

Slow-down Sunday	Mealtime Monday	Talking Tuesday	Wiggle Wednesday	Think Thursday	Follow-me Friday	Sensory Saturday
<p><u>Play A Game!</u> Take turns hiding a small object and finding it</p>	<p>Have your child help set the table, have them “estimate” how many will attend dinner</p>	<p>Read a story together and then make up a different ending</p>	<p>Cosmic Kids Yoga (YouTube)</p>	<p><u>Shape Hunt</u> Find 2D/3D shapes in your house and identify them</p>	<p>Using red, yellow, and blue paint, mix paint to create new colors; have your child show you how to recreate one of their colors.</p>	<p>Explore the spice cabinet! Sort into 2 groups – smells they like/dislike</p>
<p><u>Penguin Race</u> Blow up balloons, put one between your legs and keep it there while racing to the finish line</p>	<p>Try some new foods—have your child pick three food items, try them all, and then pick a favorite new food</p>	<p>Learn/memorize a Nursery Rhyme (Humpty Dumpty, Baa Baa Black Sheep)</p>	<p>When going to a different part of the house, challenge your child to walk like a... (bear, crab, fly like a bird, etc.)</p>	<p>Find an object to use as a unit of measure (paperclip, shoe, marker) and practice measuring</p>	<p>Be brave and show interest in how <i>they</i> are playing by playing with them!</p>	<p><u>Speed Scribble</u> Find a fast song and have your child draw/scribble fast, repeat with slow music</p>
<p><u>Cup Towers</u> As a family build cup towers using paper, plastic, or real cups</p>	<p>During a meal take turns asking “What’s your favorite...” questions</p>	<p><u>Play a Game!</u> “Simon Says” or “Red Light, Green Light”</p>	<p><u>Freeze Dance!</u> Put on a song and when someone stops the song everyone has to “FREEZE!”</p>	<p><u>Letter Hunt</u> Search the house/street/signs to find the first letter in their name</p>	<p>During play, expand ideas and narrate actions (e.g., child says, “shh baby is sleeping,” you respond “Oh she’s sleeping she must be tired... I wonder why”</p>	<p>Make Bubbles! (6 C water, 1 C dish soap, ¼ C corn syrup, stir slow) Experiment with different tools to blow bubbles with (pipe cleaner, jar ring)</p>
<p>Dress up and act out a classic story together (3 Little Pigs, Goldilocks)</p>	<p>In the kitchen today pull out Tupperware containers and let your child match the lids</p>	<p>Go on a walk and use descriptive language to describe interesting objects your child notices</p>	<p><u>Balloon Play</u> Blow up a balloon, play don’t touch the ground using only hands, then only feet</p>	<p>Using unpaired socks (folded/unfolded) find matches and describe patterns and colors</p>	<p><u>Imitation Play</u> Notice what your child doing, (sounds/actions/in play) and copy them</p>	<p>Paint using slightly blown up balloons, experiment with pressure and size of circles</p>
<p>Let your child dress up with <i>your</i> clothes, accessories, or shoes; identify clothes, colors, count buttons/pockets</p>	<p>Play “I Spy” in the fridge, cabinet, or pantry; have your child find ingredients you need to help make the meal</p>	<p>Practice rhyming and don’t be afraid to make up silly words!</p>	<p><u>Play A Game!</u> Hide and Seek or Sardines</p>	<p>Create your own Memory game (use child-suggested pictures, shapes, letters), then play!</p>	<p>Focus today on being on the same level as your child, and share face-to-face interactions</p>	<p>Go on a walk and make a list/visual documenting all the sounds you hear (draw pictures, make list, etc)</p>