

EFF HOME EDUCATION GUIDE

How best to support your child's continuing education from home



”Enter into your children’s play, and you will find the place where their hearts, minds and souls meet.” - Virginia Axline

Dear Parents,

We at English For Fun would like to help you make these days at home as active and nurturing as possible for your child, and more manageable for you. For this reason, we have worked together between the two centers (La Finca and El Viso) to compile a list of ideas broken down in different sections that you can promote your child’s development and curiosity at home. This is also a way to bring school into your homes and keep us connected. We encourage you to use this document to guide you in supporting your child(ren) and take advantage of the tips helping you make each experience more meaningful and thought provoking. As this is a general guide you will need to adapt the experiences to make them developmentally appropriate for your child. Be creative, have fun, and enjoy your children.

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Routine

Children have a strong need for consistency and having a routine allows them to understand expectations, be able to predict what is coming, and feel secure.

Doing things over and over helps them notice time, keep track of their habits, and feel safe to improvise. Part of our routine at school involves giving the children jobs and responsibilities, and we encourage you to do the same at home. Make sure they help with set up and clean up for every activity and even meals. Set up in a way that allows them to be in charge of setting the table, putting away their cups and plates, and cleaning the table. Allow them to help you with chores like laundry and making the bed. They should be dressing and undressing themselves and putting their coat and shoes away when they come in from being outside. Keep up our health and hygiene routines like washing hands often, especially before meals and when coming back from the outside.

Having wake up time, meal times, nap times, and night sleep at regular hours will also keep your child feeling secure and well rested, and

a well rested child is a happy child! Plus, the adaptation process when they come back to class will go more smoothly. Below you will find a recommended routine that is similar to what we follow at school with suggested timeframes.

8:30 Wake up time

Start your day approximately at the same time as you do when you drop them off at school. Waking up at the same time allows your child to maintain their biological clock stable. Waking up late might give the feeling that something is 'off', and will naturally have them going to bed later and later. Wake up at the same time and follow your usual steps afterwards like washing, putting clothes on, having breakfast. Explain that they will not be coming to school but they will see their teachers and classmates for morning circle time. Get them excited to start their day as a class in this different setting!

9:00 - 9:30 Circle time

Be on time! Circle time is the most special time in our routine, it is our welcome ritual as a group: We say hello one by one, we sing songs, we read books, we have role play, musical instruments, puppets, small theatre, they lead songs, give special greetings, etc. Check on tadpoles for the link to our circle time every morning and for any materials we recommend you bring!

9:30 - 10:00 Free play

Your child has a moment to go nuts with every possible toy you have at home. They need this type of 'mad' play to keep their curiosity flowing. Don't forget to give the warning at 9:45 'in 5 minutes is clean up time!' so at 9:50 you can start putting the toy away. Provide your child with containers and organizers so that they know what toy goes where. We encourage you to clean up with your child as modeling behavior works better than giving

orders (plus working as a team is always faster and more fun!).

15:30 onward *Art / Sensory / Cooking / Literacy Exploration*

10:00 - 10:15 *AM Snack*

Offer a light and healthy snack to your child as well as fruit. Drink lots of water!

10:15 - 11:00 *Art / Sensory / Cooking / Literacy Exploration*

See our recommendations for these explorations in the guide. You can do several per day in the morning and afternoon.

11:00 - 12:00 *Outside time*

Allow your child to stretch those limbs! Let them run, jump, crawl, and just about anything outside! Explore with them as much as possible and give that warning at 10:50 'in five minutes we're going back inside!'. If going outside is not a possibility set up an area inside for them to be able to do these large movements with their body. You can also choose to do some Music & Movement.

12:00-12:30 *Lunch Time*

Have them help with prep, set up, clean up. Make sure they are using manners, allow them to serve themselves like they do at school, and try to make this a moment for enjoying food and conversation, no TV/iPad or music (except for soft classical music if you want).

12:30 - 14:30 *Nap Time*

You can use our naptime song on the Spotify Routine Playlist. Storytime is a good transition to nap but be clear what your limit is before starting (We will read only two stories, and then it is lights out).

14:30 - 15:00 *Free Play*

Leave books for them to read on their own as they slowly wake up from nap time.

15:15 to 15:30 *PM Snack*



Art

We focus on open ended process art which has no specific objective in mind, but rather encourages the child to develop their own creativity and explore and experiment with the materials. In order to promote this type of art at home here are some suggestions for basic materials that you can use: markers, glue, paper - in different sizes and/or colors, scissors, paint, chalk - for sidewalk, paintbrush, q-tips, eye droppers, stickers, face paint,

- Anything can be your canvas; paper, mirrors, elements from nature (rocks, sticks, shells, leaves..), brick or tile, bubble wrap, cardboard, cloth, tin foil, paper plates, etc..

- Anything can be your paintbrush; q-tips, branches, hands, sponges, cotton balls, old toothbrush, plain white labels to make their own stickers, cars or balls, etc..

- Create a scrap box with used paper and leftovers from cutting, they can be reused in a thousand creative ways and will spark their imagination when they get to work.

- Allow them to revisit their work and keep working on the same piece in new ways over several days.

Reinforcing boundaries: 'Paint stays on the paper' / 'We use our scissors sitting down' / 'Out, that is not good for our tummy' / 'When we are done with our work we clean up' / Tips: Don't ask them what they are making, let them know what you see (a long line, here it goes around and around, you chose to use blue) / Do not paint or draw yourself, it removes the focus from your child's work and gives them a goal they cannot achieve / praise how hard they are working, how focused they are, their choice of color, how they have improved in making lines, rather than more empty general praise saying that everything is beautiful.

Good places to buy some of these materials are: Tiger, IKEA, Bazaar, and any 'papelería'.



Music & Movement

When children take part in music and movement activities, they are allowed to have fun, be creative, dance around and burn off some energy. When children participate in music and movement activities in a group, they also develop and refine their social skills. They learn to work as a team, they learn to share and they learn how to be creative in a group environment. Exposure to music can also improve children's ability to learn. Music and movement instruction has been shown to improve children's memory, cognitive development, learning skills and expressive ability.

Dance to music:

This develops listening and dynamics skills, vocabulary and coordination. Play fast music and ask your child to dance according to the pace of the music that is played. A good example is the classical musical piece of Vivaldi's "Four Seasons" since this has a mixture of both fast and slow music, and also loud and soft. Experiment with different styles of music. They will also enjoy action songs

where they can practice following the movements the song calls out.

Here is a list of recommended artists you can look for on Spotify or YouTube:

- Raffi
- The Laurie Berkner Band
- Jim Gill
- Susan Salidor
- Putumayo children's music

Listening to nature:

Have children take a walk to the local park and observe the sounds that they hear; ask open-ended questions to encourage conversation and curiosity which later develops critical thinking. This can also be used as a mindfulness activity.

While listening to music and singing you can also get some sticks (large craft sticks, branches, spoons,..) to use as drumsticks/ rhythm sticks to follow the beat of the music.

'Hearing is an integral aspect of musical development'

- Nicola Burke

Making Instruments:

Shakers

Materials: Toilet paper rolls, some imperishable grainy food, two rubber bands, two round pieces of soft paper.

Method: Take a toilet paper roll and cover each side with a small piece of soft paper and place a rubber band over it. Before covering the second side put some rice, beans, or any other imperishable ingredient that can make a sound in the toilet paper roll. Finally cover the other side sealing with a rubber band.

Children can play their maracas to any of their favorite songs, or one that we have provided on the playlist.

Rain Stick

Materials: long cardboard roll (like from paper towels), small nails, clear packing tape, small hammer, rice and/or beans.

Method: Hammer the nails in at different intervals along the roll. Cover one end of the stick with the packing tape. Pour some rice and/or beans. Cover the other end with packing tape. Decorate the outside with paint/colored string/stickers.

Music we listen to and use in the classroom

EFF Spotify Playlist for Routines: <https://open.spotify.com/playlist/746yAj1Nlv4J4vBHrCqM9n?si=ZEYLUiaGTLiOYzhTWLOwnA>

EFF Spotify Playlist for Movement: <https://open.spotify.com/playlist/2RprJfWNE3jqcyjS6VmcGN?si=AM19OGmdS7mEXiS9jsp4ug>



Sensory Play

Children use all their senses for learning, and sensory exploration stimulates their brain development, helps promote their sensory processing skills, and encourages them to use the scientific process while they play and investigate.

We recommend doing messy activities on a plastic tablecloth, outside, or in individual play trays (size A4 or larger). You can find them in the bazaar or use a cooking tray.

Shadow and light play

Playing with light and shadow is one of our favorite open-ended exploration activities. It's a learning process easy to set up at home and can engage children for an extended period of time. Turn off the lights of one of your rooms and use a light source with a more focused beam of light (like a lamp or a flashlight).

Children can explore how different materials interact with the light:

- Is it opaque?
- Does it change the color of the light? why?

- What happens when you
- What happens if you put a mirror in front of it?

They can also explore the shadows that objects make:

- What kind of shape do they project?
- What happens if you bring it close to the source of light?
- Can you make new silhouettes by overlapping shapes?
- What happens when you put a liquid to the light?

Explore with all kind of materials and experiment with play.

Paper pulp

Paper pulp play is a very hands on activity that takes regular materials and gives them an alternative use. To make it just gather used paper (avoid magazine paper or plastic coated papers like those), tear it up into small pieces and soak them in water for a couple of hours. After this blend the paper until it's completely shredded and remove any excess water by straining it.

After it's ready (make sure to involve your kids in the process) your kids can start the play

- Put it in a tray or a big bowl so they can put their hands inside
- Can you color it in different colors?
- Can you use it to paint?
- What happens when you let it dry?

Polymer clay

You can buy polymer clay online and it is a very pleasing material to work with. It can also be baked in the oven to harden and the shape will be preserved.

- You can use home made tools (utensils that can serve another purpose) like forks, spoons, butter knives, toothpicks, rolling pin, etc.
- You can mix colors to get new ones

- What happens if you press an object onto the clay?
- Can you do the same with a leaf and other natural elements?

Oobleck

Oobleck is a simple concoction of corn starch and water that results in a non newtonian fluid with the most interesting characteristics. It's a wonderful activity that is cheap and easy to make. To make it put 2 cups of cornstarch with 1 cup of water in a bowl and mix until you get a uniform consistency (include your children every step of the way).

Play dough

1.5 cups of flour
 .5 cup salt
 2.5 teaspoons cream of tartar (optional)
 1 cup hot water
 Food coloring (optional)
 scent (optional)
 2-2.5 tablespoons oil

Start by mixing together the salt, cream of tartar, water and food coloring and scent in a large bowl. Then slowly add the flour and mix until it has a dry consistency. Add the oil then knead with your hands.

Sensory Trays

Some sensory materials you could use that could be available to you at home are:

- Rice (also with food coloring if you want)
- Beans
- Lentils
- Shaving cream
- Dirt
- Leaves and natural materials.
- flour
- cornmeal

These could be used by themselves with kitchen utensils like spoons, cups and funnels for pouring, or even mixed together.

Water play

Children love playing with water, and this is very easy to do at home. You can use kitchen utensils for pouring, funnels, droppers, sponges,... You could add soap and play with toys like animals or babies and then wash them with sponges. Or even ask them to do the dishes, or clean other stuff around the house. Water is also very relaxing and when help them calm down if they are overexcited.

Reinforcing boundaries: 'Play dough stays on the table' / 'We can wash our hands when we are done' / Out, out of your mouth please / The water stays in the tray please / If you are all done let's wash our hands before we do anything else.

Tips: Ask them about what they are doing, what is happening, why do you think that happens, what happens if you try this? Praise their hard work, their focus, their interesting ideas, how many things they are discovering, how good they are at manipulating the utensils and all the things they can do with their hands. I see that you are rubbing your hands together, what does it feel like on your hands?



I Love You Rituals

Social emotional skills are essential for whole child development. We use conscious discipline, created by Dr. Bailey, to support this development. I Love Rituals are an essential piece of this approach. They are designed to build bonds between people, creating a sense of connection which optimizes the function of our brain. The three main benefits from these connections with other people are impulse control, motivation, and attentiveness.

The best way to include Love Rituals in your daily routine is through sweet little games and songs, paying special attention to eye contact and touching. In this way you to take time everyday to express unconditional love: it's like a breathe of fresh air, just a positive moment.

Following this link you can find some examples for you and your child.

Love Ritual - Twinkle Twinkle <https://www.youtube.com/watch?v=pFAb5DQz00Y&t=39s>

<https://www.youtube.com/watch?v=pFAb5DQz00Y&t=39s>

Love Ritual - My Hand is Stuck <https://www.youtube.com/watch?v=b8UJByTxFdw>



Cooking

Children love to cook and will feel especially important and helpful if they can help you prepare something to be shared by the family at home. Use the opportunity to really experience the process by touching, smelling, tasting and talking about each ingredient as it goes in, and giving the time to discuss the transformation that is taking place. Be sure to let them pour, mix, press buttons, and do as much of the work themselves, even if it gets a little messy.

Reinforcing boundaries: We wash our hands before and after cooking / hands out, please, we are mixing with the spoon now / Out, we will eat it when we are finished cooking, but I will give you a taste before we put it in the oven.

You will find some vegan recipes in our Resources section at the end. Vegan recipes are ideal to cook with young children because they do not contain any 'unsafe' ingredients that cannot be tasted raw (like egg) so you can feel free to get messy and taste what you are making every step along the way.

CHOCOLATE OVERNIGHT OATS

INGREDIENTS

1/2 cup rolled oats
1 1/2 tbsp cocoa powder
2 tsp chia seeds, optional
1/8 tsp salt
1/2 cup plain yogurt, such as nondairy Coconut Dream
1 tbsp nut butter or melted coconut oil, optional
1/2 cup milk of choice
2-4 tsp chocolate chips or mini chocolate chips
sweetener of choice, to taste



INSTRUCTIONS

Stir together the first three ingredients (and chia, if using) in a mason jar or lidded container. Top with the remaining ingredients, then seal the lid tightly. Shake to evenly combine all ingredients. Transfer to the fridge, and let sit overnight. The next day, simply take off the lid and breakfast is ready! (If you'd prefer, you can also heat it up at this time.) Sweeten as desired, either before or after letting it sit.

BETTER VEGAN CORNBREAD

INGREDIENTS

- 1 1/4 cup unsweetened veggie milk
- 1 tsp apple cider vinegar
- 1 1/2 cups cornmeal
- 1 1/4 cup all-purpose flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/2 cup granulated sugar
- 1/4 cup olive or avocado oil melted



INSTRUCTIONS

Preheat the oven to 200°C. Place baking paper on your baking tray.

In a small bowl, make your "buttermilk" by whisking together the milk and apple cider vinegar. Set aside to allow milk to curdle about 5 minutes.

Combine cornmeal, flour, baking powder, and salt in a large mixing bowl. In a separate bowl combine "buttermilk", sugar, and oil. Add wet ingredients to the dry and stir until combined and the batter is evenly hydrated. Don't over-mix.

Transfer to the prepared baking pan and spread evenly. Bake for 20 minutes until the top is golden brown and edges have baked away from the pan. Remove from the oven and let cool 10 minutes before slicing.

HUMMUS

- 1 jar of chickpeas
- 1 tbsp tahine
- 1 tbsp lemon juice
- 1 clove of garlic
- 1/2 tsp of salt
- 1/2 tsp of cumin
- 1/2 cup of water
- 2 tbsp olive oil
- 1 tbsp paprika (optional)



1. Blend together until smooth
2. Enjoy with veggies or on bread.

* You can switch it out for any type of bean, even peas.

BREADSTICKS

INGREDIENTS

1 1/4 cups flour
2 tsp sugar
1 1/2 tsp baking powder
1/2 tsp salt
3/4 cup veggie milk
3 tbsp melted margarine (OR BUTTER)

INSTRUCTIONS

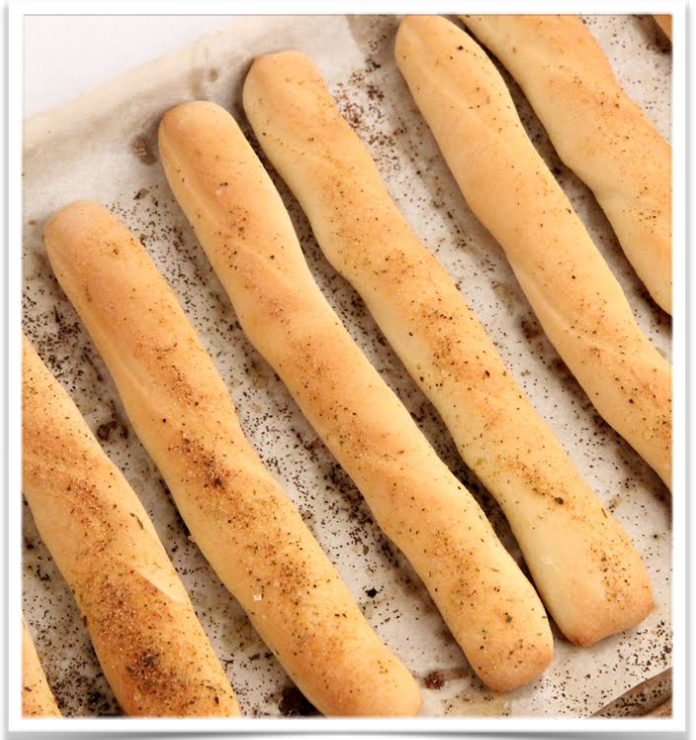
Preheat oven to 230°C.

Combine dry ingredients and gradually add milk to form a soft dough (only use as much as you need).

Knead gently 3 or 4 times on a floured surface.

Roll out into a rectangle and cut into 12 sticks. Put the melted margarine into a large baking dish and turn the breadsticks to coat them.

Bake for 14-18 minutes and serve immediately.



OATS AND RAISIN BALLS

INGREDIENTS

2 cups rolled oats

1 tsp cinnamon

1/4 cup dried fruit (raisins, dry cranberries, dry blueberries, etc)

1/2 cup unsweetened apple sauce or honey

INSTRUCTIONS

In a large bowl combine the rolled oats, cinnamon and dried fruit.

Add the apple sauce or honey and stir to combine.

With your hands press mixture into bite sized balls. Let it set in the refrigerator for 2 hours.

Store in airtight container and store in refrigerator up to 4 days or in the freezer up to 2 weeks.





Literacy

Literacy is a word that covers a lot of ideas about reading writing and books in general. At school we really like to make books and learning about reading, and letters and writing a lot of fun. We do this by singing songs, making rhythms, and rhymes and doing activities based on stories. In this way we say that books, letters, reading and writing is important and that everyone can enjoy it.

Rhyming songs and Finger Plays

You will see how our little songs and games help to cover math and learning the sounds of the alphabet. Benefits of finger play and rhythms

- Language Development
- Muscular Coordination
- Body Awareness
- Rhythmic Proficiency
- Preparation for playing a musical instrument
- Auditory Discrimination
- Self Confidence

1. Five Little Monkeys Swinging in a Tree

Five little monkeys swinging in a tree.
(Place an arm up like a monkey tail hanging from a tree)

Teasing Mr. Alligator, "You can't catch me!" (Make silly faces)

Along comes Mr. Alligator, quiet as can be. (Place palms together, moving them back and forth as if swimming)

And SNAPS that monkey right out of that tree. (Clap hands together like an alligator's jaws)

Repeat until no more monkeys are left.

2. Five little ducks went out to play (See EFF Madrid YouTube channel)

3. I had a little red balloon

I had a little red balloon (Pretend to hold a balloon in between your two hands)

And I blew, and I blew, and I blew
(Pretend to blow up the balloon)

And it grew, and it grew, and it grew
(Spread your two hands further and further apart)

I tossed it up in the air, and didn't let it drop
(Pretend to toss the balloon up with your two hands)

I bounced it on the ground, (Pretend to bounce the balloon on the ground with your two hands.)

And it went "Pop!" (Clap your two hands together)

Variation: Repeat changing the balloon (and your voice) to a great big or a teeny tiny balloon

4. Popcorn

Five little popcorn seeds sitting in a pot
(*Have the children squat down low*)

One got hot and it went "Pop!" (*Jump on the word "Pop!"*)

5. Row row row your boar

(*Sit opposite your child and hold their hands, or put your baby on your lap facing you "Row" back and forwards in time with the music*
Don't forget to squeak, scream and roar when you see the mouse, crocodile or lion!)

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
Gently up the creek If you see a little mouse
Don't forget to squeak!

Row, row, row your boat
Gently down the stream If you see a crocodile
Don't forget to scream!

Row, row, row your boat
Gently to the shore
If you see a lion
Don't forget to roar!

Helping Children Learn Letter Sounds

It takes a while for children to learn the different letter sounds. It also takes time to learn that written letters and

words have sounds that go with them. Here are some ways child care providers can help children learn the sounds of letters and words.

- Sing alphabet songs
- Help children clap the beats or syllables in words
- Point out letters, especially letters in children's names
- Show children words on every day items such as stop signs or cereal boxes
- Read stories with repeated phrases and rhymes
- Play games with words that rhyme
- Place signs or labels on shelves to show children where toys belong

Reading Stories

Stories are an exciting adventure that you and your child(ren) get to take together. It can be nature (The Very Hungry Caterpillar), feelings (The Color Monster), it can be about scary things: 'The Gruffalo', 'Where the Wild Things Are', or 'Room On the Broom'. Stories are an opportunity to talk about the world, and share and experience together.

Allow children to be comfortable, let them turn the pages (carefully), talk about what is on the cover: *What do you think this book will be about? What do you notice? What do you observe? What is happening on this page? What do you see? How is the character feeling? (wow his face is full of feelings) What just happened? What do you think will happen next?*

Be dramatic when reading: use funny or changing voices, and definitely let your voice show emphasis on what is

happening. I.e. "OHHHHH NOOOO" hands to face when something happens.

With stories that become favorites you can explore the ideas inside them.

- 'Jack and the Bean Stalk': Can we plant a magic bean? (maybe draw or make a bean pole)
- 'Goldilocks and the Three Bears': Make oatmeal and add different toppings to explore taste. Explore big medium and little bowl, and chairs in your house, or even go on a size hunt.
- 'Pete the Cat': Explore colors, and color mixing. Maybe make jello in a sensory tray and see how the colors (red, blue) go together. Maybe put shoes into a big pile and sort them into pairs(math) or by color. Find out how many shoes, and how many of each color
- 'The Gingerbread Man': make gingerbread.
- 'Chicken Soup with Rice': make soup.
- 'IN the Night Kitchen': make bread.

Puppets can also add life to a story or create new stories. You can make puppets from socks and a marker, or from paper and a craft stick. We often just use shapes and colors to make puppets so that children can use make their own. For the 3 little pigs, we use pink circles and a brown triangle for the wolf. Maybe if you want to make a princess a long pink rectangle that your child colors. You can use puppets to make up your own stories just about the things that are happening around you.

Storytelling is for everyone

Storytelling helps preschoolers learn new words and get ready to become readers and writers. To further this learning at home, invite your child to tell stories to you and other family members. Here are some suggestions:

Share what happened while on an errand. Any daily event can become a story if a child wants to tell it. A trip to the supermarket can become a quest to find the tortillas. After she tells this story, join in by becoming one of the characters. The tortillas are in aisle 10. Do you want corn or flour tortillas today?

Plan for and describe important events. Meeting new neighbors or going to the dentist can be great topics for a story. After explaining what might happen, invite your child to turn it into a story. Later they can revise the story to include what actually happened. "The dentist put a paper bib around my neck." A story can help your child know what to expect and recall how brave she was.

"Publish" the story. Write down your child's story and offer crayons so she can illustrate it. Email a scanned copy to friends and family. Provide simple props so you can act out the story together. Have a different family member record a video on a smartphone. Send it to other relatives so they can enjoy it too.

Pretend Play is part of the story

Pretend play. Fill a box with clothes such as dresses, shirts, and suit jackets. Add accessories like hats, scarves, neckties, bags, and jewelry to make children's pretend play more exciting

and elaborate. You could create separate prop boxes for different play themes—for example, a small briefcase, notebooks, paper, and pens for a prop box related to office play. Let the children's interests and imaginations guide their selection of clothes and props

Pretend play: 'Going On a Bear Hunt'

Pretend play : 'Room On the Broom' (a broom stick to sit on is all you need)

Pretend play : 'Goldilocks and the Three Bears'

Extending Books -

'The Very Hungry Caterpillar' and '10 black dots'

'The Very Hungry Caterpillar':

After reading spend some time talking about the story. Ask the children things like: Why do you think the caterpillar got a stomachache?

What happened after the caterpillar came out of the cocoon? Can you say the days of the week with me?

Read this book several times to the children. Hearing the same story again and again helps them learn new words and understand the ideas they hear better.

ART - Rip up pieces of colored paper or colored tissue paper into small shapes and glue them onto a bigger piece of scrap paper to look like a colorful butterfly wing.

PRETEND PLAY - Pretend to be a caterpillar and crawl around like a caterpillar would. Roll up into your cocoon and then work your way out as a butterfly. Use your arms as wings and flutter around together as butterflies would.

MUSIC AND MOVEMENT - Sing the "Apples and Bananas" song, which practices vowel sounds. The words are "I like to ate ate ate apples and bananas. I like to eat eat eat eeples and beneenees. I like to ite ite ite ip- ples and bininii's. I like to oat oat oat opples and bonoonoo's. I like to ute ute ute upples and bunuunuu's."

'Ten Black Dots':

WHILE READING - Stop at any time if there is something you or the children would like to talk about. Ask them questions so that they can connect what is happening in the book to things they already know about. Try some of these ideas:

What color are the dots in your eyes?

Tell me about the buttons on your coat.

What about stones as dots? Can we find some? What shapes can stones be?

MATH AND SCIENCE - Write the numbers 1 through 10 on a piece of paper. Ask the children to find a circle somewhere inside or outside for every number on the list. Look for things like clocks, plates, wheels, sun, a basketball hoop, etc.) Write each item on your list.

ART - Make dot art with markers or paint making dots on the paper. Make sticker pictures with circle stickers of all sizes and then ask what the children were thinking about. Count the dots that you make

THINKING SKILLS - Make a matching game. Draw different colored dots on small pieces of paper. Draw a red dot on one piece of paper, and another red dot on an- other piece of paper. Draw other colored dots the same way. Flip all the cards over, mix them up and try to match them by flipping them over

one-by-one and remembering where the other color is.

PRETEND PLAY - Pretend that you are a pizza maker in a pizzeria. Make pizzas with pepperonis, olives, or other circular toppings. Make edible dots by making pizzas using English muffin halves, jarred spaghetti sauce and grated cheese.

Everyday learning: Laundry literacy and Math

- Sort clothes: Having your child help you with sorting clothes can spark many different conversations. For example, you can sort clothes by colors (whites, blues, reds) or by types (shirts, pants, socks).

- Look for shapes: Encourage your child to find various shapes. For example, circle shapes include knobs, dryer windows, and coins; soap boxes, windows, and books are rectangles.

- Hunt for numbers and letters: Play a game with your child to find numbers or letters of the alphabet on signs, laundry products, clothes, and washing machines.

- Count: Laundry time provides plenty of opportunities to count with your child. Your child can count the number of socks that are folded or the number of quarters that go into the washer.

- Find colors: Many conversations can revolve around colors. Ask your child to bring you the blue shirt, or have your child say the colors of items as you pull them from the dryer. Open the washer before it begins the rinse cycle and ask, "What colors are the soap bubbles?" You can also find colors on soap boxes, signs, and machines.

- Read labels: Talk with your child as you read labels, such as tags in clothes

("The tag says to turn this shirt inside out") or words on machines ("Let's turn the knob to 'delicate'"). Hearing new words helps expand your child's vocabulary.

- Read books: One of the best ways to enhance your child's literacy skills is to read books together. Cuddle up together with a book while you wait for the washer or dryer to finish a cycle.

So to sum up! Read and enjoy books. Explore the ideas in the books through play and cooking and math. Books are a window to an imaginary and a real world. Please let us know if you want a book list, or more suggestions.

Book List

'The Very Hungry Caterpillar' by Eric Carle

'The Color Monster' by Anna Llenas

'The Gruffalo' by Julian Donaldson and Axel Scheffler

'Where the Wild Things Are' by Maurice Sendak

'Room On the Broom' by Julian Donaldson and Axel Scheffler

'Ten Black dots' by Donald Crews

'The Gingerbread Man' (classic fairy tale)

'Chicken Soup with Rice' by Maurice Sendak

'IN the Night Kitchen' by Maurice Sendak

'Goldilocks and the Three Bears' (classic fairy tale)

'Pete the Cat: I Love My White Shoes' by James Dean and Eric Litwin

'Jack and the Beanstalk' (classic fairy tale)

'Going on a Bear Hunt' by Michael Rosen and Helen Oxenbury

Learn more

ART -

<https://www.pbs.org/parents/thrive/encouraging-self-expression-through-art>

LOVE RITUALS -

Dr. Becky Bailey discusses love rituals <https://www.youtube.com/watch?v=9VnuRcMuKtI>

Love Ritual - Twinkle Twinkle <https://www.youtube.com/watch?v=pFAb5DQz00Y&t=39s>

Love Ritual - My Hand is Stuck <https://www.youtube.com/watch?v=b8UJByTxFdw>

SENSORY -

<https://www.naeyc.org/our-work/families/playdough-power>

<https://www.educationalplaycare.com/blog/sensory-play-important-development/>