



Early Childhood Resources for Families

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**** PLEASE DO NOT FEEL LIKE YOU HAVE TO DO ANY OF THESE ACTIVITIES. BY SIMPLY PLAYING WITH YOUR CHILD, IT WILL ENRICH THEIR LEARNING AND KEEP THEM ACTIVE.**

**** Be Sure To Check Out The Last Page for UnPlugged Enrichment Activities**

Skill	Where To Find It
Social - Emotional	
<i>TALK, TALK, TALK with your child! Label their emotions that you think you see! Get on their level and PLAY with them!</i>	
ASQ:2 Self-Regulation and Emotion Activities for Birth - 5	https://agesandstages.com/wp-content/uploads/2015/10/ASQSE2_Parent_Activities.pdf
Serve and Return Strategy: Building S/E development	https://agesandstages.com/wp-content/uploads/2015/10/ASQSE2_Parent_Activities.pdf
Various Resources to teach S/E skills for families: Scripted stories, visuals, rule charts, making life easier series etc.	https://challengingbehavior.cbcs.usf.edu/Implementation/family.html
Prairie Lakes AEA Self-Regulation Toolkit	https://docs.google.com/document/d/13YEL_Oi75L-XMbMk5sibZos07EtwmyH_ICaryLoGgWO8/edit
Language and Literacy	
<i>READ, READ, READ to your child 10 - 20 minutes EVERY day....multiple times a day if possible!</i>	
Read It- Build It- Write It: 1) Have your child trace a letter in the upper right hand corner. Next have your child build the letter out of small objects (mini rocks, shells, sticks, cotton balls etc). Then, have them write the letter after building it.	https://drive.google.com/drive/u/0/folders/1X0VMcoPQzwF_QqptWuJx4dcUsih4wNCI
17 Literacy Activities for Preschoolers at	https://www.rasmussen.edu/degrees/educa

home	tion/blog/literacy-activities-for-preschoolers/
Reading and Writing Activities for Preschoolers	https://www.readingrockets.org/article/25-activities-reading-and-writing-fun
Hands on language and literacy activities	https://blog.brookespublishing.com/15-fun-ways-to-build-language-literacy-skills-in-young-learners/
Storyline Online: Books read aloud online	https://www.storylineonline.net/
Bookflix	https://digital.scholastic.com/resources/slp/#/login?productCode=bkflix&ref=MTUzNDM1Njl4MXxodHRwOi8vd3d3Lmlvd2FhZWVvbmxpbmUub3JnLw%3D%3D ** may need to get your child's username and password from the classroom teacher.
Early Math	
Math games for 3 year olds	https://regentsctr.uni.edu/games/games-for-3-year-olds
Math games for 4 year olds	https://regentsctr.uni.edu/games/games-for-4-year-olds
Various Hands On Math Activities	http://bedtimemath.org/fun-math-at-home/
New focus for familiar card games	https://earlymath.erikson.edu/new-focus-when-playing-card-games/
Match 'em all game	https://earlymath.erikson.edu/match-em-all-dice-bingo-game/
Hoop Game	https://earlymath.erikson.edu/the-hoop-game-simple-tossing-game/
Tangram Puzzles: Make Your Own	https://earlymath.erikson.edu/tangram-puzzles-make-one-for-your-kids/
Counting Collections	https://earlymath.erikson.edu/counting-collections-builds-strong-counting-knowledge/
Gross Motor	
SworkIt Kid Workouts	https://app.sworkit.com/collections/kids-workouts?fbclid=IwAR1s7LFq_0FXUA_5GDI0ILgVfA6IN6oCfbhgT39Vf7MCrhVfUkGhX4IHFhM
Go Noodle	https://www.gonoodle.com/
Cosmic Yoga (one of our favs!!!)	https://www.cosmickids.com/

	** If you prefer not to get the app, she also has many free online youtube videos.
Workout to letters and sounds videos	Jack Hartman: https://www.youtube.com/watch?v=WP1bIVh1ZQM Alphabet Rap: https://www.youtube.com/watch?v=VgDmGu7Pur8
FitBoost Activity	https://fit.sanfordhealth.org/resources/fitboost-activity
Websites	
PBS Kids - learn with your child's favorite characters!	https://pbskids.org/?fbclid=IwAR26ha9LkiOILahsTG8-KceJXhMrKTInW55PAsRILCEX5afO8BUnCFjzpz8
FunbrainJr.	http://www.funbrainjr.com/games/
Scholastic Learn From Home	https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html
ABCya	https://www.abcya.com/grades/prek
ABC Mouse	https://www.ageoflearning.com/schools
Sesame Street: Tools Kits for Parents and Caregivers provides ideas for parent and child engagement	www.sesamestreet.org/toolkits
PBS Games	https://pbskids.org/apps/pbs-kids-games.html
Circle Time Fun	https://circletimefun.com/?fbclid=IwAR21fRWumx5-7pX6tP_wLEsSjPYFx9TWW_OAMB M8SJ0bicoxTcGpmQ7GQ30
Play to Learn Virtual Preschool	https://playtolearnpreschool.us/virtual-preschool/

Unplugged Enrichment Opportunities

- Draw pictures and/or write letters to residents of care centers who can't see their families.
- Plan and cook a meal for the family with help ([Simple recipes](#))
- Draw with chalk. Create a hopscotch / game on the driveway.
- Do a workout / yoga/ dance party.
- Play a board game or a card game
- Ride bikes
- Plant flowers/veggies/fruit in indoor pots.
- Build a fort
- Fruit loop or cheerio necklaces
- Play "The floor is lava"
- Balloon volleyball/tennis
- Put a puzzle together
- Give the family pet a bath/cleaning
- Go through old pictures together
- Build with Legos
- **Shaving cream:** Practice making shapes, letters, numbers, sight words, or their name
- **Make a pinecone bird feeder:** Pinecone, peanut butter, and birdseed. Add string to hang on tree
- **Paper plate ice skating:** Color and decorate two paper plates, stand on them and pretend to ice skates
- **Skittles science experiment:** Using a small plate, line the skittles up around the edge, slowly add water to the center of the plate until it just reaches the skittles and watch what happens!