

18 to 36
Months

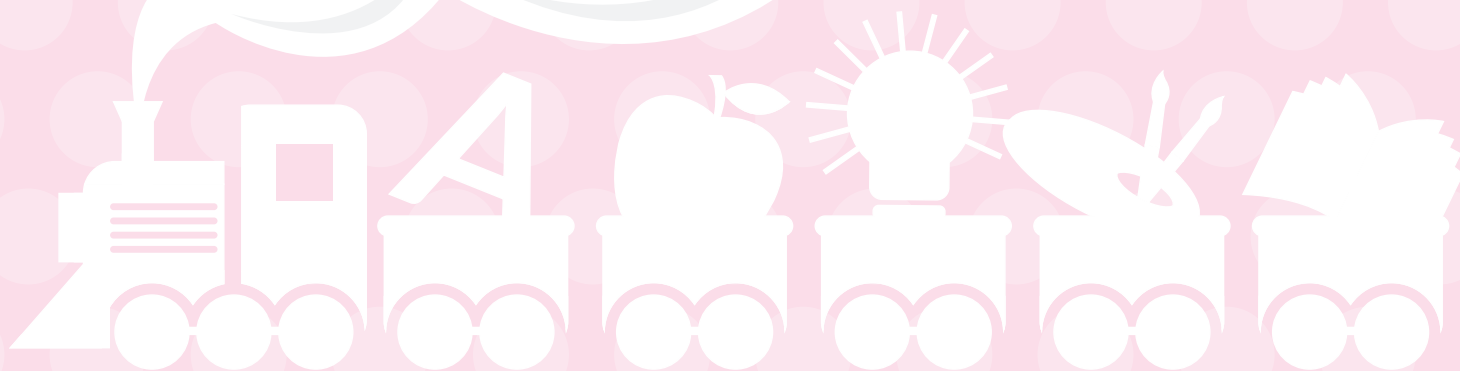
AWARE, CARE, & SHARE™



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.

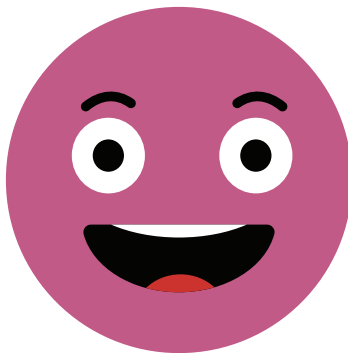
Approaches to Learning

Developing a child's ability to focus and pay attention happens gradually over time. By starting off small and gradually increasing over time, providing activities that are a little challenging help increase that focus. Invite your child to color the picture below. Then cut it into 4 pieces along the dotted line. Mix up the pieces and invite your child to put it together to make the picture whole again.



Cognitive Development

As children grow, they develop the ability to recognize, understand, and communicate different emotions using words. Together with your child, identify the emotions on the faces below. Talk about some of the feelings they might be having for each one. For older children, you can tape these faces on the sides of a cube (a tissue box works), roll the cube, and have your child identify and then act out the emotion.



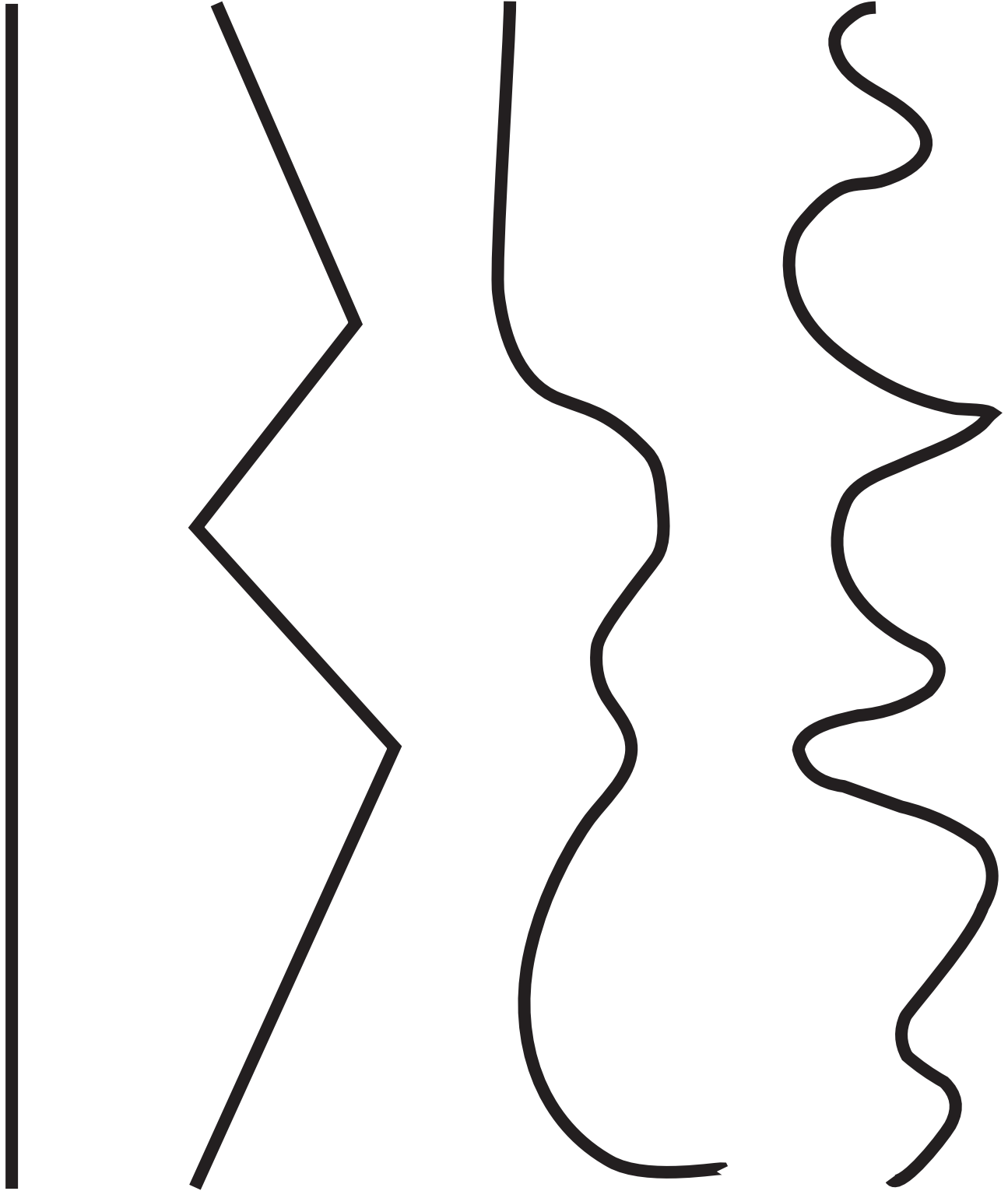
Language & Communication Development

Children begin to understand that the written word has meaning at around the age of two. They learn that pictures and letters are different, but both communicate meaning. We want to encourage young children to use pictures and letter-like shapes to communicate a message. This is one of the foundations of literacy. Using the space below, invite your child to draw a picture. Ask them to tell a story about what they drew. Encourage them to write letters and words under the picture just like in a book. ***Remember any letter-like shapes that they create on their own is a much better learning experience than tracing letters!***



Physical Development & Health

Children develop their small muscle control and hand-eye coordination in a bunch of ways. One way, is to use scissors. Work with your child to cut along the lines below using child scissors. Don't have child scissors? That is okay! Work with them to use a pencil to trace on top of the line. This will still help develop muscles in their hands and help with coordination!



Social & Emotional Development

Listening and following directions can be difficult. Developing this skill takes time, patience, and can even be fun! Have your child decorate these circles below. Then, cut them out. Place them around the room/house/outside. Put some up high so your child has to jump or reach, some low to stoop down, and maybe make them far apart. Challenge your child to go find and touch each circle before coming back to you. Change it up and increase the challenge as long as they stay interested.

