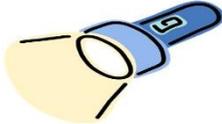


Engagement Activity Choice Board

<p>Ask your child to look out the window and tell you about the weather. Is it sunny? Is it rainy? cloudy?</p> <p>Talk about the weather. Have your child draw a picture of the day (sun, rain, or clouds in the sky).</p>	<p>Play the freeze game. Let your child dance or move around in any way he/she wants, but when you say “freeze,” you and your child must stop. You can start the movement up again by saying “melt” or “go”.</p>	<p>Go on a color hunt. Name a color and your child should quickly touch or name an object that is that color. Take turns! Let him/her choose a color and you find something.</p> <p style="text-align: center;">Make it Fun!</p>	<p>Make paper airplanes and see whose flies the farthest. Talk about why it flew fast. Fly a kite -make a kite from paper and string or tie two handles of a plastic grocery bag together and fly it on a breezy day.</p>	<p>Go on a nature walk and gather items along the way. Leaves, pine cones, rocks, flowers, clovers, etc. Talk about these items and how they feel, look, sound. Sort and count them when you get home.</p>
<p>Go on a treasure hunt. Hide an item somewhere in your house and use clues to have your child find it. Have her/him hide something and give you clues to find it.</p> <p>Have Fun while you Play!</p>	<p>Give your child a medium-size ball. Show him/her how to kick it by swinging a foot back, then forward. Turn a cardboard box on its side and encourage your child to kick the ball into the box for a goal.</p>	<p>Go on a letter sound hunt. Play I Spy something that starts with a letter such as the “P” or “M” sound. This can be done inside or on a walk outside.</p> <div style="text-align: center;">  </div>	<p>Help your child understand and ask questions. Play the YES-NO Game. Ask silly questions such as, “Is your name Suzie?”, “Can a pig fly?”, “Are you standing on the ceiling?”</p> <p>Have your child make up some silly questions for you.</p>	<p>Have your child read their favorite book to you. Help them tell you about the story by looking at the pictures. Afterwards, help your child make up a pretend story about a favorite character and talk about what happens in the story.</p>
<p>What’s Missing Game – put 4 – 6 items on the table. Let your child look at the items and then turn around. Remove one item and see if she/he can recall what item was taken away.</p>	<p>Obstacle Course – create a maze using furniture! Crawl under the table, around the couch, over a towel, behind a chair, do pushups on the wall.</p> <p style="text-align: center;">Talk about the experience with your child!</p>	<p>Mystery Bag – put random items in a bag and have your child feel the items to see if he/she can identify them.</p> <p>After he pulls them out, have your child describe them. This is a ball. I can throw it and bounce it.</p>	<p>Go on a shape hunt. Look around your neighborhood or home for items that are square, circle, triangle or rectangles.</p> <p>Talk about all the different items and their shapes.</p>	<p>Read books together! As you are reading ask questions: What is this? What color is the ___? Where is the ___? How many ___ are there? What do you think will happen next?</p> <p>Take time to read every day!</p>
<p>Sort groups of objects in your home. (Silverware, blocks, cars, socks) Count the objects. Which set has more? Less? The same?</p> <div style="text-align: center;">  </div> <p>Take time to play with your child every day!</p>	<p>Practice following directions. Play a silly game where you ask your child to do 2 or 3 things in a row. For example, ask her/him to, “Touch your elbow and run in a circle!” or “Find a book and put it on your head!”</p> <p>Give them a turn to tell you what to do!</p>	<p>Go outside and play in the dirt! Make mud pies or grab a stick and draw shapes in the dirt. Draw a picture or write letters.</p> <p style="text-align: center;">Draw pictures with your child!</p>	<p>Fill the tub or sink with water and explore what will sink or float. Have your child make a prediction before testing the item. You can use any household items / toys.</p> <p>Talk about what happens.</p>	<p>Listen for sounds. Find a cozy spot and sit quietly. Listen and identify all of the sounds you hear. Ask your child if the sound is loud or soft.</p> <p style="text-align: center;">Describe the sounds with your child!</p>

Engagement Activity Choice Board

<p>When your child is getting dressed, encourage him/her to practice with buttons and zippers. Play Peek-a-Boo to show your child how buttons go through the buttonhole.</p> <p>Have Fun Learning together!</p>	<p>Enjoy exercising with your child!</p>  <p>Do the Superman Pose – Lie on your belly, lift up your head, arms and legs like you are flying. Count to 20 and release.</p>	<p>Set the table with your child for a family meal. Help him/her with these questions: How many plates will we need? What are we having for dinner? Will we need forks or spoons? How many?</p>	<p>Gather various paper that can be thrown away and tear it. Have your child use her fingers to tear the paper. The smaller the pieces the better!</p> <p>Builds muscles for fine motor skills!</p>	<p>Deep Breathing – Lie on your back and put a stuffed animal on your belly. Breathe in and out to make your animal go up and down. Count your breaths.</p>
<p>Write your child’s name on a piece of paper and have her trace the letters. She can use various colors to make a rainbow name.</p>	<p>Do the Popcorn Pose – Lie on your back, pull your knees up to your belly and hold them with your arms, and lift your head to your knees. Count to 20, release and shout, “Popcorn!”</p>	<p>Sing a counting song; there were five in the bed and the little one said, “roll over, roll over, so they all rolled over and 1 fell out.... repeat song</p>	<p>Using a mirror make funny facial expressions; happy, surprised, scared, angry. Can your child guess the feeling you’re showing?</p>	<p>During bath time talk about body parts and see how many your child can name. Try different ones like, “elbow, chin, ribs, ankle, etc.”</p>
<p>Spread shaving cream on the table or tray and practice writing letters, shapes, or pictures with their finger. To clean up, rub the shaving cream on the table until it disappears. You can also use flour, corn meal, salt or sand.</p> <p>Talk about the designs!</p>	<p>Do the Giraffe Pose – Get on your hands and knees. Stretch your neck as high as you can as you pretend to eat leaves from the top of a tree. Count to 20 as you eat the leaves.</p>	<p>Water painting outside. Give your child a cup or bowl of water and a small paint brush or Q-Tip. Have them paint on the driveway, sidewalks or on a brick wall.</p> <p>Paint free/mess free!</p>	<p>Trace your hands and feet and your child’s hands and feet and cut out. Measure things around your house and neighborhood. How many Mom feet long is the bed compared to how many kid feet long?</p>	<p>Sing the “ABC” song while washing your hands together. Talk about the importance of using soap and warm water and scrub, scrub, scrub until the song is done!</p>
<p>Shut off the lights and have fun with a flashlight dance. When the flashlight is shined onto a body part, move it in different ways – wiggle, reach, bend and stretch.</p> 	<p>Rhythm and Music – march, clap, count the beat to the music. Clap to the beat and have your child copy you.</p> <p>Sing simple songs with your child!</p>	<p>Ask your child what animals we usually see in the spring time. Then, have your little one act them out and make the animal sound.</p> <p>Talk about the animals and where they live.</p>	<p>Find items around your house that are different heights. Have your child jump over at least three things that are different. One short, one long and medium.</p> <p>Talk out loud about what your child is doing!</p>	<p>Sing well-known nursery rhymes together and have your child fill in the last missing word when you point to them, example, Jack and Jill went up the _____. Child fills in “hill”</p> <p>Sing and act out nursery rhymes.</p>

Engagement Activity Choice Board

<p>Pretend you have a farm. Act out the different things you would see, like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree</p>	<p>Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch. Sing the songs together!</p> 	<p>Transport me! Put one small item on a paper plate and carry the plate on your palm to the other side of the room. Can you carry two items? How about three? Put a paper plate on your head and balance it.</p>	<p>Show pictures of familiar people and places to your child. Have your child name them. Does he recognize who they are? Talk about them. Can he/she name the places. Talk about these places. Engage in Conversation with your child!</p>	<p>Go on a walk through your home. How many steps does it take to get from one space to another? Take time to play with your child on the floor. Repeat what your child says to you. Listen and Enjoy!</p>
<p>Have your little one ball up a tissue or piece of paper. Then, she can lie down on the floor like a snake and blow the ball across the floor.</p>	<p>Be a superhero! Think about all of your favorite superheroes and then spend some time moving just like they would. Pretend to be a Superhero or another Character!</p>	<p>Ask your child what he/she wants to play with today. Have them pick their favorite toys and get on the floor and play. Pretend with your child and expand their ideas. Talk as you play about what your child is doing!</p>	<p>Sing some songs and have a dance party. Songs teach language to children. Enjoy singing songs at different times during the day!</p>	<p>Work those muscles by crawling, bear walking, crab walking, and slithering like a snake across the room. Talk about the animals and how they move!</p>
<p>Write the ABCs on a piece of paper for your child, sing the ABC song and use a pencil or kitchen tool to point to each letter as you say it. Let your child be the teacher and attempt to point to the letters and you say them together!</p> 	<p>Demonstrate hand “dance” moves such as pat your legs, crisscross your hands, bop your fists, and point over your shoulder with your thumbs. Create a simple pattern with the moves such as clap, clap, pat, pat, bop your fists; clap, clap, pat, pat, bop your fists. Play upbeat music and perform the hand dance pattern together.</p>	<p>Your child will jump at the chance to be a pretend frog! Make lily pads out of paper and spread them on the floor. Using a regular deck of cards, draw a card. Have your child read the number and then hop on that number of "lily pads." Take a turn yourself! Who will be the first to hop all the way across the "pond?"</p>	<p>Building together allows children to imagine, visualize, create, and collaborate. Work as a family to design and build a fort with pillows, blankets, and chairs. Let your child take the lead in planning and creating. Enjoy the result of your efforts by reading books in your special fort!</p>	<p>Do the hokey pokey! No need for a CD- just sing the song and have the kids think of which body part to “put in” and then all do it. Don’t forget the repeating phrase, “You do the Hokey pokey and you turn yourself around, That’s what it’s all about!”</p> 
<p>Have your child pick a game he/she wants to play. It can be a made-up game with toys or a board game. Play games, take turns and help your child learn to follow directions. Enjoy talking and playing with your child!</p>	<p>Find letters in magazines, newspapers, cereal boxes or junk mail. Circle the ones your child knows. Help your child find the first letter in his/her name.</p>	<p>Teach your child how to show acts of kindness. Help them clean up someone else’s mess, show them how to give nice hugs during the day; teach them kind words and doing something special for others.</p>	<p>Make a drum out of an empty oatmeal container or box (or any other container with a lid) Use chopsticks or utensils as the drumsticks. Have your child sing a song and play the drum.</p>	<p>Put out several objects that are familiar to your child (apple, spoon, book, hat). Ask your child to show you which one we can eat, read, wear, or use to eat food. Have your child find or name other objects that he/she can eat, wear, use to eat food or read.</p>