



## **Suggestions for Activities with Your 3 to 6 Year-Olds**

Keep children happy, occupied and learning at home while schools are closed. Set a routine. Help everyone get enough exercise and social time.

### **Suggested fun activities:**

- Smile a lot and help reassure the fears of your child. It's often helpful to ask the children what they know about why they are staying home and what are they worried about. Try to think positively. When we fall apart, our children have nothing to rely on, and the entire situation will get even more difficult.
- Rejoice in having unexpected time with you child, despite all of your own fears and concerns.
- Help your children adjust to staying home with a routine, as close to school days as possible.
- Determine whether you wish to replicate some form of school activities in your home.
- If your child's school offers Zoom or other virtual connections during the day, join in.
- Keep your child engaged in learning activities that are of interest and offer some kind of challenge.

#### **1. Sing and dance**

#### **2. Have regular story times**

#### **3. Yoga/Mindfulness**

#### **4. Get outside and do simple gardening and running games**

#### **5. Involve your child in daily chores as much as possible. They love to be part of what is going on!**

- Meal preparation
- Laundry
- Dishes
- Sewing/Knitting/Felt blankets
- Baking/Cooking
- Gardening
- Community service
- Sidewalk chalk

#### **6. Language**

- Create baskets of objects or pictures related to each other and give the vocabulary to your child in a three-period lesson.
  - This is---- (Show one item at a time and say its name. Do three or four to start.)
  - Can you please show me----- (You say the name and the child picks it up or points to it.)
  - What is this? (Point to one of the objects you have named and ask your child to say the name.)
- Read a series of books about one character or that take place in one setting and talk about what the child recognizes in common in all of the stories.
- If your child can read, have him or her read aloud to you. Ask if your school has any books appropriate to your child's level they can send home.

- Play games of identifying the beginning sounds of words. This is a /b/ball, this is a /m/moose, etc. (Remember that it is more helpful to the child to learn the sound rather than the name of the letters.)
- Play games with short three-letter words such as cat and segment it into its sound parts: /c/ /a/ /t/. When you say the three discrete sounds (not letter names), ask child to blend the sounds and tell you what word you said.
- Write letters/sight words in sand/shaving cream. Lowercase letters are best.)
- Journal with pictures and whatever writing the child may be doing.
- Play fetch games (Please bring me a pink pencil, or a blue pencil, highlighting that some words help us know which one – adjectives.)

## 7. Mathematics

- Measure with baking/cooking
- Include fractions as you cut an apple or share segments of oranges
- Play games of fetch (Can you please bring me three pencils, etc.
- Scavenger hunts to find a number of items
- Build quantities with household items
- Write numerals in sand/shaving cream and match to the same number of objects.

## 8. Sensorial

- Scavenger hunts to find geometrics, textures, colors, and sounds in nature
- Snacks with the focus on taste and texture
- Grading sticks, rocks, and other items found in nature as to size or shape
- Silence Game (Ask children to sit as quietly as they can. Keep their hands, their feet and even their lips and tongue still. Maintain for as long as they can, then quietly say the name of one child at a time and invite them to sit with you.)
- Puzzles
- Simple board games

## 9. Cultural

- Set up art projects with different media.
- Investigate leaves and find as many different shapes as you can.
  - Glue them or trace them or do rubbings of them.
  - Name them if you can.
- Take photos of all the trees and shrubs in your yard.
  - Print out two copies of each and mount on note cards.
  - Have child match them and if you can find the information, name them. (There is a free app called iPlant that will identify what you photograph.)
- Go out at night and see if you can find familiar constellations.
- Smile at the stars!
- Watch the occasional nature show or family movie; but try not to succumb to using the television as your baby-sitter.

✓ Don't forget your own self-care and take some time to come to grips with what is frightening and uncertain, knowing that "this too shall pass!"

Read our posts for [Activities to Enjoy with Babies and Toddlers](#) for even more suggestions. Check the Internet for additional ideas.