

Early Learning Statewide Parent Resource

Grades PK - K

The following are examples of play activities you can complete with your child using common everyday learning experiences.

Domain 1: Approaches to Learning

Activities:

- Plan your activities based on answers to the questions above and observations of your child.

Thinking Questions:

- How does your child like to learn?
- What do they like to play with?
- Do they share toys with you and siblings?

Domain 2: Physical Development & Health

Activities:

- Do some exercises together; jumping jacks, plank, running in place, pretend jump rope, etc.
- Personal Hygiene (hand-washing, brushing teeth, etc.)
- Healthy Eating: Having your child help you plan a lunch/dinner menu (identify vegetables, meals, starches, etc.)

Thinking Questions:

- Is your child able to complete personal hygiene tasks independently?
- Are they working towards completing them more independently?

Domain 3: Social & Emotional Learning

Activities:

- Play games such as: Hide and Seek, I Spy, Red Rover, etc.
- Identifying feelings using stories
- Self-regulation skills (Skills to help your child calm down, calming breath, etc.)
- Sing Songs together

Thinking Questions:

- How did that story make you feel?
- Are you feeling happy or sad?
- What can we do to feel better?

Domain 4: Communication, Language, and Literacy

Activities:

- Ask your child to help you plan the day.
- Ask your child to help with chores such as making beds, sweeping, setting the table, emptying the dishwasher, etc.
- Read stories to your child. Use books from YouTube <https://www.storylineonline.net/>
- Tell your child stories.
- Have your child tell you a story/role play/play dress up
- Make alphabet letters with materials around your house such as string, yarn, popsicle sticks, etc.; name the letter
- [Video of Kindergarten sight words activity](#)

Thinking Questions:

- Does your child like to make up stories, or pretend, and if so how can you extend their stories?
- What basic activities (household chores) can you include your child in, can you give them step by step instructions to help them complete the activity?

Videos to Watch:

- [Questions to Ask for Fluency](#)
- [Counting](#)
- [Sensory Jars \(How To\)](#)
- [Sensory Bags \(How To\)](#)

Domain 5: Cognition & Knowledge of the Word: (Math, Science, Social Studies, the Arts, Technology)

Activities:

- Play with water in a sink, bathtub or plastic tub with measuring cups & spoons, bowls and cups.
- Dance to music from YouTube, etc.
- Match socks into pairs from a pile of socks.
- Look out the window at your neighborhood.
- You can color small baggies of white rice by adding several drops of food coloring with a tiny bit of water or vinegar.
 - Be sure to let the rice dry on cookie sheets for about an hour before using. Have your child measure and pour the rice into various containers, or pour it through cardboard tubes or funnels. Mixing all the colors together makes "rainbow rice". Pour the rice onto flat trays to "write" letters/name with your finger
 - [Little Bins Little Hands - Rainbow Rice Sensory Bin](#)

Thinking Questions:

- How many times do you think you'll have to use the half cup to fill up that bowl?
- What does dancing do to your heart?
- How many pairs of socks do we have here?
- Who lives on our street? Families? Senior citizens?
- Which container of rice is heavier? Which has more?
- What can you draw in the rice using your finger? What tools could you use to experiment with the rice?

Early Learning Statewide Parent Resource

Grades 1 - 3

The following are examples of play activities you can complete with your child using common everyday learning experiences.

Domain 1: Approaches to Learning

Practical Activities:

- Plan your activities based on answers to the questions above and observations of your child.

Thinking Questions:

- How does your child learn best?
- What are their favorite things to do at home?

Domain 2: Physical Development & Health

Practical Activities:

- Outdoor activities (hiking, riding a bike, running, etc)
- Yoga for kids
- Healthy Eating
 - Have your child help you plan and cook a meal
- Dental health
- Personal hygiene

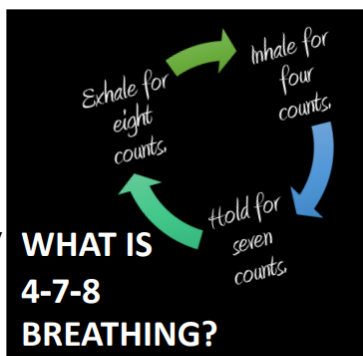
Thinking Questions:

- What types of activities does your child do to keep active?
- How can they continue to do them at home?

Domain 3: Social & Emotional Learning

Practical Activities:

- Talk about feelings related to staying home from school.
- Practice deep breathing
- Character education
- Keep & continually review a daily schedule
- Self regulation skills
 - Skills to help your child calm down, calming breath, etc.



Thinking Questions:

- What type of emotional support does my child need during this stressful time?
- Do they understand what is going on, or have questions?
- How is your child feeling?
- Can feelings change throughout the day?

Domain 4: Communication, Language, and Literacy

Practical Activities:

- Do chores together and talk while doing them.
- Tell your child stories about them from when they were “little.”
- Video Chat with family and friends not with you.
- Write letters to a family member.
- Make alphabet letters with materials around your house such as string, yarn, popsicle sticks, etc.; name the letter and say a word or words that begin with that sound/letter
- Look at old photo albums or photo files and discuss who is in the picture and where they were

Thinking Questions:

- How can we stay in touch with people we can't see right now?
- Why do you like getting letters in the mailbox?
- Who is that in the picture?
- Where do you think they were?
- How do you know?

Videos to Watch:

- [100+ Free Video Read Alouds](#)
- [Video of Sight Words Activity](#)

Domain 5: Cognition & Knowledge of the Word: (Math, Science, Social Studies, the Arts, Technology)

Practical Activities:

- Use items from “the junk drawer” to create new inventions or play (rubber bands, paper clips, index cards, straws, tinfoil, duct tape, etc.)
- Talk about family who live in different cities, states or countries. Organize shoes & drawers

Thinking Questions:

- How do scientists and inventors come up with new ideas?
- How is living in Florida different than living in New York?
- How many half cups of rice do we need to make enough for dinner for everyone at home?

Videos to Watch:

- [It's Not a Box...](#)