

Early Head Start

Learning at Home Weekly Calendar

March 1-5, 2021

24-36mo



	Activities	Outside Time (30 minutes each time)
Monday, Wednesday, Friday	<p>Head and Shoulders: Many young children are fascinated with their bodies and all the amazing things they can do. The song Head and Shoulders is perfect for helping your child develop his or her body awareness. Use this simple version of the song for your toddler. When you say 1-2-3 have your child hold up their fingers for each number. Then encourage your child's creativity by asking him to pick two other body parts to tap, like elbows and back or tummy and ankles.</p> <p>V1: Head and Shoulder, 1-2-3; Head and Shoulders, 1-2-3; Head and shoulders, Head and Shoulders, Head and Shoulders, 1-2-3</p> <p>V2: Knees and toes, 1-2-3; Knees and toes, 1-2-3; Knees and toes, Knees and toes, Knees and toes, 1-2-3</p> <p>V3: Ears and Nose, 1-2-3; Ears and Nose, 1-2-3; Ears and Nose, Ears and Nose, Ears and Nose, 1-2-3</p> <p>Language: Attending and understanding</p>	<p>AM: Rocking on a roller: Locate a foam roller, rocking horse or child size rocking chair in your home. This can also be done with a soft ball or round pillow. Encourage your child to climb on and off the roller with minimal assistance or to get into and out of the rocking chair. "Okay, Charlie, now it's Josie's turn. Can you climb off and let her climb on? You can have another turn after Josie."</p> <p>PM: Laundry Time: Get a small bin with water and a little baby shampoo or mild liquid soap. Help your child wash and rinse the laundry (small clothing such as baby wash cloths, socks or a small shirt). Ask your child to squeeze or wring out the clothes. Encourage him or her to hang the garment on the clothesline and invite him or her to experiment with using the clothespins to secure the garment. "Alonso, can you help me wring the water out of these clothes? Thank you. Now we can hang them on the clothesline. I will hold the shirt if you want to use the clothespin."</p> <p>Physical) AM– Demonstrates Balancing skills PM-Uses Fingers and Hands</p>
Tuesday, Thursday	<p>My Family: Encourage your whole family to join in. Sit in a circle with everyone included, and do the motions as described in the song. Parents sing the line with a "P" at the beginning and children repeat the parents line indicated by a "C". Do the motions together as you sing the words. (motions).</p> <p>V1) P: Some families are large. C: Some families are large (Spread arms out wide)</p> <p>V2) P: Some families are small. C: Some families are small. (Bring hands close together)</p> <p>V3) P&C: But I love my family BEST of all! (Cross arms over chest)</p> <p>Language: Attending and understanding</p>	<p>AM: 1,2,3 Hops: Invite your child to perform new movements, and count together as he or she moves. Model each movement and then perform the action with your child. "Martina, can you gallop like this? Let's gallop together and show Mr. Patrick how we do it!"</p> <p>PM: Squeezing Sponges: Children can improve their coordination and hand strength while also experimenting with cause and effect as they squeeze water out of sponges. Encourage your child to squeeze the sponge with control. Describe your child's actions. "You squeezed that sponge so tightly! Look at all of the water that came out. Now can you squeeze just a little bit of water into my hands? Thank you, that feels so nice.!"</p> <p>Physical) AM– Demonstrates traveling skills PM: Uses Fingers and Hands</p>
Read Aloud	<p>**Read to your child twice a day every day for 30 minutes each ** https://www.storylineonline.net/ (free)</p>	
Weekly Health and Safety	<p>Wearing a Mask: The CDC recommends that people wear masks in public settings, at events and gatherings, and anywhere they will be around other people. Effective February 2, 2021 <u>masks are required</u> on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations. Choose masks that have two or more layers of washable, breathable fabric. Completely cover your nose and mouth and make sure your mask fits snugly against the sides of your face and don't have gaps. DO NOT choose masks made from fabric such as vinyl which will make it hard to breath. Masks should not have exhalation valves or vents which allow virus particles to escape and leave the N95 respirators or surgical masks for health care workers. Some considerations to keep in mind are gaiters and face shields. Wear a gaiter with two layers, or fold it to make two layers. Face shields are not recommended at this time. Evaluations of face shields is ongoing, but effectiveness is unknown. If you wear glasses find a mask that fits closely over your nose or one that has a nose wire to limit fogging. When choose a mask for your child, find one that is made for children to help ensure proper fit. A child's mask should fit snugly over the nose and mouth and under the chin and that there are no gaps around the sides. It is not recommended to put masks on children under 2 years of age. In cold weather you should wear your mask under your scarf, ski mask, or balaclava because they are not substitutes for masks. When removing your mask untie the strings behind your head or stretch the ear loops. Handle your mask by the ear loops or ties only. Disposable masks should be thrown away in a trash can. Reusable masks can go in the washing machine to wash after each use. If your mask becomes wet place it in a plastic bag until you can wash it at home. Once your mask is wet it will make it harder to breath through and is less efficient at filtering. Always carry an extra mask incase your current one becomes wet or dirty. Always wash your hands after removing your mask and be careful not to touch your eyes, nose, and mouth as well. Your mask should be washed based on the type of fabric it is made from. Masks can be washed with your regular laundry and regular laundry detergent. If you are washing your mask by hand use tap water and laundry detergent to clean your mask and then thoroughly rinse the soap out of the fabric. Use a warm or hot dryer to dry your mask until completely dry or hang in direct sunlight to dry by air. Practice taking your mask off and on safely with your child.</p>	

