

Routinely Routine



 wash hands	✓
 snack time	✓
 water flowers	
 ignite	

Skill Identifies daily routine activities.

A child's understanding of their daily routine activities contributes to a sense of safety and independence. Helping children establish and maintain daily routine activities provides them with consistency which is a key ingredient to happy and helpful learning!



What you will need:

- Dry-erase board, chalkboard, or paper
- Magazines, newspaper ads, or grocery fliers
- Marker or chalk
- Optional: Stickers, sticky notes

- 1. Explain to your child that when they are at home, they have certain routines.**
- 2. Create a visual schedule.** Support your child in identifying daily routines (at home) by creating a visual schedule. Start by making a two-column grid on a dry-erase board, chalkboard, or piece of paper.
- 3. Find visuals of routine activities.** Work with your child to find pictures that illustrate different daily routines in magazines, catalogs, grocery fliers, or other paper advertisements. Place these images on the left side of the grid.
- 4. Discuss the importance of each activity.** As you and your child work together to find images for the visual schedule, talk with her about the importance of each daily routine activity.
- 5. Check off activities as they are completed.** On the blank side of the grid your child can add a small sticker, sticky note, or checkmark next to each daily routine activity as it's completed.

What you can say:

"When we are at home, we will do similar activities everyday just like you do at school! What are some things you do at school?"

"All of those things help you learn and grow. You do so many things throughout the day at school. We are going to do many things at home that will help you learn and grow, too!"

Examples:

Bars of soap (for handwashing); toothpaste/brush (for brushing teeth); fruits, vegetables, and other nutritious food choices (for snacks and meals).

What you can say:

"Washing our hands is very important because it helps to prevent the spread of germs and can remove germs from our hands."



Level Up:

Add more activities to the grid.



Level Down:

Start with a couple routine activities and add more day-by-day.

Scavenger Hunt



Scavenger hunts are a fun, easy, inexpensive (dare we say, “free?”) experience that provide children a guided way to explore the world around them while learning how to make observations. Scavenger hunts can also get your child moving and give you the opportunity to teach her about your neighborhood or community.



What you will need:

- A list of items to find!
- Good shoes
- Water
- Optional: Pencil and notepad

1. Prepare for the hunt.
Create a list of objects, places, people, etc. in your yard, neighborhood, or local park for your child to identify. We recommend you start with five or six objects the first time you play.

2. Invite your child to join you on a scavenger hunt!

3. Keep focused!
While on the hunt, continue to remind your child which items remain on the list.

4. Record your child’s progress.
Ask your child to identify what she sees. Engage with her by taking notes on her observations or photographing objects by her request.

5. Do it again!
Scavenger hunts can easily be repeated, while not being boring! Change the scavenger hunt objects, add more objects, or try new locations each time you play.

Examples:

four bushes
eight trees
five cars
two people
two animals
one stop sign
triangle-shaped sign
circles
big trees
tiny pebbles



Level Up:

- Pair mathematical terms with the scavenger hunt items such as “big,” “little,” “one,” “four,” “round,” or “rectangle.”
- Add more objects to find.



Level Down:

- Reduce the number of objects to find.

The Nitty Gritty of Cooking with Your Child

Working with your child in the kitchen provides parents with an excellent opportunity to teach handwashing and handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep you and the rest of your family healthy!



The Center for Disease Control recommends five steps for handwashing—wet, lather, scrub, rinse and dry.

Before you and your child begin cooking and kitchen-time, use these five steps to WASH THOSE HANDS:

- 1.** Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap..
- 2.** Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- 3.** Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end, twice.
- 4.** Rinse your hands well under clean, running water.
- 5.** Dry your hands using a clean towel or air dry them.