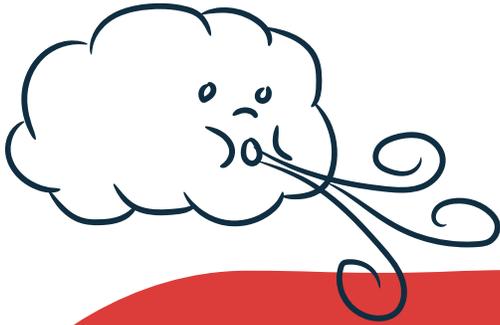


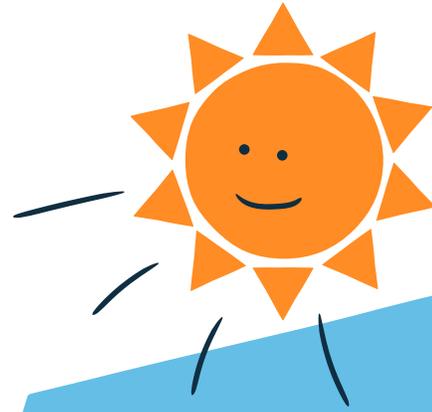
At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of July 27, 2020

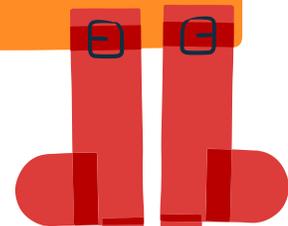


This week concludes our learning about **Wonderful Weather**, and we're rounding out this theme by revisiting some of our favorite activities from the past month!



Many of this week's activities celebrate the sunny days that make summertime so much fun! Whether you're indoors or outdoors, you and your child will have opportunities to **sing, dance, color, and play** these long summer days away!

There's no better way to learn about weather than experiencing it, so take any or all of these activities **outdoors!** Being in nature and experiencing the weather as your little one learns will bring these activities to life and add dimension to their learning!



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...



BUILDING FLEXIBLE BRAINS

Peekaboo Sunshine

Peekaboo! I see...the sun!



CREATIVE EXPRESSION

Sunny Days

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



BUILDING FLEXIBLE BRAINS

Sweater Weather?

Your little one learns about the different types of weather through the fun of dress-up!



GET THE WIGGLES OUT

Weather Dance

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



CREATIVE EXPRESSION

You Are My Sunshine

This sweet song might take you back to your own childhood, while letting your little one know just how much you love them!

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Getting Ready for the Week: Materials to Gather

Peekaboo Sunshine:

No materials needed

Sunny Days:

- Paper
- Crayons or washable markers
- Books about sunshine

Sweater Weather?:

- Clothing items worn in different types of weather: jackets, sweaters, bathing suits, shorts, hats, etc.

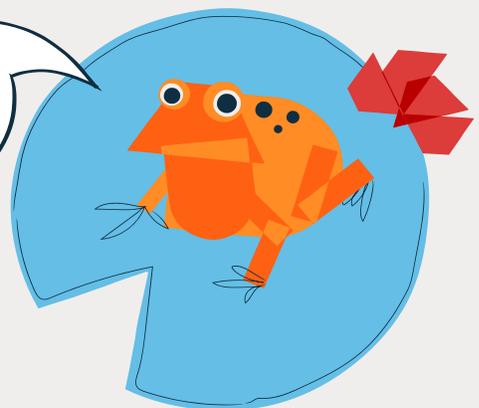
Weather Dance:

- Your favorite tunes

You Are My Sunshine:

- [Lyrics to "You Are My Sunshine"](#)

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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Building Flexible Brains: Peekaboo Sunshine

Whether it's the rush of the wind or the relief brought by a fan on a hot day, the sensation of air moving is always fun for our little learners to explore!



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:

- Your Peekaboo A-game!!

About the Activity:

Our youngest learners love a good game of Peekaboo! In this variation of every baby's first favorite game, begin by talking with them about the sun: how it shines high in the sky, and how it brings light and warmth to the earth. Then talk with them about how on cloudy days, we don't see the sun because it's covered by the clouds. You can have these conversations outdoors or while looking out the window and talking about whether it's sunny or cloudy outside; or you can pull out a book that features weather concepts and point out pictures of sun and clouds.

For Your Infant:

Sit with your baby facing you. When their attention is on you, cover your face with your hands, saying, "Uh oh, here come the clouds! Where did the sun go?" Wait a beat and then quickly remove your hands from your face and say, "Peekaboo! There's the sun!" Do this for as long as your baby shows interest.

For Your Toddler:

Sit with your toddler facing you. When their attention is on you, cover your face with your hands, saying, "Uh oh, here come the clouds! Where did the sun go?" Wait a beat and then quickly remove your hands from your face and say, "Peekaboo! There's the sun!" Do this for as long as your toddler shows interest. As you continue the activity, mix it up by waiting varying amounts of time before the "Peekaboo!" Then switch roles, and encourage your toddler to try covering their face and deciding when to shine their sun on you.

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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!

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Building Flexible Brains: Sweater Weather?

Your little one learns about the different types of weather through the fun of dress-up!



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: Medium



What you need:

- Clothing items worn in different types of weather: jackets, sweaters, bathing suits, shorts, hats, etc.

About the Activity:

At some point or another, every parent or caregiver will find themselves explaining why wearing rain boots when it's sunny and 90° outside may not be the best choice, or why on rainy days it's important to wear a raincoat. This activity introduces your child to the concept of dressing appropriately for the weather, while having some fun with dress-up! This could be a fun way to keep your little one engaged as you fold laundry or box up winter-time clothes.

For Your Infant: Infants aren't quite ready to grasp the concept of "dress up" yet, and fitting floppy bodies into one outfit after another can feel like more of a chore than fun, but babies love exploring the different textures of weather specific clothing, so let them feel the rubbery texture of a pair of rain boots, the fuzzy texture of a mitten, or the slippery texture of a bathing suit. Encourage your baby to explore these textures, providing vocabulary for what you see them doing and for the textures of the materials. You can also talk with your little one about when different items are used, like wearing rain boots in the rain and mittens when it's cold outside. Babies also enjoy playing with hats, so you could approach this activity with infants by providing hats worn in different types of weather, from warm knit beanies to sun visors to baseball caps.

For Your Toddler: Toddlers often love dress-up, and it's a great way to help them practice their self-care skills, like learning how to dress and undress themselves, which clears the way for potty training! Show your toddler the different clothing items you've gathered and talk about each one: what type of weather it is worn in, what the material feels like, what color each item is. Encourage your toddler to choose which items they'd like to try on. Encourage them to be as independent as possible but offer them help if they're struggling. Talk with them about the clothing combinations they've put together. It doesn't matter if they're a mix of clothing for all seasons – you can still say something like, "That visor would keep your head cool on a hot day, and those rain boots would keep your feet dry if it rained!" If your child isn't interested in trying on clothing items, you can encourage them to dress up a teddy bear or other large stuffed toy.

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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 both artistic expression and 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 pit-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.

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Creative Expression: You Are My Sunshine

This sweet song might take you back to your own childhood, while letting your little one know just how much you love them!



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: None



What you need:

- Lyrics to "You Are My Sunshine" (below)

About the Activity: With your child in your lap facing you, sing "You Are My Sunshine." If your child enjoyed it, sing the song again. This time as you sing, you can sway back and forth, dance, or make up hand gestures to go along with the words.

"You Are My Sunshine"

You are my sunshine, my only sunshine.
You make me happy when skies are gray.
You'll never know dear, how much I love you.
Please don't take my sunshine away.

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. Your toddler will 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. The words of the song will reinforce familiar vocabulary and introduce new words as well. Moving your body to the rhythm will help your toddler 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! Encourage them to move their bodies in interesting ways. If they love to sing and dance, pull out some flowy scarves or musical instruments and let their creativity take over!