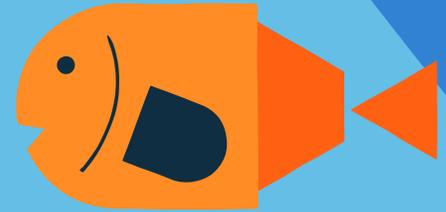


At-Home Learning Guide for Toddlers

(1–2 years old)



Week of June 8, 2020

This week children learning at home and in our centers are continuing their exploration of **Wonderful Water!**

Your toddler will have a whale of a good time learning all about different animals that live in the water. They'll experiment with how to **move** like an aquatic animal and use what they know about animals to **compare the differences** in how water, land, and air animals move. They'll combine creativity with scientific thinking as they **paint** with water and **sing** a favorite song about some hungry frogs.

Toddlers find animals fascinating and love dressing up, making animal sounds, and imitating how they move. Feel free to **substitute** any of the animals in these activities for your child's favorites or animals they're more familiar with, or do the activity as written and introduce your little one to some new creatures! Either way, these activities will help your child develop a variety of skills while learning all about animals that live in the water.

Developmental Domains

We built our curriculum around six domains that are important to the whole child. Interested in learning more? Click [here](#).

This Week's Theme:

Wonderful Water

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

Express Yourself (Creative Expression)

Five Green and Speckled Frogs Sing along and find out what speckled frogs like to eat for a snack!



TUESDAY

Get the Wheels Turning (Cognitive Development)

Under the Sea What kind of creatures live in the water, and what do they do there? Explore with your child by creating your own underwater habitat!



WEDNESDAY

Express Yourself (Creative Expression)

Aqua Art Art meets science as your child experiments by painting with water!



THURSDAY

Get the Wiggles Out (Physical Development and Wellness)

Splash, Jiggle, Dive! Get your groove on as you splash like a seal, jiggle like a jellyfish, and dive like a dolphin!



FRIDAY

Building Flexible Brains (Executive Function)

Making Moves Swim through the sea, gallop over the land, and fly high in the sky!



EVERYDAY LEARNING EXPERIENCES

Weave learning experiences into your everyday routines—no preparation needed!



FOCUS ON SOCIAL AND EMOTIONAL LEARNING

- Learn some easy ways to support your toddler's social and emotional growth!
- Help your child develop important social-emotional skills by working on your family project! This week, we invite your family to explore the theme **Building Connections!**



Getting Ready for the Week: Materials to Gather

Monday

- [Lyrics to "Five Green and Speckled Frogs"](#)
- [Video link](#) to Five Green and Speckled Frogs

Tuesday

- Blue and green construction paper (but any color will work!)
- Medium-sized plastic bin
- Toy ocean animals like fish, whales, seahorses, octopuses, and dolphins
- Building blocks

Wednesday

- Construction paper (various colors)
- Cup/container for water
- Paintbrush
- Water

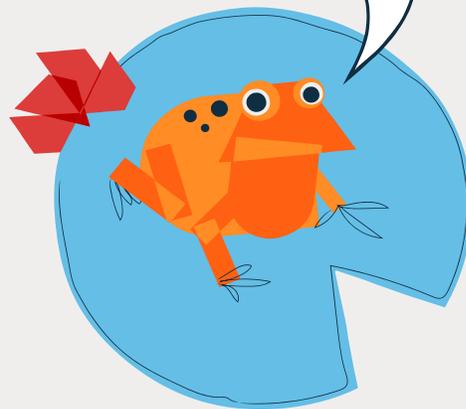
Thursday

- Your favorite music to dance to!
- [Pictures of ocean animals](#)

Friday

- [Pictures of animals](#)

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





MONDAY

Express Yourself: Five Green and Speckled Frogs

Sing along and find out what speckled frogs like to eat for a snack!



Length of activity:
10–15 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 Five Green and Speckled Frogs (below)
- [Video link](#) to Five Green and Speckled Frogs



What your child is learning:

- To use language in creative ways
- To use music to tell a story
- To use body language to convey meaning

What you do: Sing (or play the [video](#)) of the song with your child, performing the hand motions for your child. Then sing it again, encouraging them to sing along or to participate in any way they choose.



“Five Green and Speckled Frogs”

Five green and speckled frogs (*hold up five fingers*)
Sat on a hollow log
Eating some most delicious bugs. (*pretend to eat bugs*)
Yum! Yum!



One jumped into the pool,
Where it was nice and cool. (*cross arms over chest and shiver*)
Now there are four green speckled frogs. Glub! Glub!
Repeat, counting down until there are no green speckled frogs.



If your child is ready: Sing the song and encourage your child to explore and play along with a musical instrument. If you don't have any musical instruments at home, improvise! You can use pots and pans or make a shaker by adding beads to a container and putting the lid on.



TUESDAY

Get the Wheels Turning: Under the Sea

What kind of creatures live in the water, and what do they do there? Explore with your child by creating your own underwater habitat!



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: Medium



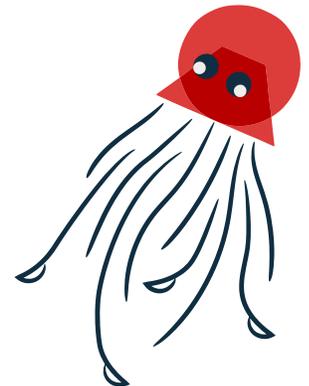
What you need:

- Blue and green construction paper (but any color will work!)
- Medium-sized plastic bin
- Toy ocean animals like fish, whales, seahorses, octopuses, and dolphins
- Building blocks



What your child is learning:

- To identify ocean animals
- To develop understanding of different types of habitats
- To use their imaginations to act out pretend scenarios



What you do: Give your child sheets of blue and green construction paper and have them help you tear the paper into small pieces to use as pretend ocean water. Place the shredded paper in a plastic bin. Show your child the toy ocean animals and help them name the animals. Encourage your child to use ocean animals and shredded paper to create an ocean habitat. As they play, ask your child questions like "What will you use to build a place for all of the ocean animals to live?" or "What is your favorite ocean animal?"

If your child is ready: What does an ocean habitat look like, anyway? Find some books about the ocean or photos of the world underwater online. Look at these pictures with your child, talking about what you see. Then encourage them to add the features you noticed to their own ocean habitats.



WEDNESDAY

Creative Expression: Aqua Art

Art meets science as your child experiments by painting with water!



Length of activity:
15 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:

- Construction paper (various colors)
- Cup/container for water
- Paintbrushes
- Water



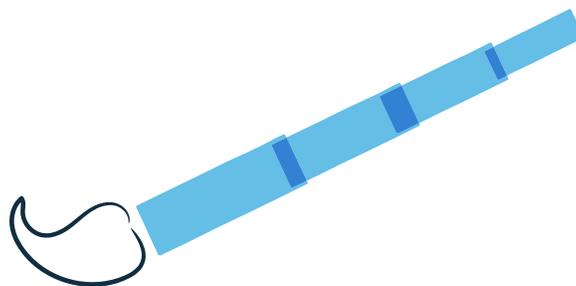
What your child is learning:

- To begin understanding the properties of water
- To experiment with different materials to express themselves creatively
- To work with tools to achieve a goal

What you do: Pour water into the cup or container and place it on a table with a piece of construction paper. Show them how to use the paintbrush to paint with water on a piece of paper. While painting, ask your child what is happening to the paper when they paint it. Encourage your child to paint with water using their fingers, hands, or paintbrushes. As your child works, ask them questions like:

- What happened to the paper when you painted it with water?
- What does your wet handprint look like on the paper?
- What happens to the water on the paper?
- What do you see happening to the paper?

If your child is ready: Try extending this activity outside on sidewalks, porches, fences, or even the side of your home!





THURSDAY

Get the Wiggles Out: Splash, Jiggle, Dive!

Get your groove on as you splash like a seal, jiggle like a jellyfish and dive like a dolphin!



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:

- Your favorite music to dance to!
- [Pictures of ocean animals](#)

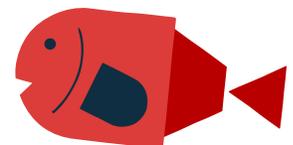
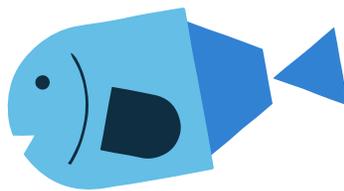


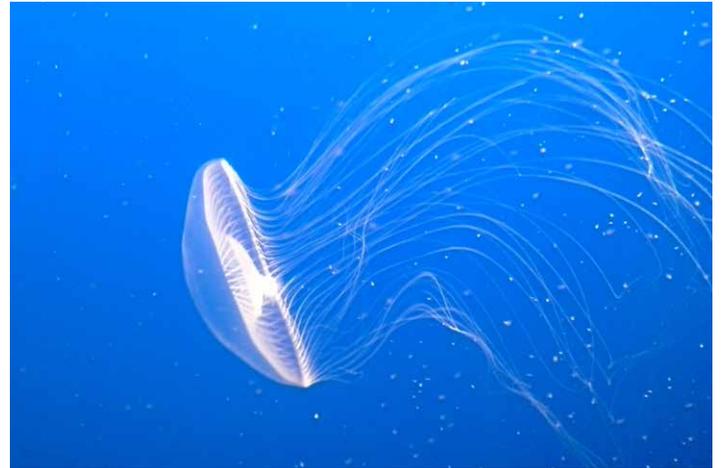
What your child is learning:

- To move their body in creative ways
- To recognize different animals that live in the ocean
- To characterize and assign attributes to different animals

What you do: Show your toddler the pictures of different ocean animals. Ask your child if they know the names of the animals in the pictures. If they don't, tell them the animal's name and anything you know about that animal: "This is a seal! Seals can hold their breath under water and swim for a long time, but they sleep on the land." Talk with your child about what you both notice about the different animals. Point out characteristics like fins, flippers, or tails. Then tell your child that together you're going to dance like ocean animals! Ask your child which animal they'd like to dance like first, and to show you how they think that animal moves. Then, turn on the music and shake your dorsal fins together!

If your child is ready: What type of music comes to mind when you think of a jellyfish? How about a sea turtle? Switch it up and, with your child, choose different songs or types of music that best represent each animal to you. For example, you and your child could talk about how reggae music sounds melodic and makes you want to move your body in a slow and flowy way, like a jelly fish might.







FRIDAY

Building Flexible Brains: Making Moves

Swim through the sea, gallop over the land, and fly high in the sky!



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:

- [Pictures of animals](#)



What your child is learning:

- To apply concepts to a variety of situations
- How different types of animals navigate their habitats
- To follow directions with increasing complexity

What you do: Talk with your child about how water animals move through the water by swimming. Remind them of yesterday's activity where you swam, jiggled, and dove together. Then ask your child how animals move on the land. Point out that animals can't swim on land, but they can walk, crawl, slither, and gallop. Talk with your child about some of your favorite land animals, and how they move across land. Then talk about birds, and how many not only walk but also fly! Brainstorm some birds you're familiar with and what you know about how they move through the air. Together, look at the animal pictures. Demonstrate for your child how to swim like a shark, prowl like a lion, and soar like an eagle, and ask them to try. As they get the hang of it, call out the animals you've practiced and ask your child to change gears and move like that animal.

If your child is ready: Add animals to the activity! Ask your child to suggest new animals and imagine together how they might move. Then, add them to the rotation!





Everyday Learning Experiences

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

When you see your toddler taking apart simple objects and putting them back together, you're witnessing cognitive flexibility and working memory in action.

What You Can Do:

Encourage your toddler to try activities like simple puzzles, latch-and-hook boards, or interlocking blocks like Duplos. These types of brain-building activities are great ways to build executive function skills.

Toddlers are beginning to pay attention to numbers and patterns. They may even begin counting along when they see you doing it!

What You Can Do:

Over the course of the day, look for opportunities to count with your child. Whether it's how many strawberries are on their plate, the number of piggies on their feet or how many blocks you can stack before the tower falls, natural opportunities to count with your child during your day are...well...countless!

As your toddler becomes more independent, they may begin to show awareness of familiar care routines and participate in them.

What You Can Do:

Involve your toddler in care routines. You can prompt them by saying things like "it's time for lunch. Where do you sit?" or, "it's time for a diaper change! Can you hold your diaper for me?"



Focus on Social and Emotional Learning

Toddlerhood is when you might notice your child form their first friendships, and there's nothing sweeter!

What You Can Do

During this time of social-distancing, you can keep your children's friends fresh in their minds by looking at photos of them, talking about fun things they used to do at school together, and incorporating their names into songs and rhymes. You could even set up a video chat—you may be surprised by how they respond. Seeing their friends through the phone or computer will come as a surprise to them!



Family Project

Help your child develop important social-emotional skills by working on your family project!

For the past few weeks, your family has been working through different themes for your family project. This week, we invite your family to explore the theme **Building Connections**.



Empathy is one of the most important skills we can help children develop, even in their earliest years. Whether processing the pandemic or the protests that have swept our country, the ability to put ourselves in someone else's shoes to **try and understand what they're feeling** is vital. When we feel empathy for others, we're able to see perspectives beyond our own and show kindness and compassion. And when we're shown empathy, we **feel understood and less alone**.

Try this!

Instilling **empathy** in our children helps create a better world. This week, continue your family project by reflecting on and practicing empathy. It begins with understanding that the differences among people are **valuable**. Talk with your children about the importance of listening to and learning from others' life stories. What does it feel like to be treated unfairly because of how you look?



Ask your children **how they're feeling** and share your feelings with them. Then ask how it feels when others show concern for their feelings. What can they learn from that? What are some ways we can show others that we care about them and their feelings? Helping to develop empathy in your children is an important step in promoting **understanding and building connections**. Empathy is something that makes us and the community around us **stronger**!



Note: In case you missed it, we released [Our Stay-at-Home Story: A KinderCare Family Project](#) in May. By working on your project together, you're helping your child develop important social-emotional skills in fun new ways, while building their communication skills, creativity, and confidence! Many of the project suggestions require little preparation and are perfect to weave into your regular day.

If you've opted out of the project, just talking about your common experiences is a great way to build your child's skills and come closer together as a family. Use the themes below as a conversation starter with your child. The most important part of social-emotional learning is creating an opportunity for sharing feelings and building community with others.

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?

