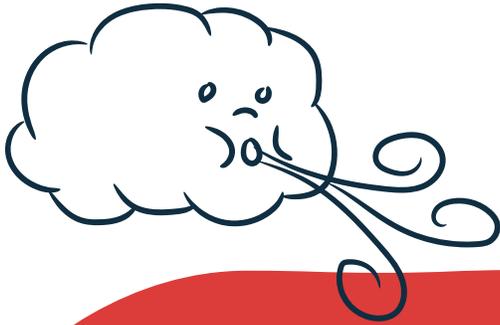


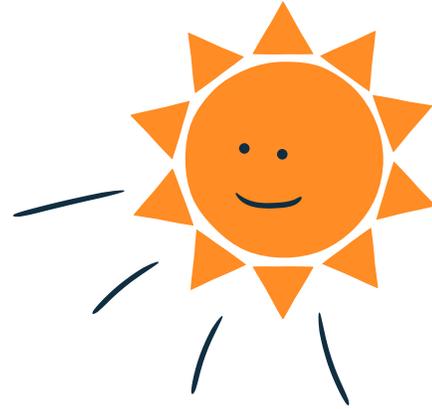
# At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of July 13, 2020

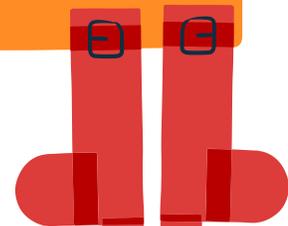


This week continues our exploration of **weather**! Whether it's hot where you live or summer hasn't quite arrived yet, this week children at home and in our centers will learn about types of weather in a variety of ways.



The activities this week provide your little one with opportunities to move their bodies, get creative with art materials, and explore weather concepts with all their senses!

Whatever the weather, this week provides plenty of opportunities to take learning outdoors and learn about weather firsthand! If it's hot where you live, pull out the wading pool or water table and the chalk...and if it's windy or rainy, head outdoors to introduce your little one to the sensations of wind and rain!



This Week's Theme:

# What's the Weather?

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...



## EXPRESS YOURSELF

*Rain, Rain, Go Away*

Rainy summer days can be a bummer... wish the rainy days away with this classic song!



## GET THE WHEELS TURNING

*Colored Water*

What color is water?  
Any color you want!



## CREATIVE EXPRESSION

*Sunny Days*

Practice those fine motor skills while drawing a happy picture of a sunny day!



## BUILDING FLEXIBLE BRAINS

*Let it Rain!*

Experiment with household materials to create your own mini rainstorm!



## GET THE WIGGLES OUT

*Weather Dance*

Boogie like a blizzard, sway like a storm, or shimmy like the sun's rays!

# At-Home Summer Guide for Infants and Toddlers

## Week of July 13, 2020

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

#### Express Yourself:

- Lyrics to “Rain, Rain, Go Away”
- Books about rain (optional)

#### Colored Water:

- Food coloring, various colors
- Large plastic tub or bin
- Towel or sheet to cover the floor or table
- Water toys, such as cups, funnels, whisks, and items that sink and float

#### Sunny Days:

- Paper
- Crayons or washable markers
- Books about sunshine

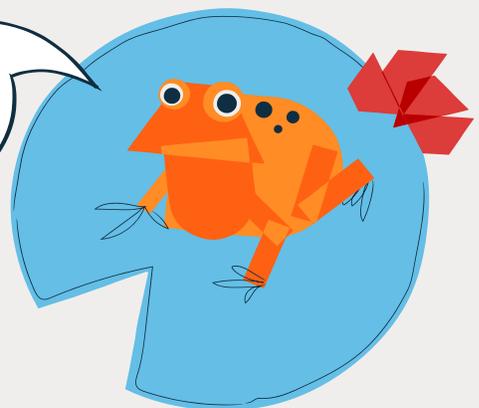
#### Let it Rain!:

- Large plastic tub or bin
- Colander
- Measuring cups for scooping and pouring

#### Weather Dance:

- Your favorite tunes

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



# At-Home Summer Guide for Infants and Toddlers

## Week of July 13, 2020



### Express Yourself: Rain, Rain, Go Away

Rainy summer days can be a bummer...wish the rainy days away with this classic song!



**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:** None



**What you need:**

- Lyrics to "Rain, Rain, Go Away" (below)
- Books about rain (optional)

#### About the Activity:

This is a great song to sing with your little one whether you're experiencing summer showers or using books about rain to reinforce weather vocabulary and concepts. If it happens to be raining where you live, head outdoors to explore the rain firsthand, or look out a window together and talk with your child about what you see and hear.



#### "Rain, Rain, Go Away"

Rain, rain, go away.  
Come again some other day.  
We want to go out and play.  
Come again some other day.



**For Your Infant:** Find a comfy seat with your baby. If it's a rainy day, sit next to a window and talk with your baby about the weather, describing what you see and hear. Then sing the song, "Rain, Rain, Go Away." Continue singing the song and discussing the weather for as long as your baby is interested. If you're feeling adventurous, you can even head outside to feel, hear, smell, and maybe even taste the rain! No rain where you live? No problem! If your baby seems interested, pull out some of your favorite books about rain and talk about what you see, making connections back to the song.

**For Your Toddler:** Find a comfy seat with your toddler. If it's a rainy day, sit next to a window and talk with your child about the weather, describing what you see and hear. Then sing the song, "Rain, Rain, Go Away." Continue singing the song and discussing the weather for as long as your child is interested. If you're feeling adventurous, you can even head outside to feel, hear, smell, and maybe even taste the rain! Toddlers love splashing in puddles, and this is a great way to get some wiggles out! No rain where you live? No problem! Pull out some of your favorite books about rain and read them with your little one, talking about what you see and making connections back to the song.

# At-Home Summer Guide for Infants and Toddlers

## Week of July 13, 2020



### Get the Wheels Turning: Colored Water

What color is water? Any color you want!



**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:**

- Food coloring, various colors
- Large plastic tub or bin
- Towel or sheet
- Water toys, such as cups, funnels, whisks, and items that sink and float

#### About the Activity:

Little learners love water play! By providing a variety of materials for water play, you can create a learning environment at home that challenges your little one to explore water in different ways. Cover a surface with a towel or sheet. Fill the tub one third full of water and add a few drops of food coloring to the water, stirring it until it reaches the perfect shade!

**For Your Infant:** Sit with your baby on the floor or at a table. Show them the tub of water and water toys. Take one of the water toys and use it to make small ripples in the water. Say something like, "Look what's in this tub—green water! I'm using this whisk to stir the water." Watch how your baby responds and encourage them to touch the water with a toy or their hand. Encourage them to play for as long as they're interested.

**For Your Toddler:** Sit with your toddler on the floor or at a table and show them the tub of water and water toys. Take one of the water toys and use it to make small ripples in the water. You can say something like, "Look at this pretty green water. Would you like to play with it? What would you like to put in the water?" Take one of the toys, like a cup or a funnel, and begin using it. If your child seems interested in what you're doing, encourage them to imitate you. You can ask, "Can you scoop up some of this green water and pour it in the funnel?" Continue to encourage water play for as long as they are interested.

#### Heads Up!

- Food coloring can **stain skin and clothing**, so make sure your little one doesn't get their hands on it!
- Clean up spills as soon as they occur to prevent **slips and falls**.

# At-Home Summer Guide for Infants and Toddlers

## Week of July 13, 2020



### Creative Expression: Sunny Days

Practice those fine motor skills while drawing a happy picture of a sunny day!



**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:**

- Paper
- Crayons or washable markers
- Books about sunshine

#### About the Activity:

Read a book with your baby that shows the sun shining. Talk with them about what they see, paying special attention to anything that grabs their attention. Describe what you see them expressing interest in. Tell them the names of anything that captures their interest, like the sun, animals, or other parts of the environment. Make a point of using weather-related language like, "The sun is shining!" or "The leaves are blowing in the breeze!" Then show your child the paper and crayons or markers and tell them that together you're going to draw a picture of a sunny day.

**For Your Infant:** Model how to draw different components of a sunny day, like the sun, clouds, trees, or grass. Talk with your baby about what you're doing: which shapes and colors you're using, what types of lines you're using, and the different colors you're using for each item. Don't worry about your own artistic skills – your baby won't judge! Encourage them to pick up a crayon and try it for themselves. For infants, the primary purpose of this activity is exposure to the experience of working with art materials and being introduced to the concept of weather and weather-related vocabulary. Babies learn from every experience they have, and this activity will introduce them to new concepts, skills, and vocabulary, and give them some important fine-motor practice.

**For Your Toddler:** Model for your toddler how to draw different components of a sunny day, like the sun, clouds, trees, or grass. Talk with them about what you're doing: which shapes and colors you're using, and what types of lines you're using. Don't worry about your own artistic skills – your kiddo won't judge! Encourage them to pick up a crayon and try it for themselves. This is a foundational activity for toddlers and is familiarizing them with the weather, and weather-related vocabulary. It's also helping your toddler understand that they can create representations of objects. Activities like these help them develop the fine-motor skills that they'll eventually use to write letters and words. As you draw with your child, prompt conversation by saying things like, "Tell me about what you're drawing! What colors are you using to draw the sun?" If you have sidewalk chalk, you can take this activity outdoors and draw on the pavement!

# At-Home Summer Guide for Infants and Toddlers

## Week of July 13, 2020



### Building Flexible Brains: Let it Rain!

Experiment with household materials to create your own mini rainstorm!



**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:

- Large plastic tub or bin
- Colander
- Measuring cups for scooping and pouring

#### About the Activity:

Fill the tub one third full of water and sit in front of it with your child. Encourage them to explore the materials with all their senses. Then, model how to use a measuring cup to scoop water from the tub and pour it through the colander. Talk with your little one about what they notice about how the water trickles out of the holes. As you play, talk with them about the way the water looks, feels, and sounds, and make connections between the water in the tub and rain on wet days. For example, you might say, "Feel the water on your hands? It's wet and cold, just like the rain!"

#### For Your Infant:

This is a foundational activity that will get your little one familiar with the water and experimenting with different types of materials. While your infant won't yet be able to connect the water in the tub with the water that falls from the sky when it rains, this activity sets the foundation for that later understanding. If it's a warm day, this is a great activity to try in a wading pool, or even in the bathtub!

#### For Your Toddler:

Your toddler may begin making connections between the rain in the tub and the rain that falls from the sky, especially as they discover how the water they pour into the colander trickles out through the holes. As your child experiments with the water, talk with them about the sounds and sensations they observe. For example, you could say something like, "Do you hear the sound the water makes while it drips? It sounds like the rain!"

# At-Home Summer Guide for Infants and Toddlers

## Week of July 13, 2020



### Get the Wiggles Out: Weather Dance

Boogie like a blizzard, sway like a storm, or shimmy like the sun's rays!



**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:** None



**What you need:**

- Your favorite tunes

#### About the Activity:

Movement and dance are great forms of artistic expression and great forms of exercise! This activity will get you moving with your little one and help them begin understanding that the ways we move our bodies can be used to convey feelings and ideas. Sit or stand with your little one and turn on one of your favorite tunes. Show your child how you move your body in ways that represent different types of weather: you might swing your arms from side to side to represent wind, dance delicately on your tippy-toes like gently falling snow, or pulse your body rhythmically like the beating sun.

**For Your Infant:** How you and your baby dance together will depend on their age and abilities. If your baby is tiny and not sitting independently yet, hold them on your lap or in your arms and dance with them, or seat them in your lap and encourage them to move their arms and legs. For older and more mobile babies, encourage them to use their sitting and standing skills as the foundation from which they can experiment with moving the different parts of their bodies. Talk about how you see them moving and make connections to different types of weather: "I see you moving your body back and forth slowly, like a gentle breeze on a hot day!"

**For Your Toddler:** Toddlers love to dance, and this activity will be a blast for both of you! Encourage your toddler to use the different parts of their bodies in different ways. Talk about how you see them moving and make connections to different types of weather: "I see you moving your body back and forth slowly, like a gentle breeze on a hot day!" Join in the fun by dancing alongside them, describing to your child how you're moving: "I'm going to move my arms and legs so fast, just like the rain pitter-patting to the ground!" Take this activity an extra step by working with your child to select your favorite music that reminds you of different types of weather.