

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

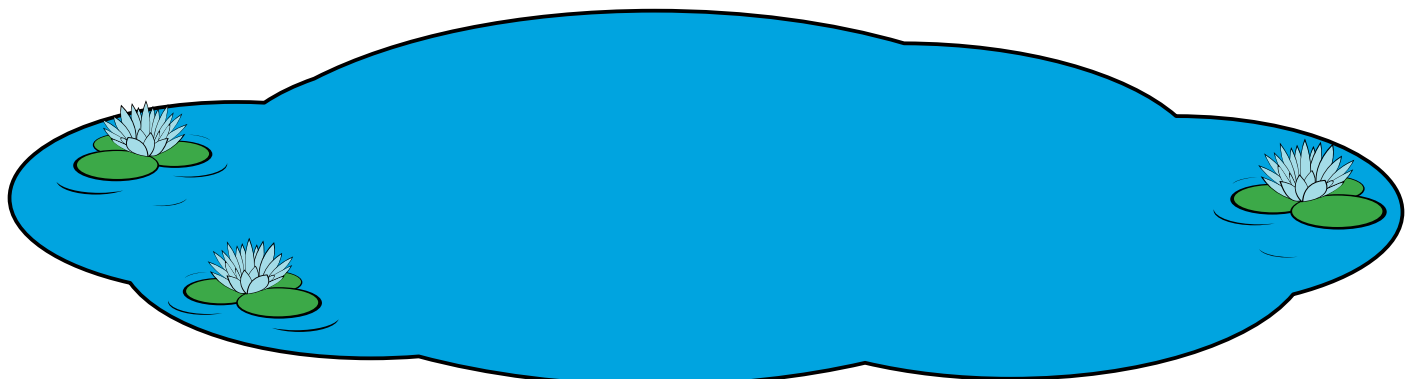
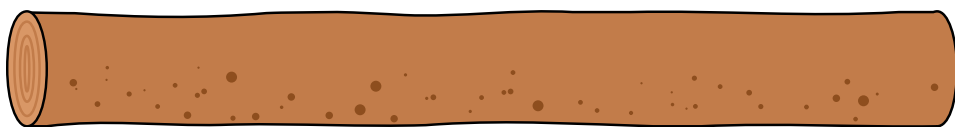
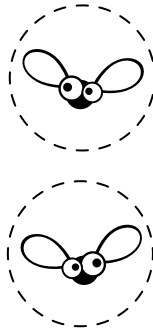
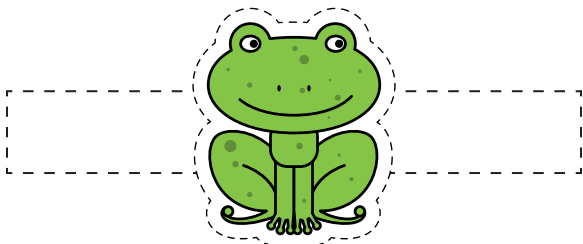
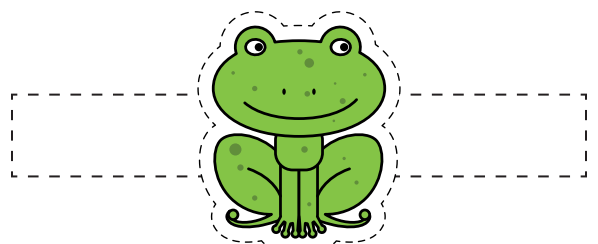
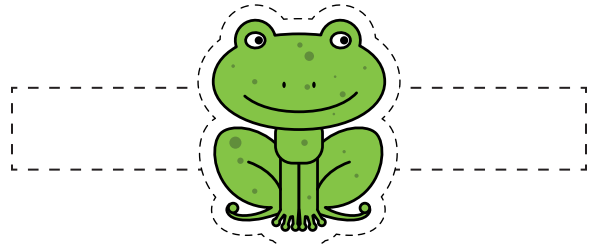
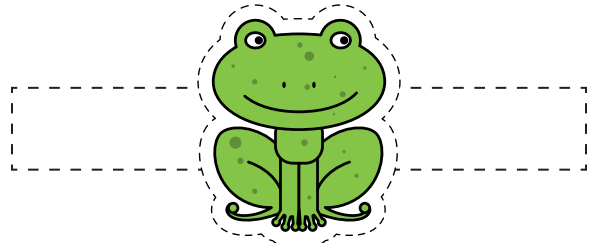
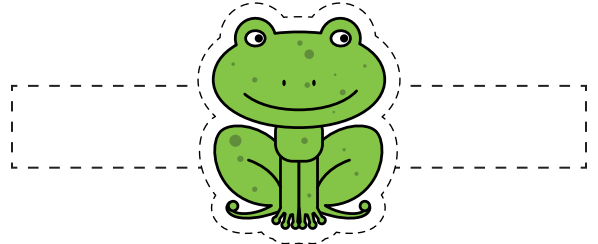
Enjoy sharing this workbook with your child and seeing your child learn these important skills.

Approaches to Learning

Children of all ages delight in pretend play. Cut out the frogs below, and secure the bands to create finger puppets (or, cut them out and tape them onto sticks). Using the puppets, and the pool below, sing the song "5 Little Speckled Frogs" and have each frog jump into the pool, like the song. Is your child able to pretend the frogs are jumping in?

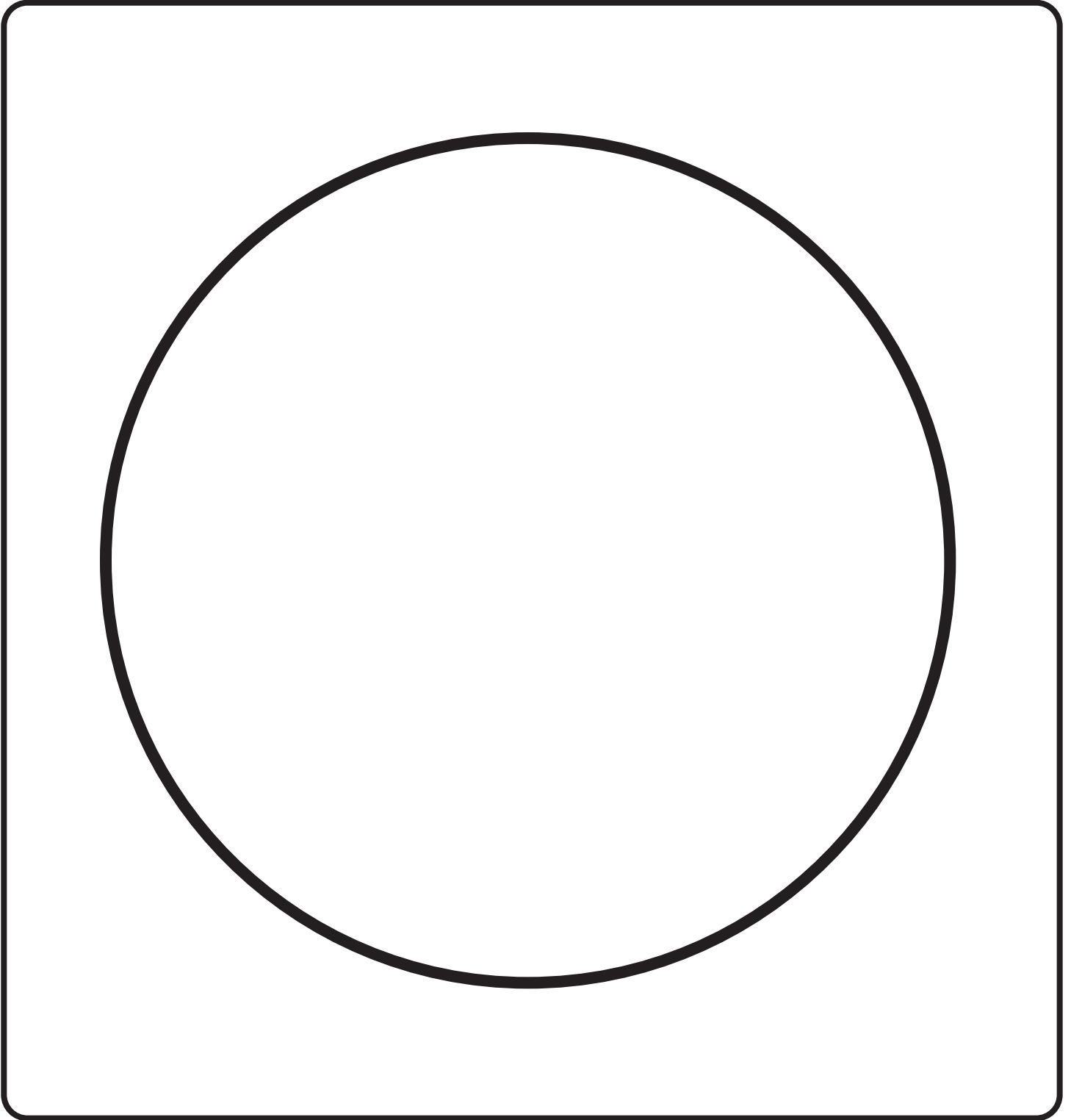
**Five little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum yum!
One jumped into the pool,
Where it was nice and cool,
Then there were four speckled frogs.
Glub glub!**

(repeat, removing one each time)



Cognitive Development

Problem-solving begins to develop at an early age. The best way children develop this skill is by using trial and error. Cut out the rectangle below and then cut out the inside of the circle so items can pass through it. Together with your child go through the house or yard and see how many items they can find that can fit fully through the hole in the circle.



Language & Communication Development

Memorizing and repeating songs and finger plays is the first step toward reading. Your child begins to learn how language flows by repeating the same songs over and over again. Sing the song "Mary Had a Little Lamb" and encourage your child to sing along. Then, they can color the lamb below. If available, you can even have them glue cotton balls onto the lamb as its fleece!

Mary had a little lamb, little lamb, little lamb.

Mary had a little lamb, Its fleece was white as snow.

And everywhere that Mary went, Mary went, Mary went

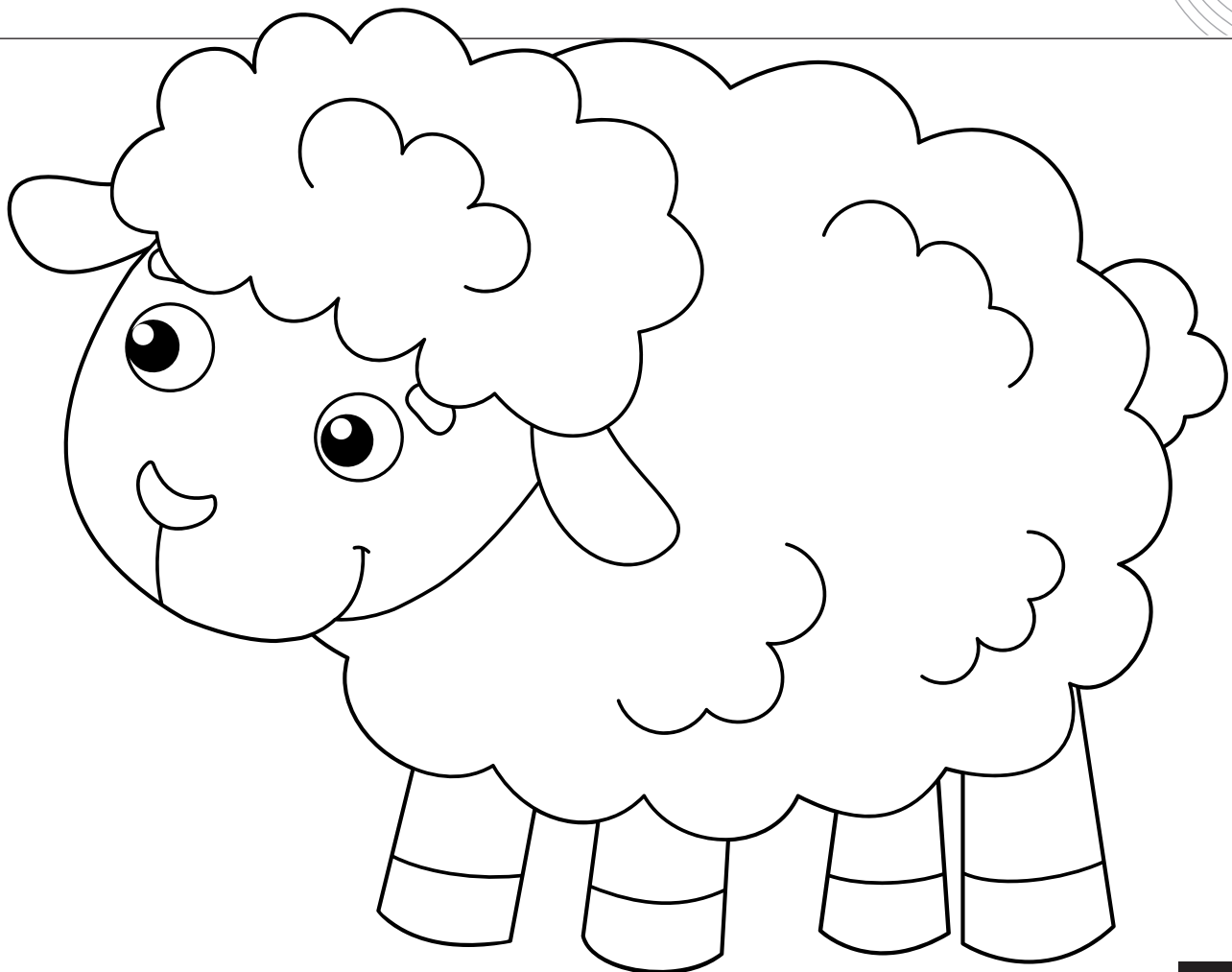
Everywhere that Mary went, the lamb was sure to go.

He followed her to school one day, school one day, school one day.

He followed her to school one day, which was against the rules.

It made the children laugh and play, laugh and play, laugh and play.

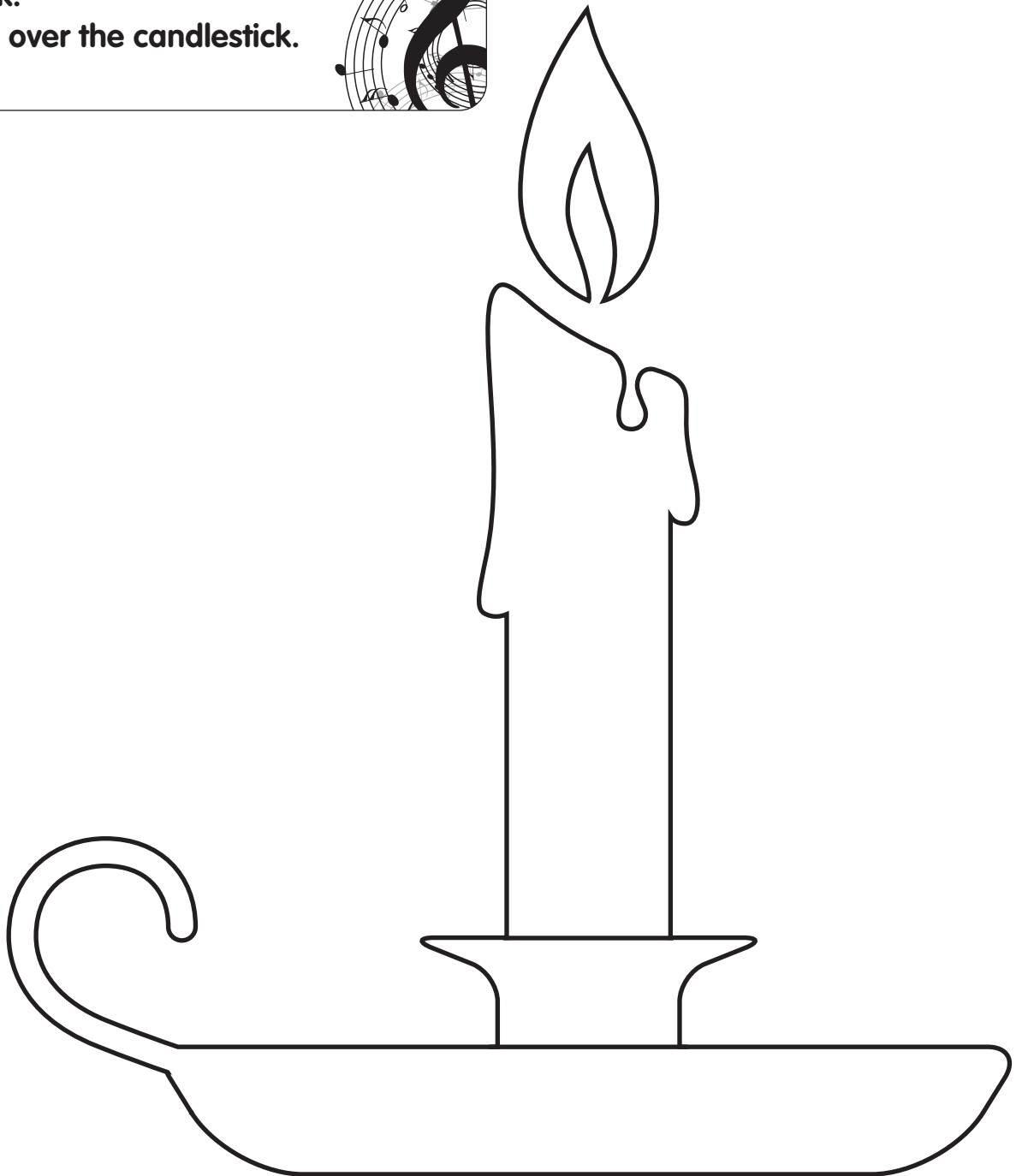
It made the children laugh and play, to see a lamb at school.



Physical Development & Health

There are many ways children learn how to develop large muscle control and coordination. One way they work on this, is developing the skill to jump. Cut out the candlestick below. Sing the song "Jack be Nimble" and work with your child to jump over the candlestick, just like Jack. Afterwards, work on fine motor skills by coloring in the candlestick.

**Jack be nimble,
Jack be quick.
Jack jumped over the candlestick.**



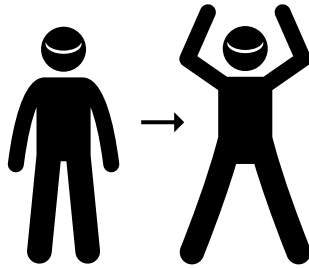
Social & Emotional Development

Confidence is a large component of Social-Emotional Development. Children develop self-confidence by practicing and mastering increasingly more difficult skills. Cut out the pictures below and put them in a basket or container. Choose a picture and challenge your child to perform the action.

Clap



Jumping Jacks



Crawl



Blink



Stomp Your Feet



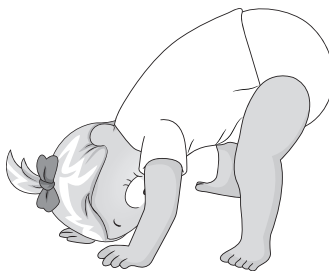
Spin Around



Thumbs Up



Touch the Ground



Stretch



Dance



Hug Yourself



Stand on One Foot

