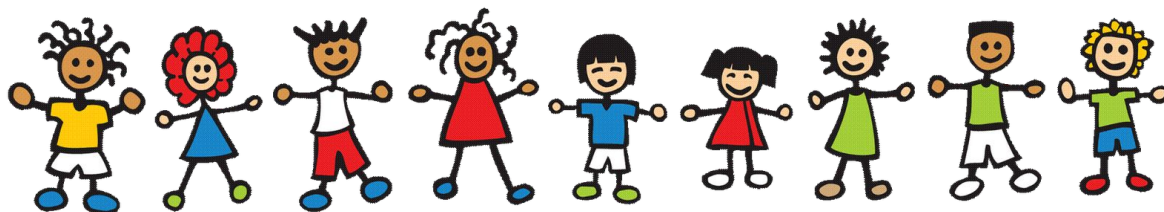


# WEEK OF THE YOUNG CHILD

APRIL 13-17, 2020



## WHAT IS THE WEEK OF THE YOUNG CHILD?

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC). The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

-- Taken from [naeyc.org](http://naeyc.org)

# MUSIC MONDAY

APRIL 13, 2020

Music and movement are so beneficial to your young learner! Music and movement help your child get energy out, as well as support your child's physical development and improve memory, cognitive development, language acquisition, learning skills, and expressive ability.

## ACTIVITY IDEAS:



- **Have a dance party!** Play some of your family's favorite songs and dance together! Make it a real party by having everyone dress up or wear their pajamas!
- **Play an instrument.** If you don't have any instruments at home, make some!
  - Use kitchen items and utensils (pots, pans, spoons) and experiment with making different kinds of sounds! Does it sound the same when you hit a pot with a wooden spoon and a metal spoon? Does it make the same sound when you hit the pot on the top and on the side?
  - Fill a jar or container with dry beans or rice and use it to make different rhythms.
- **Combining Music & Movement:** [Click here](#) for printable. The first page has cards for six ways to express a beat (clapping, stomping, etc). The second page has cards for six simple songs. Cut out the cards and place the "Expressing a beat" cards in one container and the simple songs cards in another. Select one card from each container and express the beat (ex: clapping to "Twinkle, Twinkle, Little Star").
- **Online Resources:**
  - Live Kids Concert with Mr. Jon & Friends: [Live on Facebook at 10:30](#) every weekday. [Also available on YouTube.](#)
  - [GoNoodle](#): Kids LOVE music & movement videos on GoNoodle!
  - [Jack Hartmann](#): Huge collection of educational movement videos
  - [The Learning Station](#): Music & movement videos

# TASTY TUESDAY

APRIL 14, 2020

Cooking together is an excellent way to develop healthy habits and teach important life skills! Cooking and following recipes also helps teach important science, math, and literacy skills in an authentic way!

## ACTIVITY IDEAS:



- **Cook something together!** Follow a recipe and talk about each step as you go. Discuss the tools you're using to measure and mix. Talk about how the different ingredients look, smell, and feel.
  - [Click for 16 fun recipes you can make with kids](#)
  - [Click for Kids' Recipes with Visuals!](#) (from Thirty Handmade Days blog)
  - [Click for Family Recipe Book](#) (from Thirty Handmade Days blog)
  - [Click for Week of the Young Child "Taco Cookbook"](#)
- **Use your 5 senses to explore food!**
  - Before and during eating, talk about how your food looks, feels, smells, sounds, and tastes.
  - Play a 5 senses guessing game: Close your eyes and try to guess a food based on how it smells, feels, tastes, and sounds.
- **Make a cooking sensory bin:** Fill a medium to large container with oats or flour. Add measuring cups/spoons and other cooking utensils (whisk, wooden spoon, spatula, fork). Let your child play freely! Encourage math concepts by comparing amounts when measuring or giving challenges (ex: scoop 5 tablespoons and 2 cups). Encourage language concepts by discussing cooking terms.
- **Follow a Sensory Play Recipe:** [Click for recipes](#) (from Pocket of Preschool)
- **Online Resources:**
  - Free virtual cooking classes from The Kids' Table on [Facebook Live](#). See class schedule [here](#). Click [here for video archive](#).
  - [Weekly Live Cook-Along with Raddish](#) Cooking Club for Kids. Check out their [website](#), too, for great recipes & learning activities!
  - [Review the importance of hand washing](#) before every cooking activity!

# WORK TOGETHER WEDNESDAY

APRIL 15, 2020

Working together to build or create something is a great way to develop your child's teamwork, cooperative play, and social skills.



## ACTIVITY IDEAS:

- **Build something together!** Use LEGOs, blocks, or any building materials you have at home. Make a plan together, then build!
  - Need some building inspiration? [Click here for the 30-Day Lego Challenge Calendar!](#)
  - Check out these [marshmallow and toothpick STEM challenges](#)
  - Work together to [build something that floats](#)
- **Complete a scavenger hunt together!** [Click here for 12 themed scavenger hunts!](#) (from Primary Playground)
- **Create a book together!** Start in the planning phase. Discuss what you want the book to be about. Who will the characters be? What is the setting? What is the problem and how will it be solved? Once you have a plan, have your child illustrate the story while you write down the words! Together, come up with a title and make a cover that includes the title, author, and illustrator. This could turn into a big project, so let it be a multi-day activity! It is important for children to enjoy the process and return to activities multiple days in a row.
- **Complete a puzzle together!**
- **Build ramps and complete ramp challenges!** [Click here for ramp activities](#) (from Pocket of Preschool)
- **Learn a song or dance together!**
- **Online Resources:**
  - [Check out Peep Family Science](#) for family science explorations on the topics of ramps, shadows, colors, and sounds.
  - [At-Home Science Experiments](#)

# ARTSY THURSDAY

APRIL 16, 2020

Art activities help develop children's creativity, expression, imagination, and critical thinking skills. It also supports the development of fine motor strength, an essential pre-writing skill!

## ACTIVITY IDEAS:



- **Make a collage:** Use whatever art materials/supplies you have around the house as collage materials (paper scraps, googly eyes, tissue paper, wrapping paper, magazines, pom poms, stickers).
- **Make a self portrait!** See a couple of creative self portrait ideas below:
  - Mirror self portrait: Stand in front of a mirror while you draw yourself. Look in the mirror to add details that you might otherwise forget - eyebrows, ears, fingers, jewelry, shoes.
  - Life-sized self portrait: Have your child lay down on their back on a large piece of paper. Trace the outline of their body, then have them color it in and add the details! Don't have large paper? Go outside and do this on the sidewalk with chalk!
- **Partner Draw:** Find someone to draw with. Have each person draw a shape on their paper. Trade papers and create a picture from your partner's shape.
- **Paint using a variety of tools!** Instead of paintbrushes, use popsicle sticks, toothpicks, sponges, Q-tips, or cookie cutters to paint. Want to get even crazier? See below:
  - Marble painting: Put a piece of paper on a tray, or in a container or box. Place marbles in paint, then put them on the paper. Paint with them by moving the tray around or moving the marble with a stick. [Click for visual.](#)
  - Toy car painting: Put a piece of paper on a tray, or in a container or box. Pour paint onto a few different trays or plates. Stick the wheels of a toy car in the paint, then "drive" it on the paper. [Click for visual.](#)
- **Art includes drama, too!** Act out a favorite story together!
- **Online Resources:**
  - [Lunch Doodles with Author/Illustrator Mo Willems:](#) Every weekday at 1:00 PM ET. Activity pages for each episode can be [downloaded HERE.](#)
  - [Art & DIY Activities from Wide Open School](#)

# FAMILY FRIDAY

APRIL 17, 2020

Every day seems to be a family day under the current stay-at-home circumstances. However, that doesn't mean we shouldn't do special family activities! Positive parent-child relationships impact your child's happiness, self-esteem, and social-emotional health.

## ACTIVITY IDEAS:



- **Go on a family walk or picnic!**
- **Read books together!** Set up a cozy reading fort or other special reading space. Alternatively, make it a challenge! See how many different places you can read in in one day!
- **Cook a family meal together:** Revisit some recipes/activities from Tasty Tuesday.
- **Practice gratitude and appreciation by building a “Tree of Thanks.”**  
[Click here for instructions](#)
- **Create a [family kindness jar](#)**
- **Do yoga or practice mindfulness together!**
  - [Cosmic Kids Yoga Channel](#)
  - Mindfulness videos: [Get your mind ready with Mind Yeti](#)
- **Go on an “I Spy” scavenger hunt outside!** While you walk, take turns giving each other “I spy” challenges (ex: I spy something yellow, I spy something tall, etc). When the guesser gets it, take a picture of the object on your phone so the family can reflect on the walk later!
- **Engage in dramatic play together!** Set up a play restaurant, campout, store, airport, doctor's office, post office, library, etc. The opportunities are endless! Act out what you would do there. Dramatic play is one of children's favorite activities in the classroom, and it's incredibly beneficial! It inspires creativity and imagination while simultaneously providing real-life language and learning. [Click here for dramatic play inspiration!](#)
- **Online Resources:**
  - [Sesame Street in Communities](#): A variety of family games, activities, and videos for addressing social, emotional, behavioral, and physical health.
  - [Get Moving as a Family](#): At-home physical activity ideas