

At Home Learning Guide for Toddlers (1–2 years old)

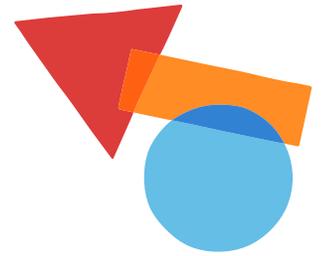
Week of May 11, 2020

This week in our centers, toddlers are typically learning about **shapes and colors**. Even if your child is not in a center now, there are lots of things you can do at home to have fun while learning new concepts. Your child can sing, dance, stretch, and move with a sweet rainbow song that supports **Physical Development and Wellness**, unlock their inner artist by creating a rainbow collage as they explore their **Creative Expression**, and work on their **Executive Function** skills as they sort by color.

Some of the concepts your toddler is learning this week may be new to them, so don't expect them to know the colors or shapes as you start these activities. Your child is just beginning to learn these skills and concepts and will have lots of time to **practice and refine** them, so just **have fun** learning and exploring with them.

Developmental Domains are the areas of focus that support development of the whole child. Interested in learning more? Click [here](#) to discover the six developmental domains.

This Week's Theme: Colors and Shapes



What you'll find in this guide. . .

We've organized this content the way your child would be learning it in their center, but you and your child can choose your own adventures and do the activities in any order.

MONDAY

**Growing Flexible Brains
(Executive Function)**

Name That Shape This whole-body experience takes learning colors and shapes outdoors.



TUESDAY

Express Yourself (Creative Expression)

Color Creations This sensory experience gives your little one the opportunity to get hands on with colors and shapes!



WEDNESDAY

**Get the Wheels Turning!
(Cognitive Development)**

Matching Shapes This activity will help your little learner build math skills while also learning their colors.



THURSDAY

**Get the Wiggles Out!
(Physical Development and Wellness)**

Rainbow Colors Sing and dance with your little one to this cheerful song about rainbow colors.



FRIDAY

Express Yourself (Creative Expression)

Rainbow Collage Get crafty creating a colorful collage!



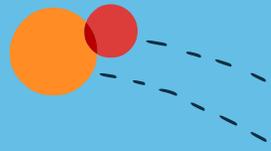
EVERYDAY LEARNING EXPERIENCES

Pick an activity to weave learning experiences into your everyday routines—no preparation needed!



FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Help your child develop important social-emotional skills by working on your family project! The new prompt for this week focuses on **Flexible Mindsets!**



Getting Ready for the Week: Materials to Gather

Monday

- Sidewalk chalk

Tuesday

- Tempera Paint in primary colors (shaving cream and food coloring will work too. Or check out this [website](#) to make your own!)
- Resealable plastic bags, small (5)
- Tape

Wednesday

- Construction/colored paper in red, blue, and yellow
- Small items found around the house in red, blue, and yellow (checkers, blocks, toys, crayons, etc.)
- Scissors (for your use)

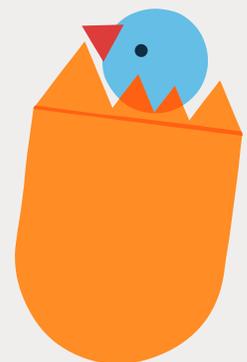
Thursday

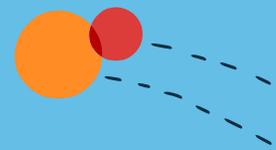
- [Words to the song "Rainbow Colors"](#)

Friday

- Scraps of paper in a variety of colors and textures (cut up wrapping paper, tissue paper, magazine images, construction paper). Sort by color.
- Art materials in a variety of colors (pom poms, feathers, pipe cleaners, etc)
- Glue
- Construction paper, cardboard or cardstock
- Scissors (for your use)

Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!





MONDAY

Growing Flexible Brains: Name That Shape

This whole-body experience takes learning colors and shapes outdoors.



Length of activity:
15 minutes*

*Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Low



What you need:
Sidewalk chalk



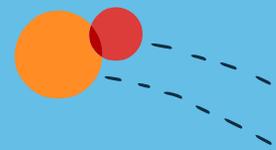
What your child is learning:

- Identifying shapes
- Moving in creative ways
- Learning to sort and classify

What you do: Head outdoors to the sidewalk (if you can't get outdoors, you can do this activity using painter's tape on the carpet or floor). Draw a large square, circle, and triangle on the ground with sidewalk chalk. Talk with your child about the shapes, describing their primary characteristics (e.g., a circle is round, a triangle has three sides). You can also make connections between the shapes and familiar objects that are the same shape. Then call out the name of a shape and ask your child to go stand in or next to that shape. "Where's the circle? Yes, that's it! Go stand in the circle." Then, try again with a different shape. Help your child identify shapes if needed by giving them clues that can help them figure it out on their own (e.g., let's look for something that looks like a ball.)

If your child is ready: Draw each shape in a different color of chalk. After identifying shapes, change gears and ask your child to identify colors. You can ask them to go stand in the green shape, or the yellow shape. This may sound easy, but it's actually a pretty advanced skill for a toddler! Try it again by pairing the color and shape together, and asking them to stand in the red triangle, for example. You can also use these enhancements over multiple days, using a different rule (color, shape, color and shape) each day.





TUESDAY

Express Yourself: Colorful Creations

This sensory experience gives your little one the opportunity to get hands on with colors and shapes



Length of activity:
15 minutes*

*Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Medium



What you need:

- Tempera paint* in bright colors
- Resealable plastic bags, small (5)
- Tape



What your child is learning:

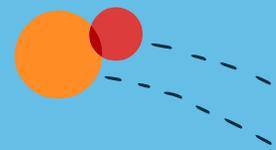
- Identifying colors
- Drawing lines and shapes
- Experimenting with different mediums

What you do: Pour about 1 tablespoon of each color of paint into some of the plastic bags, and only one color of paint in the other bags. Then, seal the tops of the bags and reinforce the seals with tape. Attach the plastic bags to a window that receives plenty of light at your child's eye level. Invite your child to use their fingers to draw on the outsides of the bags and observe how the sunlight affects the colors as the colors move and blend together. As your child experiments, ask them about what they're drawing, and what new colors they see as different colors blend.

If your child is ready: Show them how to use their finger to draw squares, circles, and shapes on the outsides of the bags. Don't expect your child's creation to look like the real shape. What's important is giving them exposure to shapes and building up their fine motor skills so that eventually their scribbles literally take shape!

* You can also do use shaving cream and food coloring. Just mix each shaving cream/color combination in a cup or bowl and then add them to the bag. Or check out this [website](#) to make your own paint!





WEDNESDAY

Get the Wheels Turning: Matching Colors

This activity will help your little learner build math skills while also learning their colors!



Length of activity:
20 minutes*

*Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** High



Level of Prep Required: High



What you need:

- Construction/colored paper in red, blue, and yellow
- Small items found around the house in red, blue, and yellow (checkers, blocks, toys, crayons, etc.)*
- Scissors (for your use)



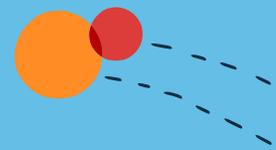
What your child is learning:

- Matching and identifying colors
- Building vocabulary
- Comparing and contrasting

What you do: Talk with your child about circles. Point out circles in your environment and talk about circles being round. As you talk, cut a large circle from each color of construction paper. Then, place the circles in front of you and your child. Ask your child what color each circle is. They may not know yet, and that's ok! You can help if needed. Then, show your child the items you've collected from around the house. Encourage them to sort the items by placing them on the corresponding colored circles. Again, these may be brand-new skills for your child, so it's OK if they don't get it "right". They're learning through playing and talking with you, so help them out if they need it!

If your child is ready: Once you've sorted all the items, work with your child to count how many items of each color you have.

**Keep a close eye on your children while working with small pieces and be sure to choose items that are not choking hazards.*



THURSDAY

Get the Wiggles Out: Rainbow Colors

Sing and dance with your little one to this cheerful song about rainbow colors.



Length of activity:
10 minutes*

*Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Low



What you need:

Words to the song
"Rainbow Colors" (below)



What your child is learning:

- Moving their body in creative ways
- Learning colors
- Classifying objects

What you do: Tell your toddler that you're going to teach them a song about colors. Sing the song "Rainbow Colors" to them, adding in body movements that correspond with the song. For example, when you sing "rainbow colors all around", you can hold your arms out and spin around in a circle. For other lines you can pantomime emotions or actions that correspond with the song. Make your gestures big and exaggerated to help your child get their whole bodies involved in the movements. After you've done this once, invite your child to join you. This time, sing and perform the gestures more slowly, giving them time to follow along. Continue for as long as your child is interested. As they get more familiar with the song you can try speeding it up!

"Rainbow Colors"

(sung to the tune of "Skip to My Lou")

Rainbow colors, all around.

Rainbow colors on the ground.

Rainbow colors, up and down.

What are the colors of the rainbow?

Red, red, apples on a tree.

Orange, orange, smiling at me.

Yellow, yellow, bright as can be.

These are the colors of the rainbow.

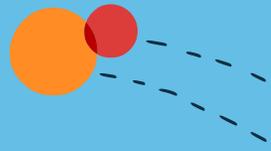
Green, green, grass under my feet.

Blue, blue, blueberries for me to eat.

Purple, purple, grapes are such a treat.

These are the colors of the rainbow.

If your child is ready: Ask your child if they can think of other things that are red, orange, yellow, etc. Ask them if they can think of body movements that go along with those things.



FRIDAY

Express Yourself: Rainbow Collage
Get crafty creating a colorful collage!



Length of activity:
20 minutes*

*Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: Medium



Level of Prep Required: High



What you need:

- ❑ Scraps of paper in a variety of colors, shapes and textures (cut up wrapping paper, tissue paper, magazine images, construction paper). Sort by color.
- ❑ Art materials in a variety of colors (pom poms, feathers, buttons, pipe cleaners, etc.)*
- ❑ Glue
- ❑ Construction paper, cardboard or cardstock
- ❑ Scissors (for your use)



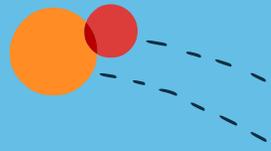
What your child is learning:

- Recognizing shapes and colors
- Building muscles in fingers and hands
- Expressing themselves creatively

What you do: Set the collage materials on a table, sorted by color. Ask your child what colors they see. Show your child how to put a little glue on the paper, and then stick a collage material to it. Encourage your child to choose some collage pieces to glue to the paper. Talk with them as they work, asking questions and commenting on the colors and materials you see them choose. Observe their process; are they putting all colors together, or are they grouping similar colors together?

If your child is ready: Suggest colors for them to work with and see if they can identify them. They may not be able to yet, and that's ok! Activities like this is how they learn.

*Keep a close eye on your children while working with small pieces and be sure to choose items that are not choking hazards.



Everyday Learning Experiences

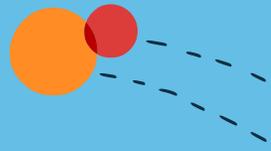
Pick an activity to weave learning experiences into your everyday routines—no preparation needed!

As you clean up around the house, encourage your toddler to help by asking them to **pick up objects** that are a specific color or shape. Not only does this get your child involved in cleaning up, but it also reinforces their knowledge of shapes and colors! Make sure to praise them for their help.

As you take walks around your neighborhood or play in the yard, **point out objects** you see in different colors and shapes. You can also ask your child to identify different shapes and colors: “Look! There’s a fire truck. What color is it?”

During mealtimes, talk with your child about the colors and shapes of the **food** on their plate. For example, you can point out how the strawberries are red and look a little like triangles, and the blueberries are blue and round like circles. Ask your child what shapes and colors they see.

Use **descriptive language** as you talk with your child. For example, while helping them get dressed you can comment on their bright green shirt and ask them if they can think of other things that are green.



Focus on Social and Emotional Learning

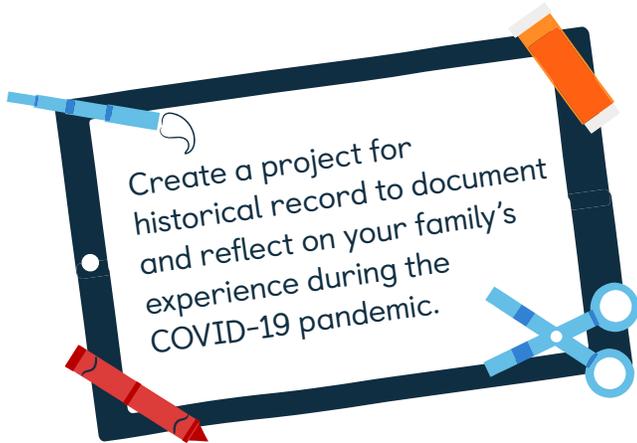
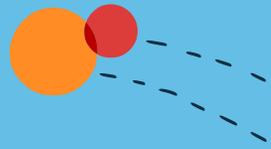
Social and emotional skills can be developed through everything you do. You'll find tips and activities to help your child develop these essential skills at home.

Social-Emotional Learning Tip

Toddlers thrive when they have nurturing, responsive relationships with the adults in their lives.

What you can do:

Be your toddler's safe harbor. While they will run off to play and explore, they will also check in regularly to make sure you're there. This lets them know that they're safe, so welcome them back with a big hug and talk with them about their play before letting them run off to explore again.



Did your family decide on a family project idea? In case you missed it, last week we released our [Stay-at-Home Story: A KinderCare Family Project](#). By working on your project together, you're helping your child develop important social-emotional skills in fun new ways! Each week, we'll reveal a new project prompt that explores one of the following themes:



THEMES:

- **All the Feels:** Explore and identify your hopes, worries, gratitude, or frustrations.
- **Building Connections:** Find a way to embrace your family and community from a distance.
- **What Is Essential:** Redefine what *essential* means through your everyday actions.
- **Flexible Mindsets:** How are you learning and growing together as a family?
- **Who Are the Helpers:** Who is helping us? How are we helping others?

As your family project takes shape, talk together about how you can add new entries to it through the lens of the project themes. Our first three themes were *All the Feels*, *Building Connections*, and *What Is Essential*. If you've worked your way through those, try exploring this week's theme: *Flexible Mindsets*.

Try this!

Flexible Mindsets

Over the past two months we've all had our flexible thinking skills put to the test. We've had to adjust to new and often challenging ways of working, playing, and learning. As you consider this theme, think of ways you can creatively express how your family has learned to be flexible during your time at home.