

# At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of August 17, 2020



This week, you and your child will continue the fun exploring the theme **All About Me** through activities that will let your silly side shine as your little one discovers new ways to move, create and play.

This week's activities will get you and your child **moving** and learning together in lots of different ways. You'll investigate different **sights and sounds** as you explore your neighborhood, sing and dance and **learn different body parts**, get dramatic acting out **emotions**, and try your hand at some **art!**

This week's activities are fun, physical experiences that can be used when your child has some extra energy to burn and can be taken **outdoors** if the weather is nice! If you have a sidewalk and some chalk, you can use that as a replacement for paper and crayons and take "Give Me a Hand" outside!

# This Week's Theme:

# All About Me

## What you'll find in this guide. . .

Summer is here, and we've got you covered with activities that will keep your little one learning and having fun all summer long! This guide contains activities for infants and toddlers, with suggestions on how to make the same activity fun and educational, whether you have a cuddly baby or a rambunctious toddler! Click on the icons below to discover more...



### GET THE WHEELS TURNING

#### My Neighborhood

Go for a walk around the neighborhood and talk about what you see!



### GET THE WIGGLES OUT

#### "Head, Shoulders, Knees and Toes"

This fun, familiar song will help your little cutie get some exercise while they learn about their amazing bodies!



### CREATIVE EXPRESSION

#### Give Me a Hand

Trace your hands and talk about the similarities and the differences!



### BABY BOOK CLUB

#### How Do You Feel?

How many feelings can you notice and imitate?



### CREATIVE EXPRESSION

#### "Open, Shut Them"

Help your little one get to know the different parts of their body with this simple fingerplay!

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### Getting Ready for the Week: Materials to Gather

#### My Neighborhood:

- Stroller or baby carrier (optional)

#### “Head, Shoulders, Knees and Toes”:

- [Lyrics to “Head, Shoulders, Knees and Toes”](#)

#### Give Me a Hand:

- Paper
- Crayons

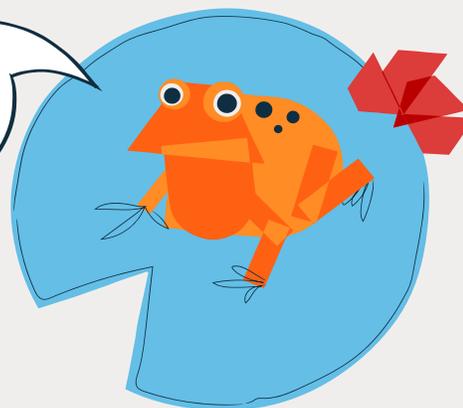
#### How Do You Feel?:

- Any picture book, bonus points for a book like *Baby Faces* or another picture book about feelings

#### “Open, Shut Them”:

- [Lyrics to “Open, Shut Them”](#)

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



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### Get the Wheels Turning: My Neighborhood

Go for a walk around the neighborhood and talk about what you see!



**Length of activity:**  
30 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:**

- Stroller or baby carrier (optional)

#### About the Activity:

Head out for a walk around your neighborhood and talk with your child about the people, places, and things that you see! You can do this in whichever way works best for your child, whether that means pushing them in a stroller, throwing them up on your shoulders, or walking together, side by side!

#### For Your Infant:

As you and your baby venture outdoors, pay attention to what captures your child's interest. Do they notice the loud rumbling of a lawn mower, or see a mail carrier delivering the mail? Do they notice the breeze rustling the leaves, or feel the warm sun on their face? Talk with them about what you see them noticing and how it feels, sounds or looks.

#### For Your Toddler:

As you and your toddler venture outdoors, pay attention to what captures your child's interest. Do they notice the loud rumbling of a lawn mower, or see a mail carrier delivering the mail? Do they notice the breeze rustling the leaves, or feel the warm sun on their face? Talk with them about what you see them noticing and how it feels, sounds or looks. You can also point out things you see and encourage your child to name them. "What's walking towards us? That's right, it's a dog!" Whether your toddler is walking, being pushed in a stroller, or carried, encourage them to engage all their senses as they explore the neighborhood. Together, smell the flowers, imitate the tweeting of the birds, and feel the leaves on the trees. Use descriptive language to name sights, sounds and smells to help your child build their vocabulary. "Yes, that's a tiny purple flower, and what a sweet smell!"

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### Get the Wiggles Out: “Head, Shoulders, Knees and Toes”

This fun, familiar song will help your little cutie get some exercise while they learn about their amazing bodies!



**Length of activity:**  
10 minutes\*

\* Duration will vary depending on your child’s interest.

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



**Level of Prep Required:** Low



**What you need:**

- Words to “Head, Shoulders, Knees and Toes” (below)

**About the Activity:** Find a comfy place to sing and move with your child. How they engage with this activity will depend on their age. Younger babies will have to sit for this one, while older babies and toddlers should be encouraged to stand. Sing this song with your baby, putting your hands on each body part as you name it. Sing slowly the first couple times, emphasizing each word and your motions as you touch each part of your body.



#### “Head, Shoulders, Knees, and Toes”

Head, shoulders, knees, and toes, knees and toes.  
Head, shoulders, knees, and toes, knees and toes.  
Eyes and ears and mouth and nose.  
Head, shoulders, knees, and toes, knees and toes.



**For Your Infant:** This will be a foundational exercise for your infant. They’ll enjoy singing and moving with you, even if they’re not yet able to sing along or imitate your motions accurately. The important thing is your baby being exposed to the language labeling their body parts and making the visual and maybe even kinesthetic connection between the words and their body parts.

**For Your Toddler:** This is a fun, classic activity that toddlers love. They’ll have a blast singing and moving with you as they develop the skills to sing along and imitate the body motions. The important thing is your toddler being exposed to the language labeling their body parts and making the visual and maybe even kinesthetic connection between the words and their body parts. After you’ve sung the song and gone through the motions a couple times, mix things up by singing and moving very fast, or very slow. Have fun trying this in different ways with your toddler, and as you sing and dance together, talk with them about how you see them moving.

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### Creative Expression: Give Me a Hand

Trace your hands and talk about the similarities and the differences!



#### 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:

- Paper
- Crayons

### About the Activity:

Sit down with your child and take their hand in yours. Hold it gently and talk with them about it: count their fingers, gently touch and name the different parts of their hand, and then show them your hand and do the same. Note the similarities and differences between your hand and your child's hand. Then, place your hand on a sheet of paper and use a crayon to trace it. Then, ask your little one if you can trace their hand. If they're willing, gently place their hand on the paper and use the crayon to trace it. Again, talk about the similarities and differences you notice between the drawings of each of your hands. It may be hard for some children or caregivers to have their hand traced. If that's the case, brainstorm other options, like tracing your feet, or heading outside to trace shadows on the sidewalk!

### For Your Infant:

This is a foundational activity that will expose your baby to the concepts of similarities and differences, learning about the human body, and using art to express ideas. Your baby won't be able to trace your hand or theirs, but you can offer them a crayon and allow them to explore making their own mark. It's important to ask your baby if you can trace their hand, and only to proceed if they seem agreeable. By asking for their consent, you are sending an important early message that they have autonomy over their own body and the right to make their own choices about what to do with their bodies. They may not want to put their hand on the paper and may not even be able to spread their fingers for you to trace around yet, and that's OK! The important part of this activity is connecting with your baby and talking with them about your hand and theirs. If they engage in the artistic part of this activity, that's a bonus!

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### For Your Toddler:

This is a foundational activity that will expose your toddler to the concepts of similarities and differences, learning about the human body, and using art to express ideas. After you model tracing your toddler's hand, you can encourage them to try tracing yours! Their version may not end up looking anything like your hand, but it's a great way to develop the muscles in their hands and fingers, and express their creativity at the same time. As they work with the crayon, use descriptive language to narrate what you see them doing: "You're tracing my hand! You just drew around my finger!" It's important to ask your child if you can trace their hand, and only to proceed if they agree. By asking for their consent, you are sending an important early message that they have autonomy over their own body and the right to make their own choices about what to do with their bodies. They may not want to put their hand on the paper or space their fingers out for you to trace around, and that's OK! The important part of this activity is connecting with your toddler, having conversations full of interesting new words, and experimenting with different materials!



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### Baby Book Club: How Do You Feel?

How many feelings can you notice and imitate?



**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:** Low



**What you need:**

- Any picture book, bonus points for a book like *Baby Faces* or another picture book about feelings

### About the Activity:

Sit down with your child to read the book. As you read, point out each time you see characters in the book expressing different feelings. "Oh no! She lost her ball. She looks so sad!" Then, model the emotion you just named. Have fun with this and exaggerate the emotion and your facial expressions. Modeling emotions is a great way to help your little one begin to learn about their emotions and the emotions of others. And watching you make silly faces cracks them up!

### For Your Infant:

Watch how your baby responds to your exaggerated facial expressions, boohoos and laughter. Do they think you're hilarious? Do they try and imitate you? Or do they stare at you like you're as ridiculous as you feel? Either way, you're doing it right! By connecting the name of the feeling with facial expressions and gestures like rubbing sleepy eyes or widening your eyes in surprise, you'll help your baby learn communication skills and build their social-emotional understanding!

### For Your Toddler:

Ask your toddler how the character in the picture is feeling. Can they name the emotions they see? If they need some help, you can say "They look scared. Can you make a scared face?" Take turns making emotion faces with your child. By connecting the name of the feeling with facial expressions and gestures like rubbing sleepy eyes or widening your eyes in surprise, you'll help your toddler learn communication skills and build their social-emotional understanding!

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### Creative Expression: "Open, Shut Them"

Help your little one get to know the different parts of their body with this simple fingerplay!



**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:**

- Lyrics to "Open, Shut Them" (below)

#### About the Activity:

Sit facing your child and sing "Open, Shut Them", matching your hand gestures to the words of the song and keeping your facial expression animated.



#### "Open, Shut Them"

*(suit actions to words)*

Open, shut them. Open, shut them.

Give a little clap, clap, clap.

Open, shut them. Open, shut them.

Put them in your lap, lap, lap.

Creep them, creep them. Creep them, creep them.

Right up to your chin, chin, chin.

Open up your little mouth, but do not let them in.

Open, shut them. Open, shut them.

To your shoulders fly. Then like little birdies, let them flutter to the sky.

Falling, falling, falling, falling almost to the ground.

Quickly pick them up again and turn them round and round.

Faster, faster. Slower, slower, right into your lap, lap, lap.



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### For Your Infant:

Your facial, vocal, and body cues will interest your baby as much as the song itself. As you sing, make eye contact with them, smile, and move your body to the music. Your baby will learn so much from watching you: your animated expression, smiles, and eye contact will teach your baby that you're emotionally present and connected with them. The words of the song will reinforce familiar vocabulary and introduce new words as well. Moving your body to the rhythm will help your baby learn to do the same. As you sing this song with them, you may notice them vocalizing or moving their bodies along with you. If you notice this, let them know you see them singing and dancing, and that you think they're wonderful!

### For Your Toddler:

Your facial, vocal, and body cues will interest your toddler as much as the song itself. As you sing, make eye contact with them, smile, and move your body to the music. Encourage your toddler to join you in the hand motions. They'll learn so much from watching you: your animated expression, smiles, and eye contact will teach them that you're emotionally present and connected with them, and the hand gestures will help your toddler learn the words in the song.

