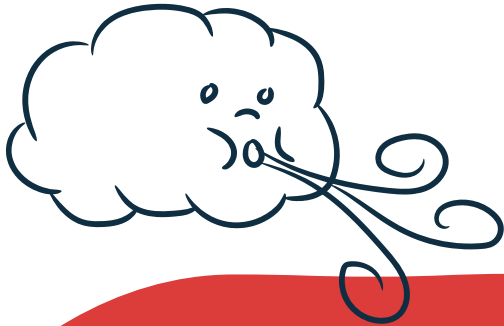


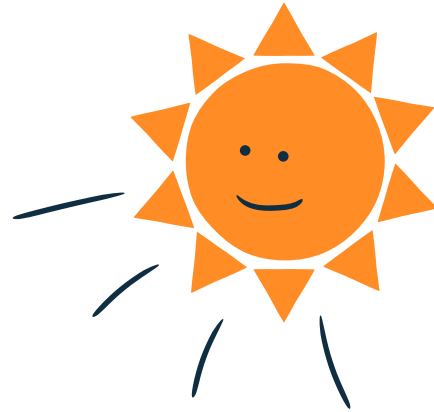
At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of July 6, 2020

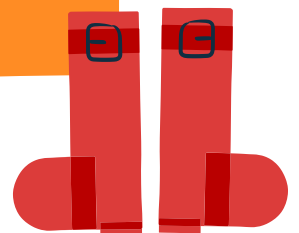


This week kicks off our exploration of **weather!** Whether your child is back in their classroom or you're continuing to learn at home, this week's guide is full of fun, easy activities that will help your little learner explore weather through their senses.



This week's activities will get little ones singing and moving their bodies as they play favorite games, explore new materials, make creative wardrobe choices, and explore your local weather firsthand!

There's no better way to learn about weather than experiencing it, so take any 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!



GET THE WHEELS TURNING

Whatever the Weather

Is it hot? Is it cool?
Rainy? Windy? Dry?
Head outside and
observe what's
happening!



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

Mister Sun

Encourage the sun to
come out and play with this
favorite summertime song!



GET THE WHEELS TURNING

Blowing in the Wind

What happens when the
wind blows? Experiment with
streamers and find out!

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Getting Ready for the Week: Materials to Gather

Peekaboo Sunshine:

No materials needed.

Whatever the Weather:

No materials needed.

Sweater Weather?:

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

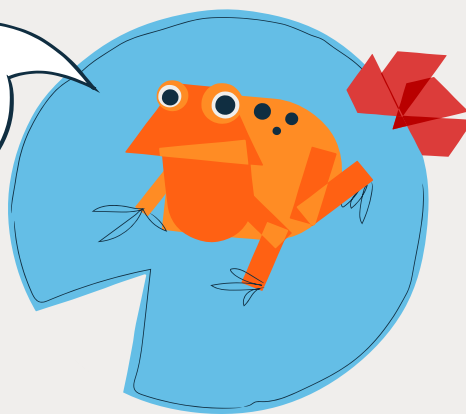
Mister Sun:

- A "sun" (a yellow ball, pillow, circle cut out of construction paper, pair of balled up socks, etc.)
- [Lyrics to "Mister Sun"](#)

Blowing in the Wind:

- Streamers (you can substitute tissue paper, newspaper, or light-weight fabric cut into strips)

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

Peekaboo! I see...the sun!



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 talk about whether it's sunny or cloudy outside; or you can pull out a book that features weather concepts and point out pictures of the 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 own face and deciding when to shine their sun on you.

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Get the Wheels Turning: Whatever the Weather

Is it hot? Is it cool? Rainy? Windy? Dry? Head outside and observe what's happening!



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:

- Your walking shoes!

About the Activity:

Head outside for a walk around your neighborhood or find a seat outdoors. Sit with your child and talk with them about what you can see, feel, hear, and even smell about the weather. Use rich, descriptive language to introduce your little one to a variety of weather and sensory related vocabulary. Pay attention to how your child is experiencing the weather (for example, if they shiver when the wind blows, or squint in the sunlight), and talk about what they're experiencing.

For Your Infant:

If your baby isn't walking yet, this is a great time to take them for a ride in a stroller or a wrap and get some exercise and fresh air! If you have a mobile infant, consider letting them walk – it's a great way for them to burn off some energy! Engage in ["serve and return"](#) by paying attention to your baby's vocalizations and responding to what excites them.

For Your Toddler:

If your toddler is walking, leave the stroller at home and let them walk! This is a great way for them to burn off some energy and experiment with different ways of moving their bodies. As you walk, call their attention to what the weather is doing and how it makes your bodies feel. Respond with enthusiasm to anything your toddler shows interest in and ask your toddler open-ended questions; they may not be able to answer them yet, but you're setting the foundation for important communication skills!

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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 90 degrees 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: Mister Sun

Encourage the sun to come out and play with this favorite summertime song!



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: N/A



What you need:

- A "sun" (a yellow ball, pillow, circle cut out of construction paper, pair of balled up socks, etc.)
- Lyrics to "Mister Sun" (below)

About the Activity:

Sit with your little one facing you and tell them that together you're going to sing a song called 'Mister Sun.' As you sing, add in hand gestures to go along with lyrics. For example, you can hold your arms up in a round shape over your head while singing "Oh, Mister Sun, Sun, Mister Golden Sun."

For Your Infant:

While singing, move the yellow ball to the words of the song, such as by holding it over your head as if shining down on you, saying "Let's pretend this yellow ball is the Sun." Then sing the song again, this time encouraging your baby to reach their hands into the air while you sing by saying, "Reach up to the sky and show me the Sun." Continue for as long as your baby is interested.

For Your Toddler:

Show your toddler the "sun" and say, "Let's pretend this yellow ball is the Sun. You hold up the Sun while we sing the song." Sing the song, being sure to acknowledge how your toddler is holding up the Sun: "You're holding up Mister Sun! Mister Sun is shining down on us." Continue for as long as your child is interested.

"Mister Sun"



Oh, Mister Sun, Sun, Mister Golden Sun,
Won't you please shine down on me?
Oh, Mister Sun, Sun, Mister Golden Sun,
Hiding behind that tree.

These little children are asking you
To please come out so we can play with you.
Oh, Mister Sun, Sun, Mister Golden Sun,
Won't you please shine down on me?



At-Home Summer Guide for Infants and Toddlers

Week of July 6, 2020



Get the Wheels Turning: Blowing in the Wind

What happens when the wind blows? Experiment with streamers and find out!



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:

- Streamers (you can substitute tissue paper, newspaper, or light-weight fabric cut into strips)

About the Activity:

Sit with your child and show them a streamer. Move the streamer slowly in your little one's line of sight, allowing them to follow it with their eyes. "I have a streamer. Watch what it does when I move it." Move the streamer as if it were being blown in the wind. "This pretty streamer is blowing in the wind." Continue for as long as your baby is interested.

For Your Infant:

If your baby expresses interest in holding the streamer, give it to them and encourage them to wave the streamer, modeling by waving your own streamer. Narrate what you see them doing: "You have a streamer! You're making the streamer move. Wave your arm!" Continue for as long as your baby is interested. If there's a breeze, take this activity outside and let your baby experience the way the wind blows the streamers.

For Your Toddler:

Give your toddler a streamer and encourage them to wave it, modeling by waving your own streamer. Narrate what you see them doing: "You have a streamer! You're making the streamer move. Wave your arm!" Continue for as long as your little one is interested. Then, give them another streamer. Show them how to count the two streamers and ask them what they can do now that they have two streamers. Encourage your toddler to move their body in creative ways, narrating how you see them moving their bodies and how the streamers respond. If there's a breeze, take this activity outside and let your child experience the way the wind blows the streamers. Describe how the wind blowing moves the streamers. You can also turn on some tunes and have a streamer dance party!