



Care, Comfort & Connection at Home

Early Childhood Learn and Play at Home Weekly Digest June 15, 2020

During this time of remote learning, we will offer activities that enhance:

- How children and families **care** for themselves and others
- How children and families **comfort** themselves and others
- How children and families can make meaningful **connections**



Weekly Play Prompt - Look How I've Grown



Prompt: Show your child a picture or short video of themselves from a year ago (last summer). Then have the child look in the mirror. Look at the picture together and invite your child to talk about what things are the same and what has changed (e.g. “I always have eyes” “My cheeks are smaller.”). Point out to the child that even though many things change some things always stay the same.

Caregiver Extension: Have the child draw a self-portrait using the mirror as a guide.



Weekly Story- Changes



People all around the world have always told stories to share beliefs, traditions, and history to the next generation. Stories have the power to bring us joy, foster resilience, and connect us.

Story Prompt: As the end of the school year is nearing we are thinking about changes. Children may have a new teacher next year, possibly new classmates or even a new school. In order to prepare the child or children in our care for change it can be helpful to discuss how you have handled changes in your life. Talk with your child about a time when you tried something new or experienced a happy change. How did the change feel before it happened? How did the new experience feel during the change? What was it like afterward?

♥ Weekly Literacy Play - I Am Growing

Each week will feature a different song, finger play, chant or poem for children and families to sing or say together. By the end of the week children may have already memorized the material. This matters because when families model language use, while incorporating play, children are able to learn vocabulary, develop language and practice communication skills.

I Am Growing

I am growing,
I am growing,

Big and tall,
big and tall,

Getting even bigger,
Getting even smarter,

Watch me grow!
Watch me grow!



THIS WEEK'S CAREGIVER MINDFULNESS MOMENT

Reflecting on experiences we've had can help us gain insight and move forward. Take a moment to think about the story you shared with your child about change. Why did you feel successful? Think about your role in making that happen.
