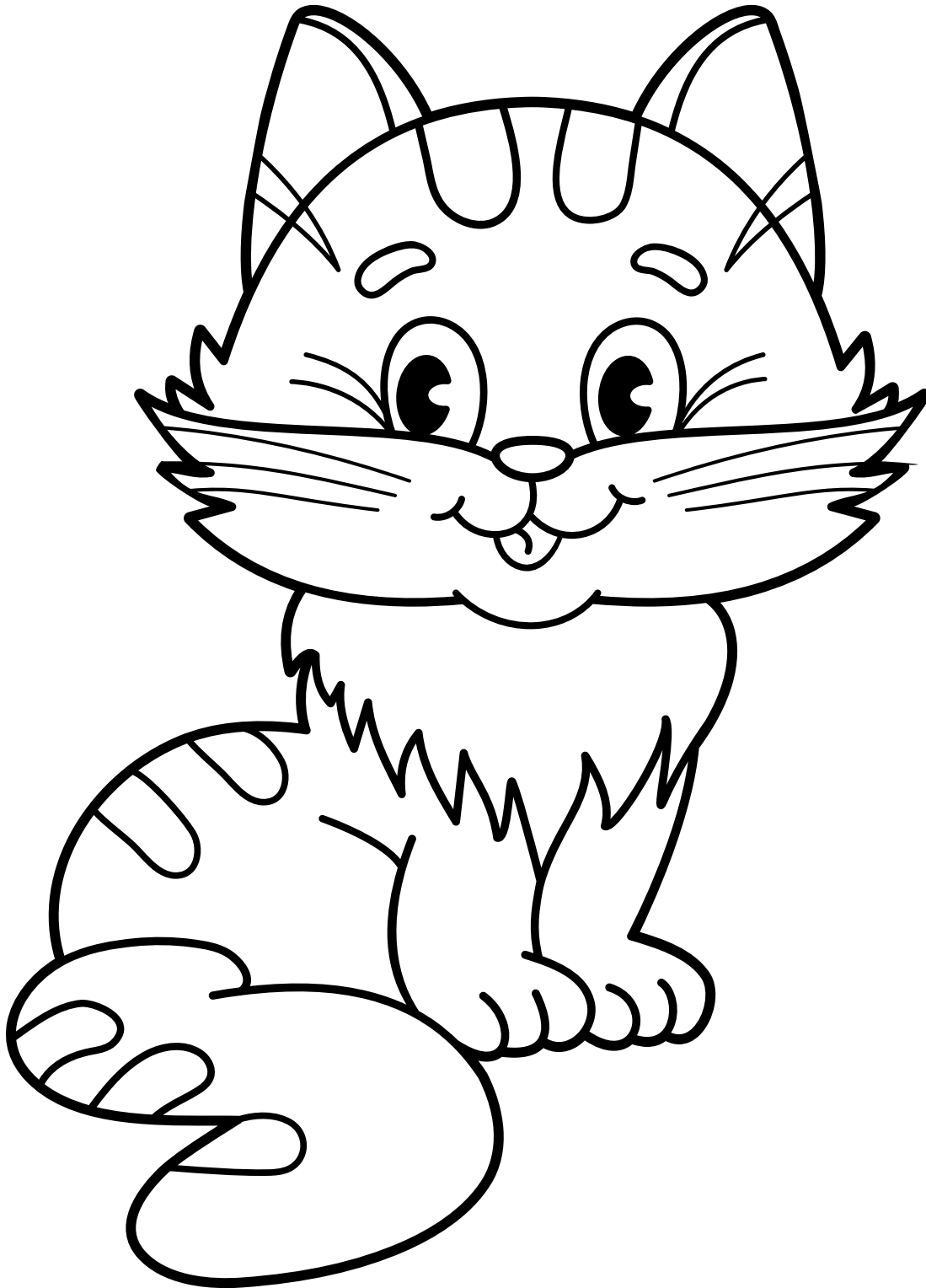
Approaches to Learning

The ability to identify and match shapes is an important problem-solving skill. Work with your child to find at least three items in your home that are in the shape of a rectangle. After you have found the items, invite them to color in the rectangle.



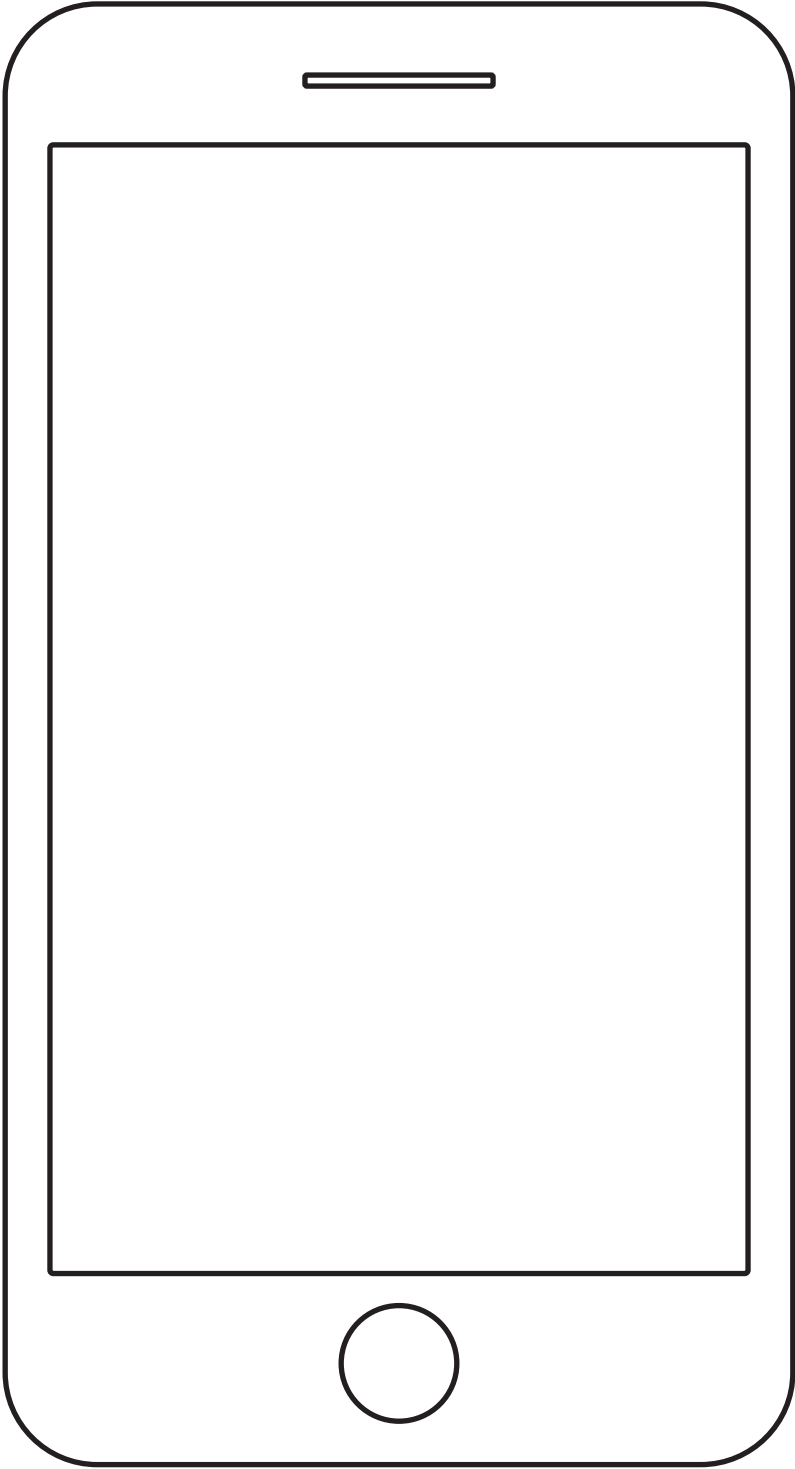
Cognitive Development

Completing simple puzzles helps build your child's critical thinking skills. Encourage your child to color and cut out the picture below. Then cut it into pieces to make a puzzle. For younger children, cut it into a few big pieces, and for older children, cut it into smaller pieces.



Language & Communication Development

Children are instinctively social, and love to talk. Encourage your child to color the smartphone below. Then take a few minutes to have your child call and check in with someone they love.

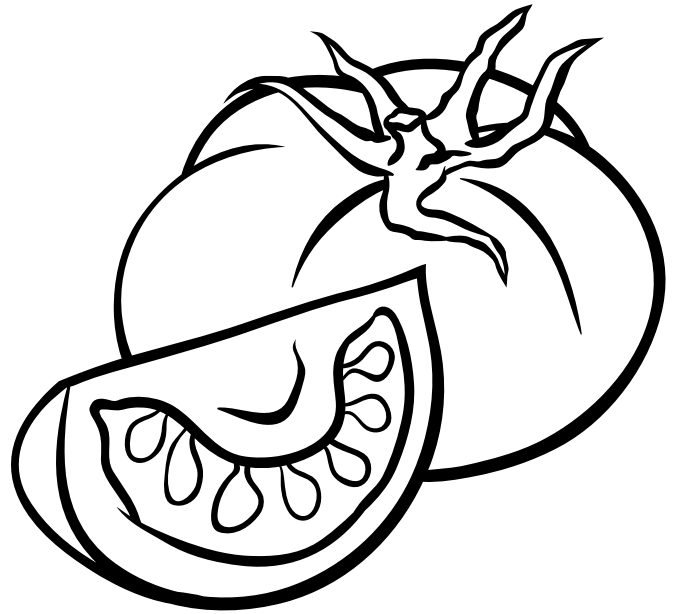


Physical Development & Health

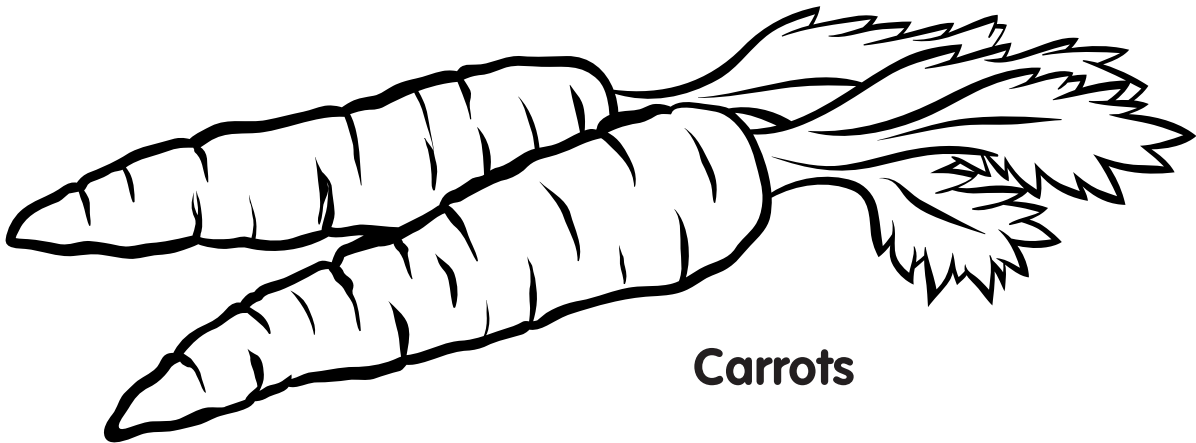
Below are three healthy vegetables. Vegetables provide much needed nutrition to help us stay healthy. Work with your child to color each in, and then have them circle which one is their favorite.



Broccoli



Tomato



Carrots

Social & Emotional Development

Everyone in your home plays an important role in your household. Use the space below to either paint each member of the family's hands, or trace an outline of each hand, starting with the largest hand first.

