

# At Home Learning Guide for Discovery Preschoolers (2 years old)

Week of March 30, 2020



# This Week's Theme:

# Plants and Gardens

[Getting Ready for the Week: Guidelines and Materials Prep](#)

[How to Think Like a Teacher: Learning Happens Everywhere](#)

[Focus on Routines: Mealtime Routines](#)

[Everyday Learning Experiences: Taking Care of Plants](#)

[Video Field Trips and Outside Resources](#)

[Social and Emotional Resources](#)

## MONDAY

- [Physical Development and Wellness Activity: Follow the Path](#)
- [Phonics Adventures Activity: \*Jan Ran\* Read Aloud](#)

## TUESDAY

- [Creative Expression Activity: "Dirt"](#)

## WEDNESDAY

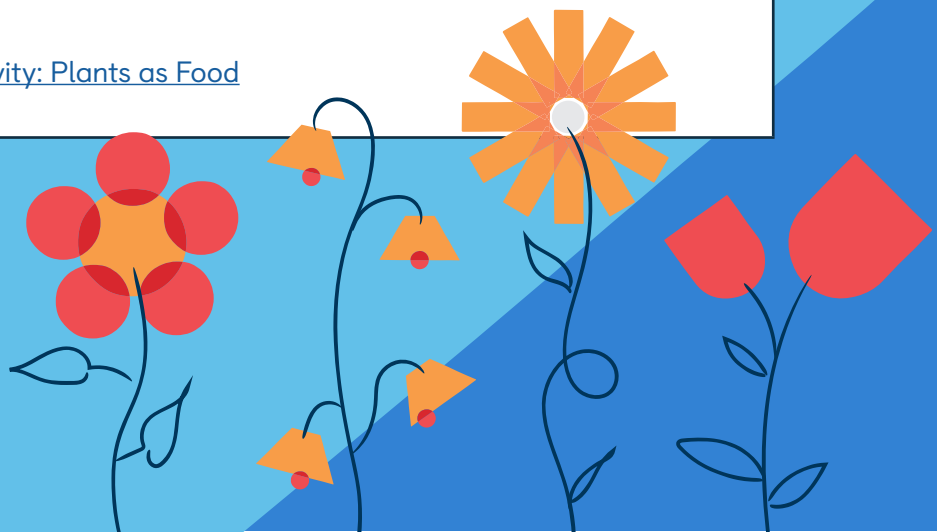
- [Language and Literacy Activity: What do Plants Need?](#)

## THURSDAY

- [Executive Function Activity: Parts of a Plant](#)
- [Music Explorers Activity: "Five Little Ducks Went Swimming One Day"](#)

## FRIDAY

- [Cognitive Development Activity: Plants as Food](#)



# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

### Getting Ready for the Week

During the month of April children in our centers explore the wonders of gardening, including how plants grow, parts of plants, and different types of gardens. This guide includes several experiences that will help your child explore gardening at home. Here are a few guidelines to keep in mind as you plan for these learning activities and the week ahead.

Our guide for Discovery Preschool-aged children includes both activities for you to lead, and quieter activities they can practice with less direction. We'll help you develop a consistent routine that will make them feel more secure, including tips on providing learning moments while children help with household tasks and reminders to work on toilet training.

For this age group, our activities include:

- Tips on how to "Think Like a Teacher"
- Lots of activities focusing on keeping children active, hands on, and using their gross motor functions!
- Opportunities to work on social emotional learning, and we've even included some Learning Adventures content.
- Suggestions for trusted resources like Sesame Street and PBS.
- Recommendations for choosing books that reinforce the theme (at-home, e-books).
- Helping you solidify connections between developmental domains for this fast-growing group.

### Materials to Gather for the Week

Gather these materials Sunday evening and put them in a basket or container so they are ready to go for the week!

- Plants, either house plants or outdoor plants you can observe
- Foods served during mealtime
- Picture of a plant and its parts (this can link to the image)
- Sidewalk chalk or masking tape
- [Video link](#) to the book *Jan Ran* by Lyssa Horvath, illustrated by Krista Martenson
- [Video link](#) to the storybook and song "Five Little Ducks Went Swimming One Day"

# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

### How to Think Like a Teacher: Learning Happens Everywhere

Children may be out of school but learning never stops. In fact, every moment of your child's day is full of opportunities to learn. Check out these resources to help you spot- and make the most of- these "teachable moments."

**How Children Learn** Check out this [video](#) from Harvard's Center on the Developing Child to learn why experiences are so important to your child's development, no matter where they happen.

**3 Surprising Ways that Children Learn** Children learn through experiences, even the ones you might not expect. Here are three types of experiences you can pay attention to as you look for teachable moments with your child.

- 1. Challenging behavior:** Some of the things that frustrate us the most are actually children exploring the world around them. Think about it: Flinging peas across the table with a spoon? That's science! Literally climbing up the walls? That's physical development! Does that mean you should initiate a food fight at lunch or turn your living room into a jungle gym? Probably not. But you can re-frame the way you look at these behaviors to see them not as random acts meant to drive you crazy, but instead as learning in action. Once you see the underlying skill that your child is working on with their behavior, you can look for creative- and appropriate- opportunities for them to learn it.
- 2. Trying things that are "too hard":** We all get frustrated when faced with a really difficult task, and children are no exception. But doing something that's incredibly easy poses a different problem: Boredom. What's the sweet spot? Things your child can do, with your help. Don't be afraid to challenge your child's abilities. Instead, pay attention to what they can already do with ease and what's still too hard for them to do on their own. Then, when you have time, work with them to practice the skills that will help them accomplish the task by themselves. These kinds of experiences build connections in your child's brain and strengthen their connection with you- a powerful combination when it comes to learning!
- 3. Quiet Moments:** All experiences are teachable moments, even those without big body movements or materials like toys and art supplies. Slowing down, taking a few deep breaths, and paying attention to how their body feels can help your child learn to focus, self-regulate, and be aware of their own feelings. Check out our daily Social and Emotional Resources to learn how you can incorporate mindfulness into your child's everyday life.

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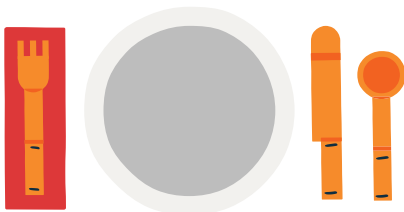
## Interactive Learning Activity - What Are They Learning?

Children learn from every experience, even the most routine ones. Check out the examples below of everyday activities. Think about what children might be learning, and how you can find other ways for them to practice those skills. Then fill in the missing examples for your child.

### What are they doing?

### What skills are they learning?

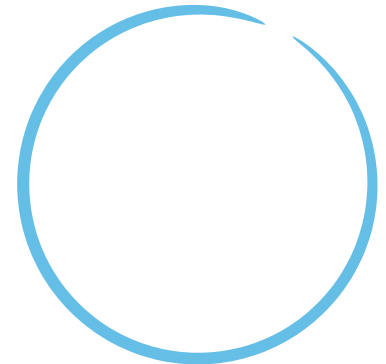
### How can I find ways to help them practice?



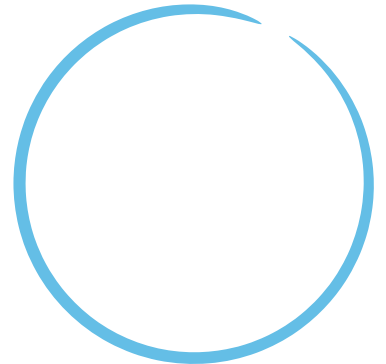
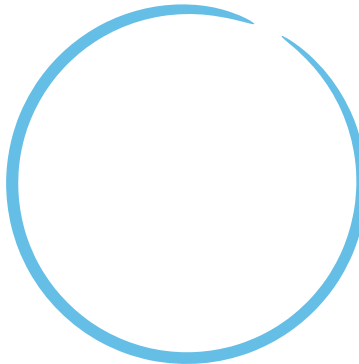
Meal Time



Getting Dressed



Going to Sleep



**Try It!** This week, spend 1 minute watching your child during a time where it seems like nothing much is going on. Take a closer look- what are they really doing? How can you find even more ways to practice the skill they're working on?

# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

### Daily Routines

From our tiny babies to our big kids, consistent, predictable routines will help everyone, including grownups, find some stability and sense of order in such unpredictable times. Here's a simple sample schedule you can modify in the way that feels right for your family and an example of an engaging routine in-line with what your child would be doing in their center!

Two-year-olds thrive on predictability and consistency which will help you manage long days at home and even get some work done!

### Routine to focus on: Mealtimes

When mealtimes happen at the same time every day and take place in the same way, children know what to expect and what's expected of them. In our centers, children learn from an early age to take an active role in mealtimes, and you can continue those experiences while you're home with your kiddos. Try serving meals family style and consider allowing your child to scoop their own food onto their plates. They may need a little help from you but helping them learn these skills helps them learn to be self-sufficient!

TIME	CHILD	CAREGIVER
8:00–9:00 a.m.	Morning routine: diaper, breakfast, get dressed	Engage with your child through your morning routine; steal a few minutes to check emails and calendar over breakfast.
9:00–10:00 a.m.	Play time	Play time! Look for activities that will be easy to do if you have to take a call – don't worry, we've provided suggestions!
10:00–10:15 a.m.	Snack time	Snack time! Involve your child by counting crackers together or allow them to place slices of cheese on top of crackers.
10:15–11:30 a.m.	Play time	Play time! Look for activities that will be easy to do if you have to take a call. If all else fails, some screen time is ok at this age group, so the time might be right for a dance party or a favorite cartoon.
11:30 a.m.–noon	Lunch	Keep your kiddo close by while you prepare lunch, talking to them about what you're doing and finding opportunities for them to help.

# Home Learning Guide for Discovery Preschoolers

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TIME	CHILD	CAREGIVER
noon-3:00 p.m.	Nap time	Nap time for little one! It may be tempting to join them, but this is also your moment to get some work done uninterrupted!
3:00-5:00 p.m.	Snack and Play	One more snack, a bit more play, and you and your child have just about made it through the day!

### Everyday Learning Experiences: Taking Care of Plants

Whether it's a backyard garden or houseplants, teaching children how to care for plants is a great way to give hands-on experiences with how plants grow.

### Outside Resources

Why won't they eat? Why will they only eat bread? Why does everything have to have ketchup on it? Helpful hacks for getting your two-year-old to eat...the struggle is real! Resource: [Research based hacks for "picky" eaters](#)

### Social and Emotional Resources

#### Learning Routines

Opportunities to teach social and emotional skills are intertwined in everything that we do. Relationships and repetition are key ingredients for learning any skill. Routines give children a sense of security and helps them learn self-control, positive behaviors, and social skills.

**TRY THIS:** Create a consistent handwashing routine. Teach your child appropriate times to wash and how to wash the tops and bottoms of their hands. Practice washing hands while singing to the tune of their favorite songs or chants. Be sure it lasts 20 seconds or more. Ex. We will, we will, wash you. Repeat 3x.

#### Reading Behavior Cues

Spending more time at home than usual may lead to new behavior issues or intensify current concerns. Since behavior is a form of communication, it's important to observe your children closely to understand the meaning behind their big feelings. Reading behavior cues is the key to understanding your child's behavior.

**TRY THIS:** Identify what happens right before your child's behavior issue to find out what triggered the emotional response. Think about things such as time of day, temperature, boredom, yawning, and hunger.

# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

### Exploration Space

Setting up an engaging and safe space for independent exploration and movement is not only helpful in building confidence in your child but offers you an opportunity to engage in online meetings, prepare meals, complete other tasks on your to-do list or take a much-needed break.

**TRY THIS:** Fill a bin with a few toys and soft objects in an open space for free movement. This bin can be filled with a new set of toys to play with each day to create excitement around playtime.

### Development of Play

Play nurtures your child's development and offers them the opportunity to test their ideas and learn new skills. Learn more about the power of play [here](#).

**TRY THIS:** Schedule a daily family play date. This can be for any length of time. Let your child take the lead and watch as they use their imagination while you play along. Knowing that there is time dedicated to play as a family can be helpful with limiting interruptions when you're busy.

### What is Mindfulness?

Mindfulness is simply taking a moment to slow down and notice what your mind is doing and how your body feels. By noticing these things children can begin to create space between strong emotions and their actions.

**TRY THIS:** Have a mindful snack and encourage your child to chew slowly while they describe the color, smell, texture, and taste of the food. If you are feeding your child, take a moment to describe the food to them.



# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

Monday, March 30, 2020

### Physical Development and Wellness Activity: Follow the Path

**Length of activity:** 5–10 minutes

**Level of Engagement Required by Adult:** Medium

**What you need:** Sidewalk chalk or masking tape

**What you do:** Make a path on the sidewalk using chalk or on the floor using masking tape. The path should include straight sections, curved sections, and zig-zag sections. If it is possible to do so safely, create a path that goes around objects, between objects, and through or under objects. Invite your child to explore different ways to follow the path, such as tiptoeing, walking, crawling, and hopping. As your child follows the path, point out when they go around, between, through, or under objects.

**What your child is learning:** While following the path, your child is developing their gross motor and balancing skills while developing an understanding of positional and directional words.

**If your child is ready:** Invite your child to help create a path that includes action spaces, such as X's that mean your child should hop from one to the next, or a section of dashed lines where your child steps from line to line.

### Phonics Adventures Activity: Jan Ran Read Aloud

**Length of activity:** 5 minutes

**Level of Engagement Required by Adult:** High

**What you need:** [Video link](#) to the book *Jan Ran* by Lyssa Horvath, illustrated by Krista Martenson

**What you do:** Play the video and invite your child to watch along as the book is read aloud. After viewing, help your child recall the characters and what happened.

If you like, you can mute the audio while you play the video and read the book aloud yourself.

#### Questions to ask:

- ❑ Who was the story about?
- ❑ What did Jan do in the beginning of the story? What happened next?
- ❑ What was Jan doing in the pictures?

#### What your child is learning:

- ❑ How to participate in listening to and talking about a book
- ❑ Begin to recognize that books use pictures and words to tell a story

# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

Tuesday, March 31, 2020

### Creative Expression Activity: "Dirt"

**Length of activity:** 3–5 minutes

**Level of Engagement Required by Adult:** High

**What you need:** N/A

**What you do:** Familiarize yourself with the poem "Dirt." Sit or stand with your child facing you and recite the poem for your child. After reciting the poem once, repeat it line by line, stopping at each line and inviting your child to create a movement to go with the line. Repeat the poem several times throughout the day or week, inviting your child to join you on familiar lines or in saying familiar words and performing the movements you created together.

#### "Dirt"

Dirt feels cold beneath my feet.

Dirt gives life to things we eat.

Plants sprout up and grow and grow

From seeds I plant in the dirt below.

**What your child is learning:** Your child is learning how to use creative movement to express what is stated in written work, such as a poem. As they listen to the poem, they are learning new vocabulary and relating new and familiar vocabulary words to specific movements, such as beneath, up and below.

**If your child is ready:** Write each line on a separate sheet of paper, read the line to your child, and invite your child to illustrate it. When your child has illustrated all four lines, add a cover and staple them together to create your child's very own book!

# Home Learning Guide for Discovery Preschoolers

Week of March 30, 2020

Wednesday, April 1, 2020

## Language and Literacy Activity: What do Plants Need?

**Length of activity:** 5 minutes

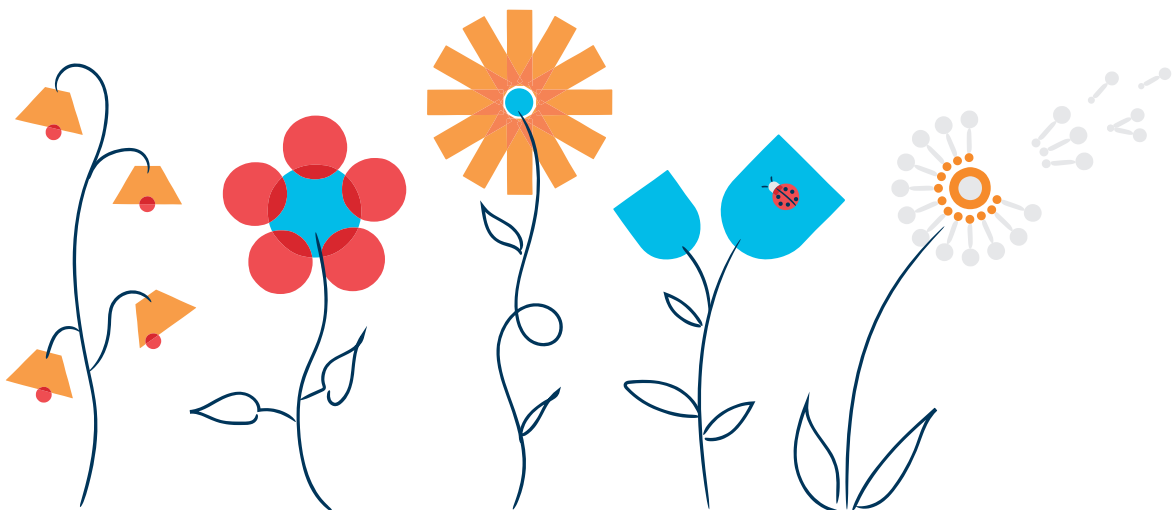
**Level of Engagement Required by Adult:** High

**What you need:** Plants, either house plants or outdoor plants you can observe

**What you do:** While looking at a plant, talk with your child about what plants need to grow. Ask your child what they think plants need, and share that plants need three things to grow: soil, water, and sunlight. Explain that the plants get the nutrients they need to grow from soil, water, and sunlight, and that water helps to keep the plants hydrated. Invite your child to think about what might happen if a plant did not get enough of what it needed to grow.

**What your child is learning:** This activity helps your child begin to understand and recognize the difference between living and non-living things and that living things have basic needs. Your child is also developing conversation skills and an understanding of simple questions.

**If your child is ready:** Ask your child to share how they get the nutrients they need to grow and help them make comparisons to how plants get what they need.



# Home Learning Guide for Discovery Preschoolers

Week of March 30, 2020

Thursday, April 2, 2020

## Executive Function Activity: Parts of a Plant

**Length of activity:** 5–10 minutes

**Level of Engagement Required by Adult:**  
High

**What you need:** Picture of a plant and its parts (right)

**What you do:** Show your child the picture of a plant or a real plant if available. Point out the different parts of the plant and invite your child to name any they are familiar with. As you point out the parts, talk with your child about them. Invite your child to make observations about these different parts.

**Roots:** roots grow beneath the ground and help the plant get water and nutrients from the soil

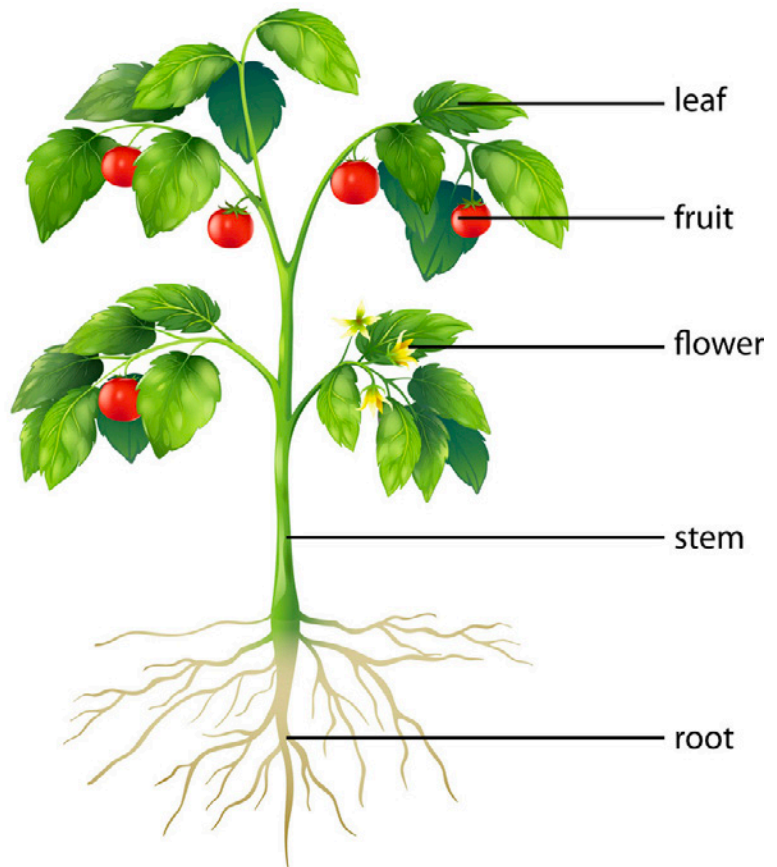
**Stem:** the stem holds the plant upright and provides support

**Leaves:** leaves take in sunlight

**Flower:** the flower produces seeds to grow more plants

**What your child is learning:** During this activity your child is expanding their vocabulary as they learn about the parts of a plant, as well as learning a little about what living things need to survive.

**If your child is ready:** Encourage your child to draw a picture of a plant and offer praise to them for whatever they choose to create.



# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

### Music Explorers Activity: “Five Little Ducks Went Swimming One Day”

**Length of activity:** 3–5 minutes

**Level of Engagement Required by Adult:** Low

**What you need:** [Video link](#) to the storybook and song “Five Little Ducks Went Swimming One Day”

**What you do:** Play the video and invite your child to watch along as the book is read aloud. After viewing, help your child recall the characters and what happened. Next, you can mute the audio while you play the song and encourage your child to dance.

#### Questions to ask:

- Who were the characters in the story?
- What were each of the ducks doing?
- Where did the ducks go?
- How did you feel when the ducks came back?
- How does the music make you feel?
- How can you dance to this music?
- How can you sing along to the music?

#### What your child is learning:

- Counting forward and back
- Connection that can exist between a song and a book
- Moving creatively to music



# Home Learning Guide for Discovery Preschoolers

## Week of March 30, 2020

Friday, April 3, 2020

### Cognitive Development Activity: Plants as Food

**Length of activity:** N/A

**Level of Engagement Required by Adult:** High

**What you need:** Foods served during mealtime

**What you do:** During mealtime with your child, invite your child to find and name the foods that come from plants. As you and your child name the different plant-based foods you are eating, talk with your child about why eating fruits and vegetables is an important part of eating healthy.

**What your child is learning:** Through this activity, you are helping your child gain an understanding of where food comes from and the importance of good nutrition.

**If your child is ready:** After doing the activity Parts of a Plant, you can talk with your child about what parts of the plant these foods are made from (leaves, stem, roots) or what parts of a plant you can see in your food, such as the leaves from a lettuce plant or the seeds of a tomato.