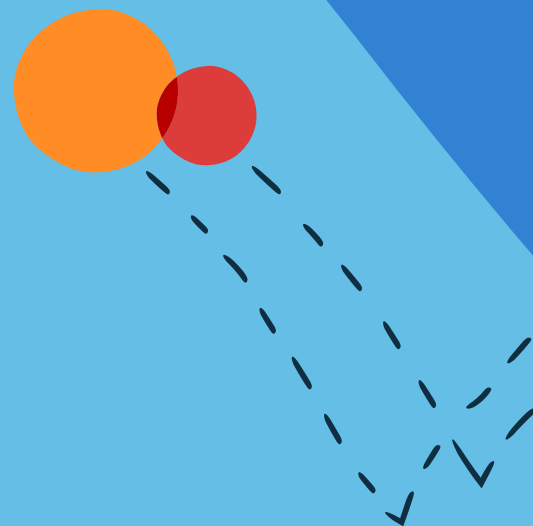


# At Home Learning Guide for Toddlers (1–2 years old)

Week of May 18, 2020



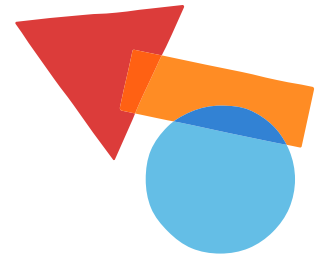
This week, toddlers at home and in our centers are learning about **colors and shapes**! You and your toddler will explore language and literacy as you notice shapes and colors in books, hunt for shapes and colors around your home as you work on your toddler's physical development, and sing a favorite song in new ways as you practice creative expression.

This guide suggests materials we hope you have around the house, but we know being at home with limited access to resources can make gathering materials tricky. Feel free to substitute materials with what you have at home, keeping in mind that the emphasis is on **colors and shapes**, and each activity lets you know if the focus of the activity is physical development, literacy, creative expression, etc. Some of these activities are similar to those found in the Infant At Home Activities Guide; however, they are developmentally appropriate at this age. An older child may experience the activity with more advanced questions, skills, and observations. Feel free to make adjustments to best meet your child's stage of development!

## 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: 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

**Read With Me (Language and Literacy)**

**Reading in Color** Discover the rainbow of colors found inside the pages of a book.



### TUESDAY

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

**Colorful Discovery** Explore the variety of shapes and colors that exist in everyday household objects!



### WEDNESDAY

**Express Yourself (Creative Expression)**

**Colorama** What better way to get to know shapes and colors than with some good, old-fashioned coloring?



### THURSDAY

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

**Shaping Up** Inspire your little one to get moving as they go on a shape hunting adventure!



### FRIDAY

**Express Yourself (Creative Expression)**

**Baa Baa Every Color Sheep** There's a black sheep in every flock...and a red sheep, and a yellow sheep, and a green sheep...



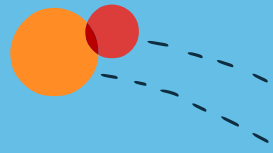
### EVERYDAY LEARNING EXPERIENCES

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 **Who Are the Helpers?**



## Getting Ready for the Week: Materials to Gather

### Monday

- Books (or e-books!) about colors

### Tuesday

- Toys and household items of various colors (for example: a red shovel, an orange spoon, a yellow block, a green ball, a blue stacking cup)

### Wednesday

- Crayons
- Paper

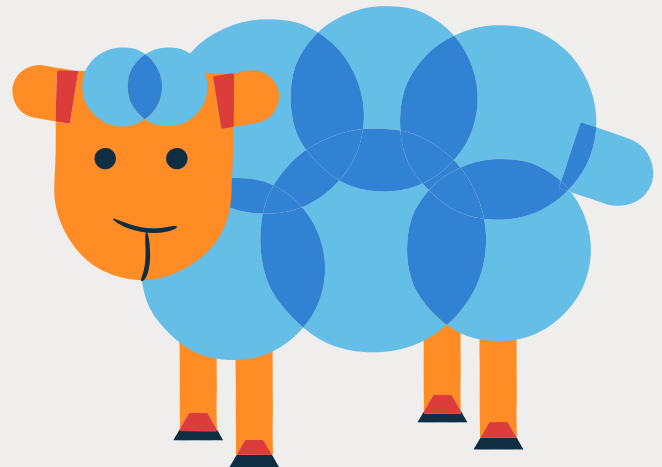
### Thursday

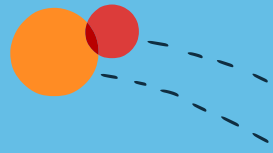
- Household objects in a variety of shapes (round container lid, square book, triangle block)
- Basket or bucket your child can carry

### Friday

- [Words to “Baa Baa Black Sheep”](#)
- Book about colors

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





## MONDAY

### Read With Me: Reading in Color

Discover the rainbow of colors found inside the pages of a book.



**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:**

Books (or e-books!)  
about colors

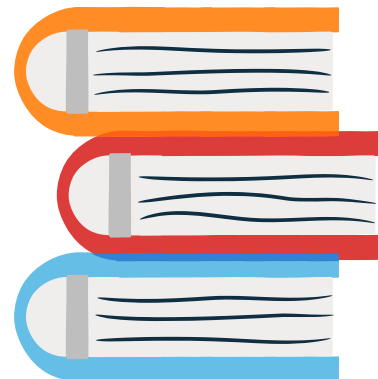


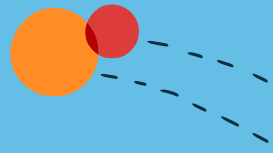
#### What your child is learning:

- Imitating sounds or words heard in books
- Beginning to use simple words related to pictures and books
- Beginning to notice similarities and differences

**What you do:** Choose a book about colors. If you don't have a book specifically about colors, that's ok! Any book with color illustrations will work. Read the book with your toddler. Point to the different colors you see in the book: "There's a green frog! It's sitting on a lily pad. What do frogs say?" Read the book again, stopping to talk about the same illustrations once more. Keep reading for as long as your child is interested.

**If your child is ready:** Make the reading experience more interactive by encouraging your child to participate. Pay attention to what they notice in the text or illustrations and comment on it. "You're right—that's a duck! That duck has yellow feathers! Can you quack like a duck?"





**TUESDAY**

## Cognitive Development: Colorful Discovery

Discover the rainbow hidden in everyday household objects!



**Length of activity:**  
15-20 minutes\*

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

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



**Level of Prep Required:** Medium



**What you need:**

Toys and household items of various colors (for example: a red shovel, an orange spoon, a yellow block, a green ball, a blue stacking cup)

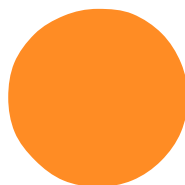


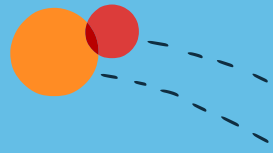
**What your child is learning:**

- Beginning to notice similarities and differences
- Beginning to sort objects, with assistance
- Using senses to explore objects

**What you do:** Show your child the objects you've collected and encourage them to explore the items. "A red shovel! How does it feel? What can you do with it? Have you seen anyone use a shovel before?" Comment on what your child does with the items and talk with them about the color and shape of each item. Continue for as long as your child is interested.

**If your child is ready:** Make this a sensory experience by pulling out the play dough or tempera paint! Encourage your child to explore how they can use the shape objects with the new materials. What happens if you roll the ball through the paint? What if you push the block into the playdough?





## WEDNESDAY

### Express Yourself: Colorama

What better way to get to know shapes and colors than with some good, old-fashioned coloring?



**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: Medium**



**What you need:**

- Crayons
- Paper

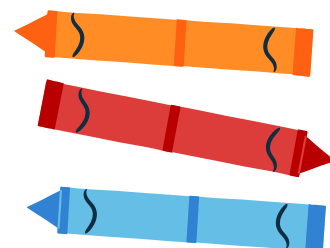


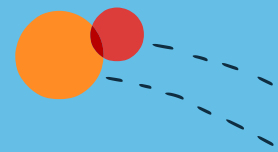
**What your child is learning:**

- Exploring and manipulating objects
- Showing interest in bright and contrasting colors
- Beginning to explore and experiment with art materials

**What you do:** Sit down with your child and some paper and several brightly-colored crayons. Hand one crayon to your child and choose one for yourself. Talk with them about the colors you're both using, drawing lines and shapes on the paper as you talk: "This crayon is blue, like the sky! I'm drawing a triangle, and I'm going to color it in with the blue crayon. What are you going to draw?" Encourage your child to use their crayon to mark or scribble on their paper, commenting on what you see them doing: "Wow, you're making bold lines with the orange crayon!"

**If your child is ready:** Model how to draw different shapes. You can say something like, "Look! I'm going to draw a square. A square has four sides—1,2,3,4." Talk about the characteristics of the shapes you draw with your child: count the sides, talk about whether it's big or little. Your toddler may try to create their own shape, which probably won't look anything like yours. That's OK! Encourage their effort and let them know how great they're doing.





## THURSDAY

### Get the Wiggles Out: Shaping Up

Inspire your little one to get moving as they go on a shape hunting adventure!



**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:** Medium



**What you need:**

- Household objects in a variety of shapes (round container lid, square book, triangle block)
- Bucket or basket



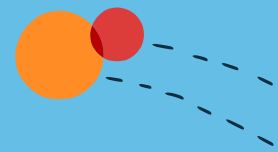
**What your child is learning:**

- Beginning to sort objects
- Engaging curiosity
- Completing a task with a goal in mind

**What you do:** Show your child the objects you've collected and talk with them about the shape of each item. Tell your child to close their eyes so you can place the objects you've collected around the room. When you're done, tell your child you're going to look for the shapes together. Tell them that when they find each shape they can put it in the bucket. Help your toddler search for the shapes. Let them take the lead but feel free help your child remember what the shapes look like or give them clues if they need help. As your child finds the objects, celebrate! Talk with them about the shapes: "You found the square book! Squares have four sides - 1,2,3,4!" Continue until your child has found all the shapes, or for as long as they're interested.

**If your child is ready:** Put some objects in unexpected places, like inside another object or peeking out from under the couch. As you help your child search for the hidden objects, use positional words like up, down, under, and over. These types of words are mathematical terms that will help your child understand spatial reasoning as well as develop their vocabularies.





**FRIDAY**

## Express Yourself: Baa Baa Every Color Sheep

There's a black sheep in every flock...and a red sheep, and a yellow sheep, and a green sheep...



**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 "Baa Baa Black Sheep" (below)
- Book about colors (optional)



**What your child is learning:**

- Begins to participate in simple alliterative stories, fingerplays, and songs
- Beginning to label things
- Exploring books

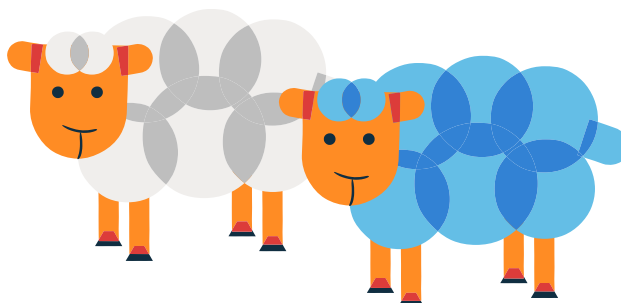
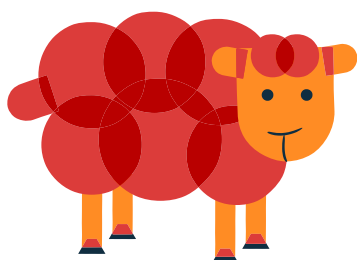


**What you do:** Sing the song "Baa Baa Black Sheep" with your child. You can use your color book to show your child "black" as you sing that line, emphasizing the word 'black'. Then, sing the song again, substituting another color in place of black. You can show your child the color you're singing about in the book as you sing. Continue this for as long as your child is interested, adding a new color each time.

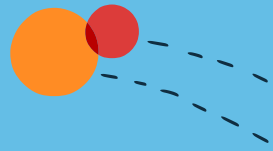
### Baa, Baa, Black Sheep

Baa, baa, black sheep, have you any wool?  
Yes sir, yes sir, three bags full!  
One for the master, and one for the dame,  
One for the little boy who lives down the lane  
Baa, baa, black sheep, have you any wool?  
Yes sir, yes sir, three bags full.

**If your child is ready:** Ask your child which color sheep they want to sing about next. If they can't tell you with their words, encourage them to choose a color from the book to sing about next.







### Everyday Learning Experiences

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

This is the age where you see the beginnings of imaginative play. Toddlers bring objects into their pretend play and imitate the actions of others.

*What You Can Do:*

Pick up that banana and phone a friend! Play along with your child by pretending the banana is a phone or a paper bag is a hat. When you notice your child imitating your motions or gestures, talk to them about what you are doing and give them vocabulary to apply to what they're observing.



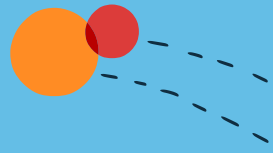
Toddlers love music and the opportunity to express themselves through music and movement.

*What You Can Do:*

Pump up the jams and have a dance party! It's a great way to get the wiggles out while we're stuck inside, and movement is a natural mood elevator! Singing and dancing with your kids is great for the body, brain, and the spirit!

When your toddler shows persistence during activities and works to meet goals, they're developing cognitive flexibility as they look for solutions and try doing things in different ways.

*What You Can Do:* You can support your child in becoming a persistent, critical thinker by allowing them time to try and figure out how to do things on their own. It can be tempting to step in and intervene, but if you can, wait until your toddler asks for help and see if they can solve challenges on their own.



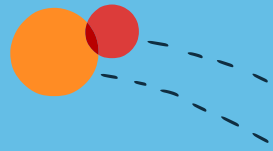
## Focus on Social and Emotional Learning

Toddlerhood is a time of big emotions! Your toddler is beginning to learn to manage their emotions; this is a big task, and they'll need your help!

### *What you can do:*

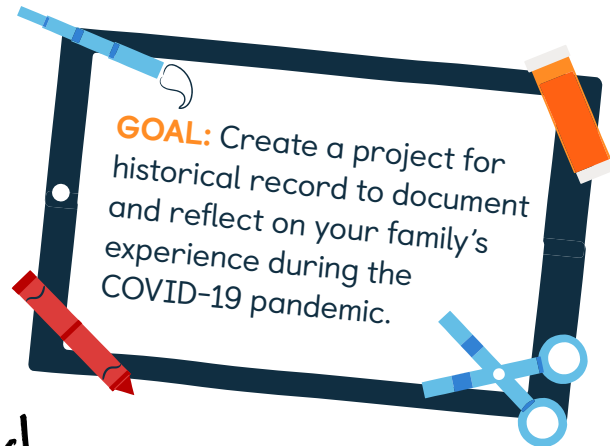
Be empathetic. Toddlers are seeking independence and learn with their whole bodies, which means the grownups caring for them have to do a lot of redirecting. Acknowledge your toddler's feelings and help them identify and label their emotions. Then, give them alternatives. "You look like you feel so mad! You're crying and you're on the floor. You really wanted to climb on the shelf! I can't let you climb that because it isn't safe. Hold my hand I'll help you find something safe to climb."





### Family Project

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



For the past couple weeks, your family has been working through the first four themes of your family project. This week, we invite your family to explore the theme ***Who Are the Helpers?***

*Try this!*

### Helpers

Through the last few months, your family has experienced a new way of living. As with all new and challenging situations, there are always people helping others in creative and thoughtful ways. How has your family been helped by others? How have you helped others through this crisis? Add another layer to your family project to represent the helpers in your life.

**Note:** In case you missed it, 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, while building their communication skills, creativity, and confidence! There are many project suggestions that require little fuss and are easy to weave into your regular day.

If you 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 prompts below as conversation starters 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?