

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

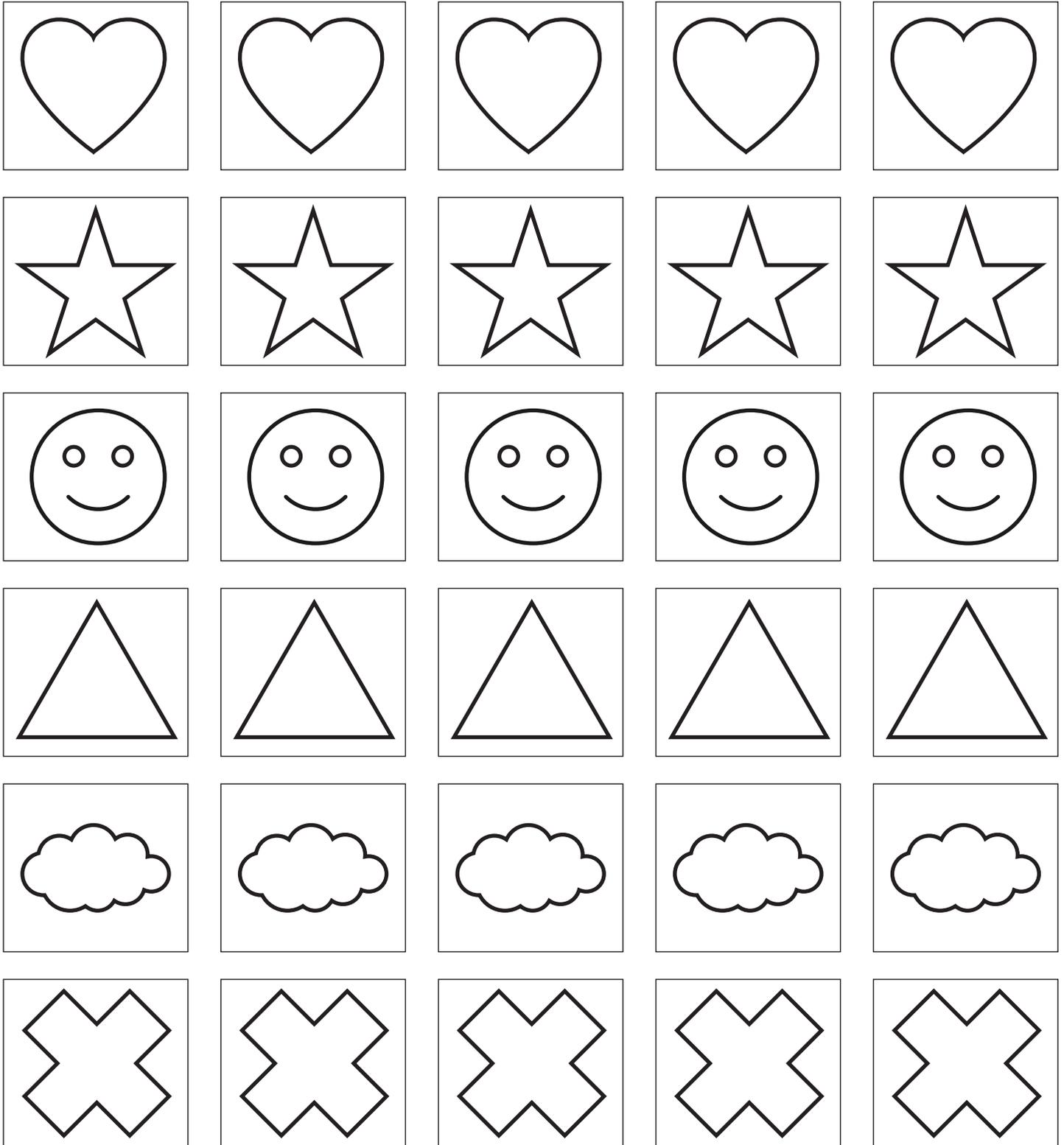


**Dr. Susan**  
Chief Academic Officer

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

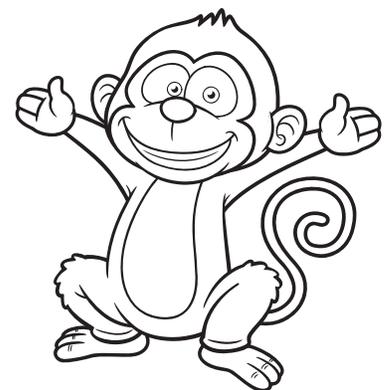
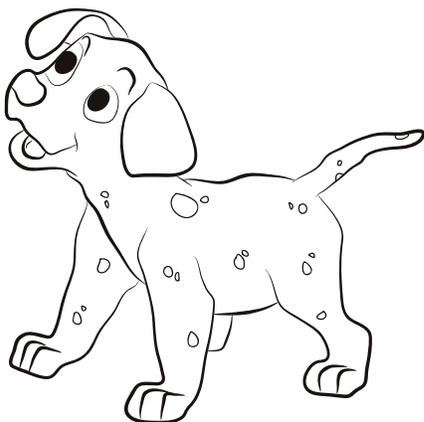
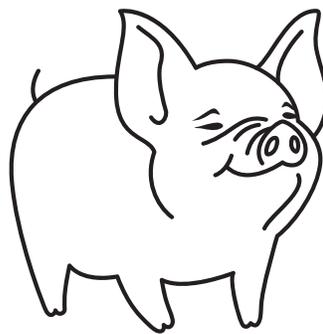
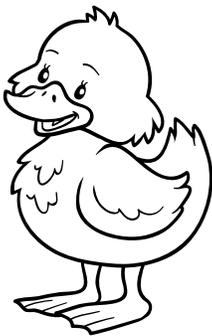
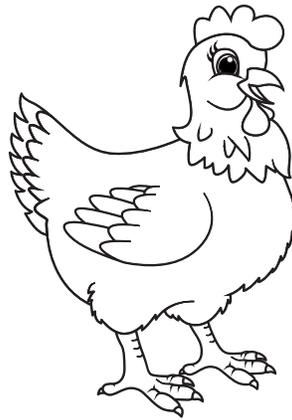
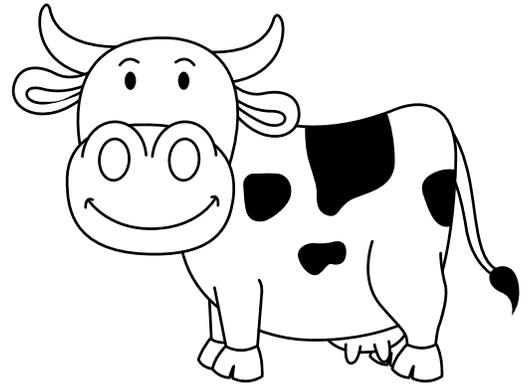
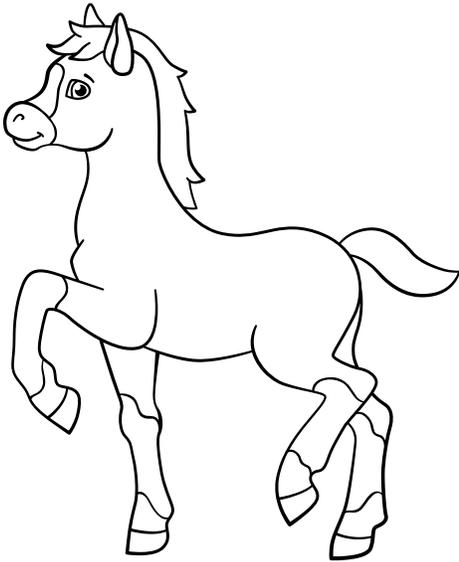
# Approaches to Learning

Sorting is a common Approaches to Learning skill that can start with very basic items to sort, and get increasingly challenging as children get older. Cut these shapes out, and work with your child to sort them. For younger children, only pick two shapes. For older children, use all of them.



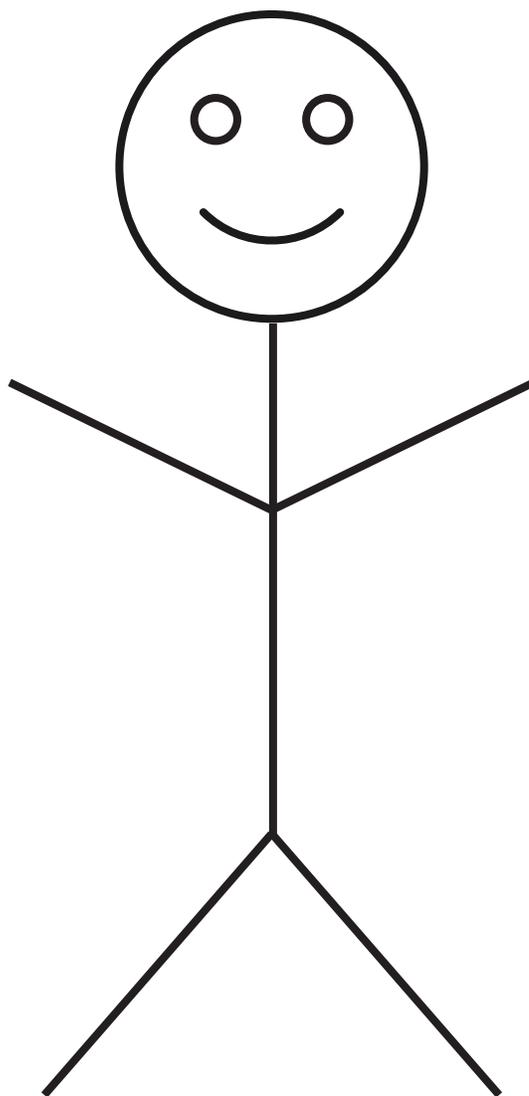
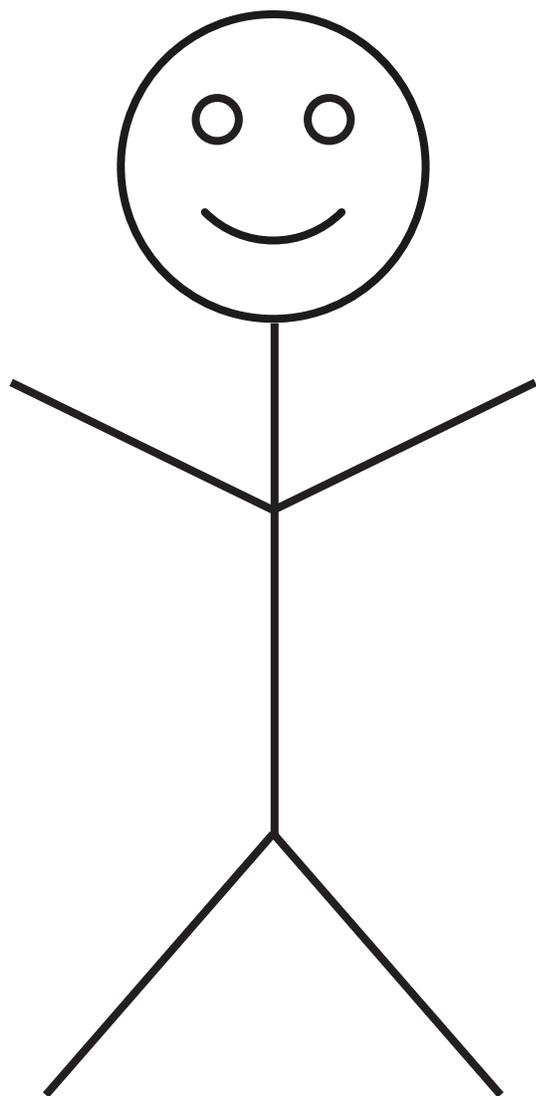
# Cognitive Development

Matching sounds to the animals that make them is an important developmental milestone. Work with your child to see if they can make the sounds the animals make or make the sound yourself and have them point to the animal. Is your child's favorite animal below? If so, have them circle it.



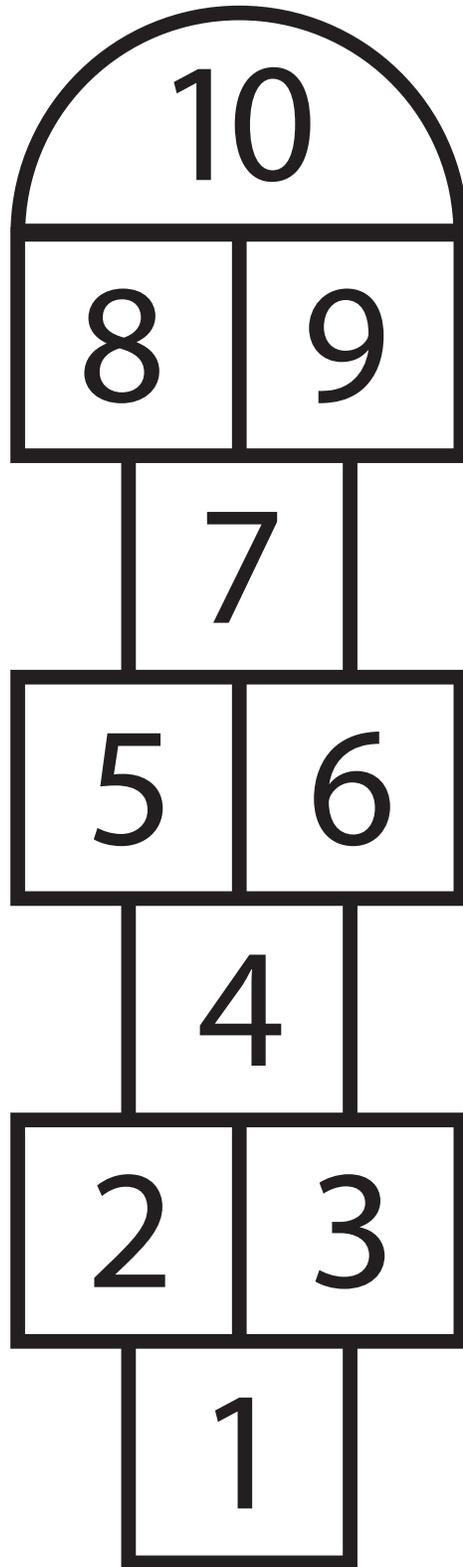
# Language & Communication Development

Laughing and smiling help strengthen muscles that are important when it comes to language. Have your child decorate the figures below and make up a silly story together. Think of rhyming words and made-up words that have silly, unique sounds. The sillier, the better!



# Physical Development & Health

When working on physical development, there is a focus on both fine motor and large motor skills. Have your child use the grid below to play hopscotch with their fingers. Then, go outside and draw a hopscotch grid on the ground and work with your child to jump in the boxes.



# Social & Emotional Development

Social and emotional development includes a variety of important skills, one specifically is identifying body parts. Cut out the spider and sing the song below, moving the spider to different body parts. Don't forget to insert your child's name into the song too!

**There's a spider on Morgan's foot, Morgan's foot!**  
**There's a spider on Morgan's foot, Morgan's foot!**  
**Where is Morgan's foot? Where is Morgan's foot?**  
**Morgan, show me your foot!**

