

Resources for Learning at Home

for children birth to 5 years of age

Here you will find a resource packet to help assist families that have young children at home. These resources and activities are divided into learning domains that are taken from the North Carolina Foundations for Early Learning and Development. Section 1, is geared towards Infant and Toddler development; this is for children ages birth to three. Section 2, is geared towards preschool development; this is for children ages three to five. We hope that these resources will provide you with the guidance one needs to help their child continue to learn at home.

Infant/Toddler Resources

(Birth-3 years of age)

A blanket resource for low-cost learning materials readily available to support infant and toddler development from the National Association for the Education for Young Children:

<https://www.naeyc.org/resources/blog/low-cost-learning-materials-infants-and-toddlers>

Physical Development

“The domain of Health and Physical Development focuses on physical growth and motor development, sound nutritional choices, self-care, and health/ safety practices. This domain is the foundation for the future health and well-being of all children. Good physical health and motor development supports children’s learning and plays a part in their ability to be successful in almost any type of activity.” (North Carolina Foundations Task Force, 2013, p. 68).

The following resources and activities will spark your child’s attention in the following areas:

- Physical Health and Growth
 - Motor Development
 - Self-Care
-
- Create an obstacle course for your child to crawl, bounce, jump, roll, or balance across.
 - Yoga through stories with Cosmic Kids Yoga Adventures
<https://www.youtube.com/watch?v=LhYtcadR9nw>
 - Moving to Music:

Freeze Dance: Practicing moving their bodies in new ways, as well as stopping and controlling their bodies.

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

Listen and move, however your body feels led, as the music varies in sound, rhythm, and speed!

https://www.youtube.com/watch?v=j24_xH5uvdA

- Tips for Active Play, Indoors and Out
<https://www.zerotothree.org/resources/2639-top-5-tips-for-active-play-indoors-and-out>
- Parenting Strategies for an Active Child
 - <https://www.zerotothree.org/resources/247-parenting-strategies-for-an-active-child>
- Parenting Strategies for and Less Active Child
 - <https://www.zerotothree.org/resources/246-parenting-strategies-for-a-less-active-child>
- Move, Play, and Learn Activities for Infants
 - <https://www.shapeamerica.org/publications/resources/downloads-earlyChildhood.aspx#english>
- Move, Play and Learn Activities for Toddlers
 - <https://www.shapeamerica.org/publications/resources/downloads-earlyChildhood.aspx#english2>
- Infant window grab using bath cling letters and numbers:
<https://busytoddler.com/2015/10/window-grab/>
- Here are simple activities to promote fine motor development in your toddler:
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_tearitup.pdf
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_pourandfill.pdf
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_watersqueeze.pdf
- Here are simple activities to promote gross motor skills in your toddler:
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_tip_toe.pdf
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_tip_toe.pdf
- Fine motor skills for babies
 - <https://theimaginationtree.com/fine-motor-skills-activities-babies/>

Social/Emotional Development

“The Emotional and Social Development domain includes children’s feelings about themselves and their relationships with others. Learning to manage and express emotions is also a part of this domain. Children’s development in this domain affects their development in every other domain. For instance, children who develop a positive sense of self are more likely to try new things and work toward reaching goals. They tend to accept new challenges and feel more confident about their ability to handle problems or difficulties that may come up. Children also learn to manage their feelings and impulses during their early years of life. Very young children (infants and toddlers) often need the support of sensitive adults to learn how to regulate their emotions.” (North Carolina Foundations Task Force, 2013, p. 50).

The following resources and activities will spark your child’s attention in the following areas:

- Developing a Sense of Self
 - Developing a Sense of Self With Others
 - Learning About Feelings
-
- Name and validate the feelings and expressions your infants and toddlers display. Speak out loud and model acknowledging your own feelings. “It makes you so happy when we change your diaper.” or “Oh no! My favorite shirt has a rip in it, that’s frustrating. Maybe I can sew it!”
 - Practice breathing with your child through pretending to smell a flower and blow out a candle.
<https://www.youtube.com/watch?v=Cbr8Evh3Nvo>
 - I Love You Rituals developed through Conscious Discipline integrate gentle touch with classic, positive nursery rhymes that you child will be eager to repeat over and over again!
<https://umchs.com/wp-content/uploads/CD-I-Love-You-Ritual-Examples.pdf>
 - Social play oriented activities for you and your infant together
<https://www.zerotothree.org/resources/164-play-activities-for-birth-to-12-months>
 - The National Association for the Education of Young Children (NAEYC) article on Building Social and Emotional Skill at Home
<https://www.naeyc.org/our-work/families/building-social-emotional-skills-at-home>
 - Telling a story with fingers. Use touch when you play with your infants to help your baby express emotions. Here is a simple activity to support your child’s Social and Emotional Development.
https://www.bestbeginningsalaska.org/wp-content/uploads/ela_storyhand.pdf
 - The Feelings Song sing along
<https://www.youtube.com/watch?v=-J7HcVLsCrY>
 - Use the mirrors in your house to teach your child about a positive self image.

Stand together in front of the mirror as you hold your baby and discuss what you see, labeling their features and changing your emotions for your infant to observe.

Set up a writing space for your toddler in front of a mirror where you encourage them to draw what they see on the provided paper. How can they change the face they see? What do they notice about themselves?

Language/Communication Development

“From birth, children are learning language and developing the ability to communicate. The Language Development and Communication domain describes many important aspects of children’s language and early literacy development. Language development begins with children’s ability to understand what others are communicating to them. Infants and toddlers often can understand much more than they can say. They learn the meaning of words and other forms of communication first, and gradually learn to express themselves, starting with the ability to express their needs through crying, gesturing, and facial expressions, and later using words to express themselves.” (North Carolina Foundations Task Force, 2013, p. 90).

The following activities will spark your child’s attention in the following areas:

- Learning to Communicate
- Foundations for Reading
- Foundations for Writing

- Watauga County Public Library is offering curbside pickup. Check-out your selected books electronically using your library card and simply let the library know when you have arrived to pick up your rented books.
<https://www.arlibrary.org/watauga>
- Read aloud videos with children’s literature authors
 - Eric Carle <https://www.youtube.com/watch?v=vkYmvxP0AJI>
 - Mo Willems doodles live weekdays at 1:00 pm <http://pigeonpresents.com/>
- Take a break from the screen and choose from the collection of audiobooks, organized by conversational topic. Let the book play as you listen with your infant and toddler as you illustrate the story in your imagination.
<https://www.storyberries.com/>
- Let’s learn American Sign Language together
My Smart Hands video pairs simple signs with catchy songs for children to learn as they listen!
<https://www.youtube.com/watch?v=nGKrVR82DPg>

Signing Time pairs repetition and conversations together, giving a few new ASL vocabulary words for children and many examples in context of when you would use this sign.

<https://www.youtube.com/watch?v=CZ8vYeczZrc&list=PL7WtyUQJUyYt4hYBtu9XAhw6FTztg62D>

- Nursery Rhymes
 - <https://bilingualkidspot.com/2018/04/23/popular-nursery-rhymes-for-kids-english/>
- The Children's Playhouse is offering Music Class with Miss Laura at home!
<https://goplayhouse.org/music-at-the-playhouse/>

Approaches to Learning

“Children are born with an inclination to learn and to figure things out, but each child approaches learning in his or her own way. The Approaches to Play and Learning domain addresses how children learn and includes children's attitudes toward and interest in learning. It reflects behaviors and attitudes such as curiosity, problem-solving, maintaining attention, and persistence. Children display these characteristics in the way they learn in all domains and curriculum areas, including music, dramatic play, and art. For infants and toddlers, their approach to learning begins with their openness and interest in the world around them and their desire to make things happen. They learn by tasting, touching, smelling, listening, and looking at just about anything in their environment. They also learn through their physical actions as they try new actions and see what happens when they do something with objects. When adults support their efforts, children feel safe and secure and are more willing to try new things and take risks. With a consistent environment and responsive adults who encourage exploration, young children have the emotional security necessary for exploring, growing, and learning.” (North Carolina Foundations Task Force, 2013, p. 28).

The following resources and activities will spark your child's attention in the following areas:

- Curiosity
- Information-Seeking
- Imagination
- Problem-Solving
- Flexibility Attentiveness
- Effort
- Persistence

- Here are some simple activities to promote learning in this area:
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_rollawaygame.pdf
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_fillandspillbottles.pdf
 - https://www.bestbeginningsalaska.org/wp-content/uploads/ela_what_do_you_see.pdf
 - <https://www.zerotothree.org/resources/1078-activities-for-bonding-and-learning-from-12-to-24-months>

- Color hunting: While cleaning up dumped toys or transferring clean laundry from the washer to the dryer, ask your toddler for certain colors. “Let’s put all the yellow toys in the bin first!” or “Do we have any blue clothes to dry?” extends transitions into moments of learning.
- Hidden Toy Game
<https://busytoddler.com/2016/02/hidden-toys-baby-activity/>
- Sorting socks: Dive into your collected clean, unmatched socks while welcoming a lesson on what it means to be the same and different. Search together to find sock mates and challenge their hand-eye coordination in folding the socks together.
- A simple yet very effective way to support your child’s learning while keeping them engaged is to provide them with **loose parts** to explore. This site contains information about why loose parts are important, and about using them the right way. It also contains an extensive list of materials that can be considered loose parts. You probably have many of these, as well as other examples in your home.
<https://learningthroughexperiences.com/loose-parts-for-toddlers/>
- Get outside together! 10 Ideas to Get You and Your Child Exploring Outdoors
<https://www.naeyc.org/our-work/families/ideas-exploring-outdoors>

Remember fresh air and exposure to nature is important for an infant’s development as well. Here are a few ways to engage infants outside in nature:

<https://hikeitbaby.com/blog/simple-outdoor-activities-for-infants/>

- Toddler Science Activities
https://www.kiwico.com/diy/explore/toddler-science-activities?utm_source=Google-g&utm_medium=SEM&utm_content=79487601240&utm_campaign=BB_Dynamic_NB_US&utm_term=&utm_ad=&utm_adset=b&utm_placement=&gclid=EAJaIQobChMIiPSfqui46AI V0ICfCh1I6gtEEAMYASAAEgIGJvD_BwE
- Live Cam - San Diego Zoo
 - As you watch these live cams with your children, I would encourage you to use open ended questions in order to really get their brain pumping! Some examples are...
 - I wonder what (animal) eat.....?
 - What do you hear?
 - If you were that animal how would you move?
 - Can you describe what (animal) looks like...?
 - I wonder why the (animal) is (describe what animal is doing)....?
 - If you were a (animal) what would you do?
 - <https://zoo.sandiegozoo.org/live-cams>
- Virtual Field Trips: While you may be primarily at home for the coming weeks, your child can see and learn about other areas of the world.

- <https://kidsactivitiesblog.com/135714/virtual-field-trips/>
- Open-ended activities for toddlers
 - <https://www.cbc.ca/parents/play/view/five-open-ended-child-led-play-for-toddlers>
- STEM (Science, Technology, Engineering, and Math) Activities for Toddlers
 - <http://www.cubicfrog.com/10-fantastic-easy-stem-activities-for-toddlers/>

Sensory

- Cooking together in the kitchen- 12 hands on recipes for toddlers.
<https://www.cookinglight.com/food/recipe-finder/recipes-for-toddlers>
- Homemade Playdough Recipe
<https://www.familyeducation.com/fun/playdough/play-doh-recipes>
Extend playdough recipe by pairing the open-ended dough with a new supporting material such as measuring cups and muffin tins, cookie cutters, small animals, baby dolls and spoons, or even stamps!
- Homemade Kinetic Sand recipe
<https://littlebinsforlittlehands.com/sand-dough-sensory-play-geometric-shapes-activity/>
- Oobleck recipe with two ingredients to explore the movement between solids and liquids
<https://www.thebestideasforkids.com/how-to-make-oobleck/>
- Exploring water indoors
<https://www.whatdowedoallday.com/indoor-water-play-ideas-for-kids/>
- Sand: Create a sandbox using a small container inside or a larger area outside. This resource lists 25 ways you can extend the open-ended sand play
<https://www.growinghandsonkids.com/25-sand-hands-on-activities-for-kids.html>
- Infant highchair water play
<https://www.learnwithplayathome.com/2012/07/baby-play-water-tray-play.html>
- Infant snuggly sensory bin
<https://busytoddler.com/2015/09/fluffy-bin/>
- Sensory exploration is critical for the development of infant's brains as they take in information about the world around them. This site provides sensory activities that are appropriate for infants and young toddlers.
<https://redtri.com/ideas-for-sensory-play-with-baby/slide/1>

These activities address multiple domains for Infant/Toddler Development

Infants

<https://www.zerotothree.org/resources/164-play-activities-for-birth-to-12-months>

Toddlers

<https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months>

<https://www.zerotothree.org/resources/169-play-activities-for-24-to-36-months>

<https://www.zerotothree.org/resources/1079-activities-for-bonding-and-learning-from-24-to-36-months>

Preschool Children

(3-5 years of age)

Physical Development

“The domain of Health and Physical Development focuses on physical growth and motor development, sound nutritional choices, self-care, and health/ safety practices. This domain is the foundation for the future health and well-being of all children. Good physical health and motor development supports children’s learning and plays a part in their ability to be successful in almost any type of activity.” (North Carolina Foundations Task Force, 2013, p. 68).

The following resources and activities will spark your child’s attention in the following areas:

- Physical Health and Growth
- Motor Development
- Self-Care
- Safety Awareness

- GoNoodle
 - GoNoodle has a large selection of interactive videos that get kids doing yoga and dance! They are, for the most part, fun rather than educational videos! <https://app.gonoodle.com>

- Creating obstacle courses for children that allow them to jump, crawl, tumble, etc.

- Freeze Dance songs <https://www.youtube.com/watch?v=2UcZWXvgMZE>

- Listen and Move https://www.youtube.com/watch?v=j24_xH5uvdA

- Interactive Yoga for Children <https://www.cosmickids.com/>
- Studio K will have 10 minutes of activity at 10:00 am each morning. This will be Facebook live from the Studio K facebook page.
- Visit this site to learn ways to strengthen your child's fine motor abilities at home. <https://teaching2and3yearolds.com/55-ways-strengthen-fine-motor-skills-home/>
- Hand exercises to strengthen fine motor abilities <https://www.ot-mom-learning-activities.com/kindergarten-hand-exercises.html>

Social/Emotional Development

“The Emotional and Social Development domain includes children’s feelings about themselves and their relationships with others. Learning to manage and express emotions is also a part of this domain. Children’s development in this domain affects their development in every other domain. For instance, children who develop a positive sense of self are more likely to try new things and work toward reaching goals. They tend to accept new challenges and feel more confident about their ability to handle problems or difficulties that may come up. As children grow, their ability to regulate and manage emotions is developing, but they often still have difficulties controlling their feelings.” (North Carolina Foundations Task Force, 2013, p. 50).

The following resources and activities will spark your child’s attention in the following areas:

- Developing a Sense of Self
- Developing a Sense of Self With Others
- Learning About Feelings
- This is a great resource for teaching social/emotional skills at home. A strong social/emotional skill set is suggested to link directly to school readiness and overall well-being. <https://www.naeyc.org/our-work/families/building-social-emotional-skills-at-home>
- This resource provides activities and examples for **all ages** of children - infants through preschool age to promote social and emotional development! <https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-teachers.pdf>
- Access this resource to see amazing videos of how you can promote healthy social and emotional development for your preschooler. <https://www.virtuallabschool.org/preschool/social-emotional/lesson-4>

Language/Communication Development

“From birth, children are learning language and developing the ability to communicate. The Language Development and Communication domain describes many important aspects of children’s language and early literacy development. Language development begins with children’s ability to understand what others are communicating to them. By the time they are preschoolers, most children have developed a large vocabulary and are learning the rules of language, such as grammar.” (North Carolina Foundations Task Force, 2013, p. 90).

The following activities will spark your child’s attention in the following areas:

- Learning to Communicate
- Foundations for Reading
- Foundations for Writing

Books Online/Libros en línea:

- <https://nckids.overdrive.com/> This is a great resource through the Watauga Library
- <https://www.vooks.com/parent-resources> - Families with internet access can easily sign-up for access to one month free of online stories
- <https://www.storylineonline.net/> - This resource has books online read by various famous people
- This website has several links for digital libraries to promote reading at home!
<https://sites.google.com/dpi.nc.gov/nck-3fap/remote-learning/digital-remote-learning?authuser=0>
- **Scholastic:** “Day-by-day projects to keep kids reading, thinking, and growing.”
 - <https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home-free-resources-for-school-closures.html#>
- The Dolly Parton Imagination Library - Dolly Parton’s Imagination Library is a book gifting program that mails free books to children from birth to age five.
<https://imaginationlibrary.com/>
- Let’s learn American Sign Language together
 - My Smart Hands video pairs simple signs with catchy songs for children to learn as they listen!
<https://www.youtube.com/watch?v=nGKrVR82DPg>
 - Signing Time pairs repetition and conversations together, giving a few new ASL vocabulary words for children and many examples in context of when you would use this sign.
<https://www.youtube.com/watch?v=CZ8vYeczZrc&list=PL7WtyUQJUyYt4hYBtu9XAhw6FTztg62D>

Resources to Support Journaling/Writing with Young Children

- <https://www.whatdowedoallday.com/pre-school-journaling>
- <https://www.naeyc.org/resources/pubs/yc/nov2017/emergent-writing>

- <https://stayathomeeducator.com/journaling-preschoolers/>

Approaches to Learning

“Children are born with an inclination to learn and to figure things out, but each child approaches learning in his or her own way. The Approaches to Play and Learning domain addresses how children learn and includes children’s attitudes toward and interest in learning. It reflects behaviors and attitudes such as curiosity, problem-solving, maintaining attention, and persistence. Children display these characteristics in the way they learn in all domains and curriculum areas, including music, dramatic play, and art. As children move into the preschool years, they begin to establish learning behaviors that are more obviously tied to later school success. They become more confident in their ability to learn and enjoy exploration and discovery through play. This is also a time when children develop some specific areas of interest and learn different strategies to find out more about those interests. They typically are able to concentrate for longer periods of time and are able to persist with tasks even after encountering obstacles.” (North Carolina Foundations Task Force, 2013, p. 28).

The following activities will spark your child’s attention in the following areas:

- Curiosity
 - Information-Seeking
 - Imagination
 - Problem-Solving
 - Flexibility Attentiveness
 - Effort
 - Persistence
- Live Cam - San Diego Zoo
 - As you watch these live cams with your children, I would encourage you to use open ended questions in order to really get their brain pumping! Some examples are...
 - I wonder what (animal) eat.....?
 - Can you describe what (animal) looks like...?
 - I wonder why the (animal) is (describe what animal is doing)....?
 - If you were a (animal) what would you do?
 - If you were a zoo keeper what would you do?
 - <https://zoo.sandiegozoo.org/live-cams>
 - Virtual Field Trips
 - While you may be primarily at home for the coming weeks, your child can see and learn about other areas of the world.
 - <https://kidsactivitiesblog.com/135714/virtual-field-trips/>
 - A simple yet very effective way to support your child’s learning while keeping them engaged is to provide them with **loose parts** to explore. This site contains an extensive list of materials that can be considered loose parts. <https://www.fantasticfunandlearning.com/loose-parts-play-kids.html>

- This link describes the value and learning behind loose parts.
 - <http://www.communityplaythings.com/resources/articles/2015/loose-parts>
- For ideas to support creative play and learning with loose parts, click on this link!
 - <https://www.howweelearn.com/loose-parts-play-ideas/>
- STEM (Science, Technology, Engineering, and Math) Activities for Preschoolers
 - <https://thestemlaboratory.com/preschool-stem-activities/>

Sensory

- Simple and fun ideas for sensory play at home!
 - <https://www.prekinders.com/sensory-table/>
- Froyo Bites - Easy Cooking Recipe at Home!
 - www.superhealthykids.com/recipes/froyo-bites/
- Homemade Playdough Recipe
 - <https://www.familyeducation.com/fun/playdough/play-doh-recipes>
- Exploring water indoors
 - <https://www.whatdowedoallday.com/indoor-water-play-ideas-for-kids/>
- Ideas for sensory bins
 - <https://littlebinsforlittlehands.com/all-about-sensory-bins-5-things-need-know/>

Free Subscriptions Addressing Multiple Domains

- This free subscription offers interactive yoga classes, story time, cooking classes, and art activities
 - <https://app.circletimefun.com/login>
- Want a day to day layout of activities that meet goals in all of these domains? Click this link and it has activities for **ALL AGES** for each day to support their growth and development at home! <https://sites.google.com/dpi.nc.gov/nck-3fap/remote-learning?authuser=>

Resources for families related to COVID-19

PBS for Parents

How to Talk to Your Kids About Coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

PARENT/CAREGIVER GUIDE TO HELPING FAMILIES COPE WITH THE CORONAVIRUS DISEASE 2019

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Tips for Families: Coronavirus

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Coronavirus (COVID-19) Resources

<https://childrensnational.org/visit/resources-for-families/wellness-resources/coronaviruses>

Help your Children Understand Why They Can't Go to School

You will need to sign up for a FREE account through conscious discipline. There are also several other social stories available for helping children regulate their emotions.

<https://consciousdiscipline.com/resources/why-cant-i-go-to-school-social-story/>

References:

North Carolina Foundations Task Force. (2013). *North Carolina foundations for early learning and development*. Raleigh: Author.