

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



Week of *May 25, 2020*

This week, our toddlers at home and in our centers are continuing to explore **colors and shapes!**

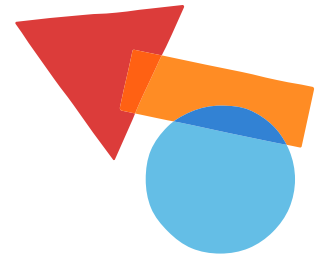
This week offers lots of opportunities for your toddlers to explore their **creativity** through painting, singing, and dancing. They'll also get some **exercise** while practicing their shape recognition on a **scavenger hunt**.

Our classrooms are designed to be completely accessible to our toddlers, but the same rules don't always apply at home. Social distancing with a toddler might feel like being trapped inside with a tiny tornado but don't worry—this week's activities are designed to engage their **whole bodies** and provide some opportunities to get a little **messy** without destroying the house!

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

Express Yourself (Creative Expression)

Make Your Mark Create your own stamps to explore colors and shapes!



TUESDAY

Get the Wheels Turning! (Cognitive Development)

Shape Scavenger Hunt Embark on a fun, shape-finding adventure!



WEDNESDAY

Get the Wiggles Out (Physical Development)

You Got Your Square! Get your toddler excited about shapes with this spirited cheer!



THURSDAY

Get The Wheels Turning (Cognitive Development)

Mixing Up Fun Learning about shapes can be messy work!



FRIDAY

Express Yourself (Creative Expression)

Miss Mary Mack Rhyme and clap along to this classic children's rhyme!



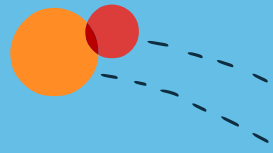
EVERYDAY LEARNING EXPERIENCES

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 **"All the feels..."**



Getting Ready for the Week: Materials to Gather

Monday

- ❑ 3 Cardboard tubes (toilet paper or paper towel tube cut into thirds)
- ❑ Paint, various colors
- ❑ Paper (at least 1 sheet)
- ❑ Paper plates (or other dish to hold paint; one for each color of paint)

Tuesday

- ❑ [Scavenger hunt checklist](#) (either printed or viewed on a device)
- ❑ Pencil or pen (if you choose to print the checklist)

Wednesday

- ❑ Objects (toys, household items, etc.) in a variety of shapes
- ❑ [Words to “You Got Your…” chant](#)

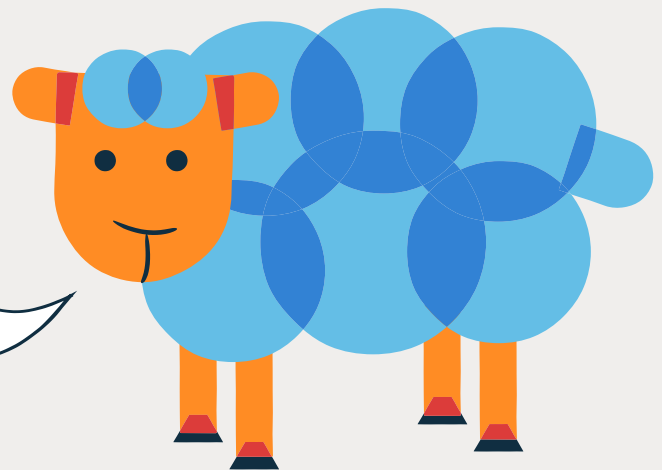
Thursday

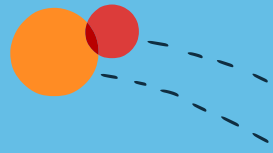
- ❑ Assorted kitchen tools: a large plastic bowl or container, a round or square metal pan, a spatula, a wooden spoon, a masher, a colander, etc.
- ❑ Dry material (sand, flour, soil, etc)
- ❑ Water (about 2 cups to start; add more if desired)
- ❑ Table covering (optional—this is a messy one!)

Friday

- ❑ [Lyrics to Miss Mary Mack](#)

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





MONDAY

Express Yourself: Make Your Mark

Create your own stamps to explore colors and shapes!



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: Medium



What you need:

- 3 Cardboard tubes (toilet paper or paper towel tube cut into thirds)
- Paint, various colors
- Paper (at least 1 sheet)
- Paper plates (or other dish to hold paint; one for each color of paint)

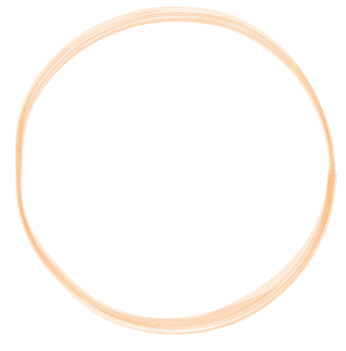
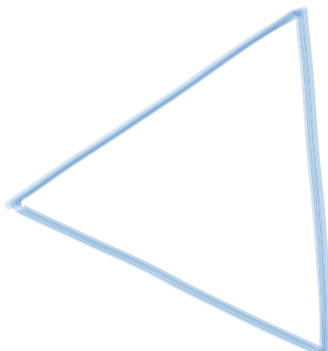
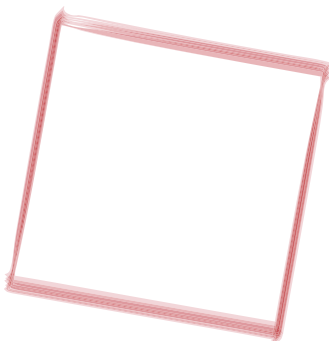


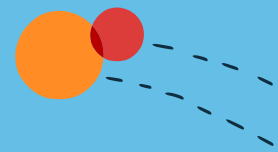
What your child is learning:

- To identify shapes and colors
- To use art to share concepts and ideas
- To use objects in creative ways

What you do: Pour a small amount of paint onto each paper plate and spread it thinly over each plate. Sit with your child and talk with them about circles, squares, and triangles. Then have your child watch as you gently press the sides of the cardboard tubes to create a square at one end of the first tube and a triangle at the end of the second. The other tube can be left as a circle. After you've finished, you'll have stamps representing each of the three shapes. Then, show your child how to dip the ends of the tubes into the paint and press them onto a sheet of paper. Encourage your child to try. As they work, ask them questions, like what shapes and colors they're using, how they're using the tube to make prints, or how many circles they can fit on their paper.

If your child is ready: Branch out and add different materials to the activity. You can use cookie cutters, recyclable materials from around the house, or anything else that looks like fun!





TUESDAY

Get The Wheels Turning: Shape Scavenger Hunt

Embark on a shape-finding adventure!



Length of activity:

20–30 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:

- [Scavenger hunt checklist](#) (either printed or viewed on a device)
- Pencil or pen (if you choose to print the checklist)

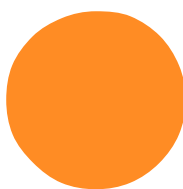


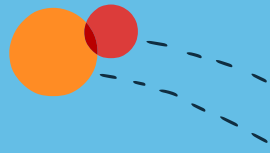
What your child is learning:

- To recognize the shapes in their environment
- To express ideas verbally
- To set and achieve goals

What you do: Review the scavenger hunt checklist on the next page. You may want to print it to take on your adventure, but you can also view it on your phone or tablet. Tell your child you're going on a scavenger hunt! Explain that a scavenger hunt is a type of adventure where you search for special items. If you're not able to get outdoors, you can look for items from a porch or through a window, or even in the pages of a book. Show your child the items on the list and tell them that together you're going to search for them. Whether you're heading out for a walk around the block or looking out a window, work with your child to find each item on the list. Feel free to offer hints if they need a little help.

If your child is ready: Add colors to your list and see how many different colors you can observe on your scavenger hunt!



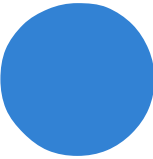









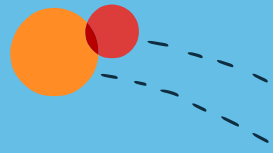
TUESDAY

(continued)

Scavenger Hunt Checklist

What to Find:

- Something round 
- Something square 
- Something rectangle 
- Something triangle 
- An item from nature that is round 
- Something up high that is square 
- A very small shape 
- A very big shape 



WEDNESDAY

Get the Wiggles Out: You Got Your Square

Get your toddler excited about shapes with this spirited cheer!



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:

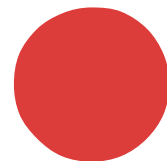
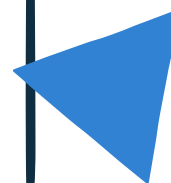
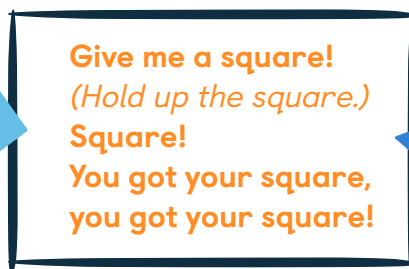
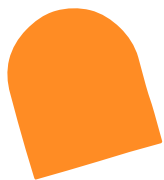
- Objects (toys, household items, etc.) in a variety of shapes
- Words to "You Got Your..." chant (below)



What your child is learning:

- To recognize shapes
- To move to sounds and the rhythm of language
- To coordinate body movements

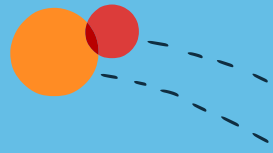
What you do: Find a comfortable space to play with your child. Show them one of the shapes you've collected. Talk with them about what shape it is: "Look! This box is a square!" Then, excitedly perform the following chant, dancing and gesturing in whatever way feels fun and natural to you, and entertaining to your toddler.



Give me a square!
(Hold up the square.)
Square!
You got your square,
you got your square!

Then, show your child the next shape, and do the same chant, replacing "square" with the name of the new shape. As you sing this chant with your toddler, encourage them to dance and cheer along with you!

If your child is ready: Invite your toddler to choose the next shape to chant about. If you're both having fun, extend the activity to include colors, too!



THURSDAY

Get the Wheels Turning: Mixing Up Fun

Learning about shapes can be messy work!



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: High



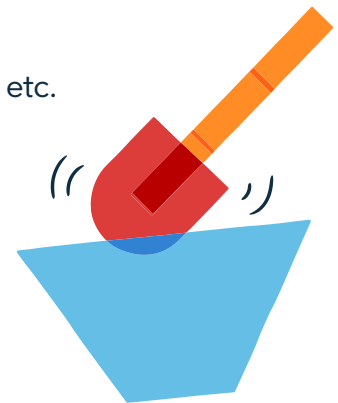
What you need:

- Assorted kitchen tools: a large plastic bowl or container, a round or square metal pan, a spatula, a wooden spoon, a masher, a colander, etc.
- Dry material (sand, flour, soil, etc)
- Water (about 2 cups to start; add more if desired)
- Table covering (optional—this is a messy one!)



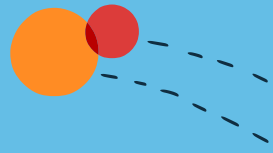
What your child is learning:

- How different materials interact
- To recognize different shapes
- To use tools with a purpose



What you do: Sit with your child at a table. Show them the different materials you've collected. As you show them each item, talk with them about the shapes found in these objects: how the colander has lots of tiny holes, for example, or how the bowl is round. Then, point out the dry materials and the water. Wonder with them what might happen if you add water to the dry material. Model how to pour a little water into the dry material, and then ask them if they want to try. Remind them about the different utensils you've gathered, and encourage them to use them to stir, mash, or sift through their concoctions. Talk with them about what you see as they explore: does wet sand get stuck in the holes of the colander? Does the masher leave rectangles in the flour and water mixture? What happens if they add more water?

If your child is ready: Toddlers love sensory play! Pouring, scooping, and dumping fascinate toddlers, but can be frustrating for parents—without intentional opportunities for children to explore these skills, they look for any good opportunity, which usually results in milk all over the table at lunch time! Though activities like this one may result in a mess to clean up, they allow toddlers to learn and experiment in some of their favorite ways in a safe and parent-approved environment. As you notice your toddler engage in other challenging behaviors like throwing or climbing, “meet them where they are” by finding safe ways for them to meet those developmental needs.



FRIDAY

Express Yourself: Miss Mary Mack

Rhyme and clap along to this classic children's rhyme!



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 "Miss Mary Mack" (below)



What your child is learning:

- To recognize rhyming words
- To clap with the rhythm
- To think creatively



What you do: Sit with your little one facing you. Tell them that together you're going to sing a fun song about a girl in a black dress. Take a moment to look around and see if you can notice anything around you that is black. Then, sing the song to your child, being sure to clap the last three words of each line.

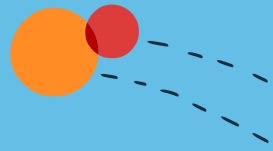


Miss Mary Mack

Miss Mary Mack, Mack, Mack
All dressed in black, black, black
With silver buttons, buttons, buttons
All down her back, back, back

She asked her mother, mother, mother
For fifty cents, cents, cents
To see the elephants, elephants, elephants
Jump over the fence, fence, fence.
They jumped so high, high, high
They reached the sky, sky, sky
And didn't come back, back, back
'til the 4th of July-ly-ly.

If your child is ready: Make this activity physical by encouraging your child to replace the claps at the end of each line with an action like hopping or touching their toes.



Everyday Learning Experiences

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

Toddlers show a lot of interest in snacks, mealtimes, and different types of food. They can be notoriously picky eaters, but when they like something, they can't get enough of it!

What You Can Do:

Keep offering your child a variety of healthy food choices. It takes numerous exposures to new foods for children to develop a taste for them, so even if it seems like a wasted effort, keep offering those fruits and veggies! Engage your child's interest by talking with them about the shapes and colors of their foods.



Over time, your toddler's tentative first steps will evolve into increasingly competent, coordinated body movements and hand-eye coordination.

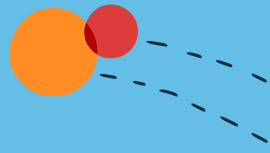
What You Can Do:

Look for safe opportunities to let your toddler run, climb, kick and throw. If you notice them climbing furniture or throwing food, they're letting you know they really need to exercise those skills, so think of a safe way to let them indulge, like throwing balled up socks into a laundry basket.

As toddlers grow in both independence and language skills, they become able to express their needs, wants, and interests using beginning words.

What You Can Do:

Build on their growing language. When your toddler brings you their empty cup and says "more!" you can respond by elaborating and saying "You'd like more milk!"



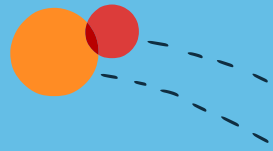
Focus on Social and Emotional Learning

Toddlers are learning the routines that make up their day. These routines give them much needed predictability in their day, which lets them know that they're safe and secure.

What you can do:

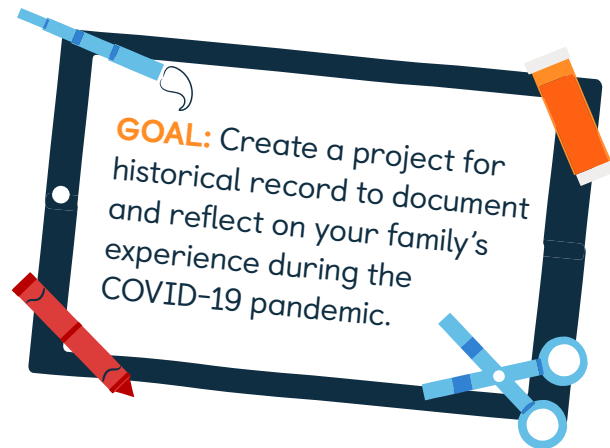
Keep your toddler's day structured. Having routines around meal, play and rest times helps children know how their day will unfold. When they know what to expect, they can participate in the routine and change gears more easily.





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 five themes of your family project. This week, we invite your family to explore the theme **All the Feels** ...

All the Feels

For many, **Memorial Day** marks the unofficial start of summer. And while it's certainly a great time to celebrate family with a barbeque or picnic, it's also important that children understand the significance this day holds for our nation and military families. Above all, today is about **honoring** and **remembering** those who've dedicated their lives to keeping our country safe.

The true meaning of Memorial Day might be a heavy concept for young children to process, especially today. The simplest way to convey its meaning is to focus on the word "memorial." Take time to pause as a family and give **thanks**. As you do, share with your children that you're honoring those who keep us safe. Today, we remember all they've done for us and our country. And especially today, that includes the brave men and women seeing us through this pandemic.

Discuss this!

For this week's *Our Stay-at-Home Story* theme, **All the Feels**, reflect on what the words "memorial," "remembrance," and "gratitude" mean. How can your family show gratitude for our veterans and service members, our nation's greatest heroes? How can you honor those who've devoted their lives to keeping others safe?

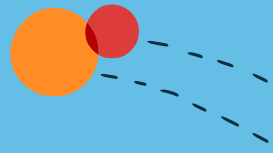
That includes people in our communities like doctors and nurses protecting us during this pandemic. Think about how you can represent an attitude of gratitude in your chosen family project and maybe even find a way to share that thanks with the everyday heroes in your lives!



HOME

A History Lesson for School-Age Kids

Did you know... traditionally, the first Memorial Day was celebrated on May 30, 1868, at Arlington National Cemetery. But there is evidence that the first celebration was in 1865 at the Charleston racetrack, organized by a group of freed slaves. Read more about it [here](#).



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?

