













CHECP Home Activity Choice Board

Prepared by the Carol Huebner Early Childhood Program &
Acton-Boxborough Regional School District
Teaching & Learning Department

Math	Science	Literacy	Motor Skills	Arts
<p>Measure: In the bathtub, fill a cup and talk about full and empty, fast and slow, heavy and light.</p> <p>Measure long vs. short, tall vs. short, thick vs. thin, big vs. small, heavy vs. light, light vs. dark, using objects around your house.</p> <p>Compare how many doors vs. windows in your home, adults vs. children, identify who is oldest/youngest in your family.</p>	<p>Classify Put things in groups based on their characteristics.</p> <p>“Let’s sort the socks by color.” “Let’s sort the toys - vehicles go here, play food goes here.”</p>	<p>Read Books Together</p> <p>https://bookriot.com/2018/07/25/must-read-preschool-books/</p> <p>Talk about the pictures and/or what the characters are doing.</p> <p>Ask simple questions or ask what will happen next.</p> <p>Talk about the character’s feelings or your favorite part of the book.</p>	<p>Get up & Move Visit GoNoodle for movement activities and other fun websites.</p> 	<p>Chalk Lie down and draw on a safe driveway or big rock.</p> <p>Hang a paper and draw with chalk on a dark piece of paper!</p> 
<p>Read http://www.mathicalbooks.org/ has a wonderful list of books with mathematical themes for ages 3 to 18.</p> <p>Examples of some preschool friendly math books are: <i>Mouse Count, Chicka Chicka 1,2,3, Pete the Cat,</i></p>	<p>Experiment Guess what might happen in different situations.</p> <p>Freeze small items in ice. Try using salt and warm water to help the ice melt. Ask “Ask how can we get it out?”</p> <p>Make Oobleck with cornstarch and water. Ask</p>	<p>Retell or act out the story of the book.</p> <p>Pretend to be a character or animal in the book.</p> <p>Use the pictures to retell the story.</p> <p>Gather toys or household objects to recreate the story.</p>	<p>Animal Yoga</p> 	<p>Make Some Music Play online music games at PBS Kids</p> 

<p><i>The Very Hungry Caterpillar, Color Zoo, A color of His Own, Ten Apples Up On Top, Brown Bear Brown Bear, Mouse Paint, Little Blue and Little Yellow.</i></p>	<p>“What will happen if we add more water?” Oobleck Recipe</p> <p>Make a simple baking soda and vinegar volcano. Ask “What will happen when we add the vinegar?” Baking Soda and Vinegar Volcano</p>	<p>Recreate the setting in the book. For example, throw a sheet over a table to make a bear cave.</p> 		
<p>Observe Find numbers and patterns around you. Go on a number, color or shape hunt.</p> 	<p>Build and Test Make 3 different ramps out of something you have at home (books, blocks, Lego). Experiment rolling a ball down the ramps. How far does the ball roll? Which ramp makes the ball go farthest? What happens if you use a smaller ball? A bigger ball?</p>	<p>Nursery Rhymes and songs</p> <p>https://www.nurseryrhymes.com/</p> <p>https://www.youtube.com/playlist?list=PL177660C8C17D222E</p>	<p>Fun ways to get moving: ~Have a dance party ~Play hide and seek ~Go for a walk/hike ~Play outside</p>	<p>Dance Turn on your favorite songs and dance with scarves. Listen to different genres and music from different cultures.</p> 
<p>Cook Together Cooking is a great way to learn about measurement, counting and sequencing.</p> 	<p>Observe Notice small details around you using your senses. Take a nature walk and ask: “What shapes do you see in the cloud?” “How does the sidewalk feel?” “Let’s smell the flower.” “What do you hear?” Use a camera or phone to take pictures, or draw what you see.</p>	<p>Listen to Books Visit Storyline Online and enjoy a wonderful picture book read aloud by a member of the Screen Actors Guild!</p> <p>Try the Audible app where you can download and listen to books anytime.</p> 	<p>Movement songs: “This Is the Way”...words can be changed to Jump, march, skip, bend our knees, wiggle our hips.. https://youtu.be/4XLQpRIwOQ “If The Ants Go Marching” https://www.youtube.com/watch?v=2S_fbCGwOM “If You’re Happy and You Know It” “Head, Shoulders Knees and Toes”</p>	<p>Sculpting - Clay and Playdough Materials to explore with clay: Lego, caps, toothpicks, toy cars, etc.</p> <p>Strengthen finger muscles with pinching, kneading, folding, rolling, etc.</p> <p>Playdough recipe: https://littlebinsforlittlehands.com/no-cook-playdough/</p>

<p>Build Build with blocks, legos, recycling, natural materials. Try to recreate what someone else has built. Balance objects on your building creations</p> 	<p>Exploring Sound Listen to animal sounds and try to guess what animal you hear. Animal Sounds</p> <p>After ringing a bell, ask your child to listen closely to the sound and raise a hand when they can't hear it anymore.</p>	<p>Playing games is a great way to provide additional practice with early reading skills.</p>	<p>Strengthen your hands: ~Play with playdough/clay ~Color together ~Finger paint ~Provide scrap paper for cutting ~Squirt a water bottle ~Tear paper ~Play with stickers ~Draw with sidewalk chalk</p>	<p>Maker Space and Upcycling Create a table with various household items: tape, toilet paper rolls, crayons, scrap papers, scissors, recycled containers...</p> <p>What will you create? Build open ended structures!</p>
<p>Count Count snacks, tiles on the floor, steps in your home, rocks in a pile. Counting and organizing is so important for the understanding of number and number concepts.</p>	<p>Observe the weather Look out the window, ask "What's the weather like today?" Sing/watch the weather song: https://www.youtube.com/watch?v=Jn7uAsLWXpk</p>	<p>Check out Digital Books If you have an Acton (Minuteman Consortium) or Boxborough (CW Mars) library card, go online to borrow Overdrive, Libby, or Kindle e-books and/or audiobooks to enjoy together.</p> 	<p>Try a different motor activity everyday. Check out this link to a motor calendar made by the school Physical Therapist https://docs.google.com/document/d/19_vReQTrQ50qxmYyoDD70lysoOFMh6Kvqq3KsnA4VFk/edit</p>	<p>Paint Paint your house/rock wall/driveway, etc. with soapy water and a paintbrush ... or use watercolors to paint a picture for a relative and mail it to them.</p> 
<p>Songs: Sing preschool songs such as "Ten in the Bed", "5 Speckled Frogs", "5 Little Muffins". If you are unsure of the lyrics/tune of particular songs see the links below to preview:</p> <p>Cocomelon link https://youtu.be/2cB9UlpUGYE</p> <p>https://www.youtube.com/watch?v=AnoNb2OMQ6s</p>	<p>Make Bubbles! Mix 1 ½ cups water with ½ cup dish soap. Try blowing bubbles with an empty paper towel roll, berry basket, plastic bottle rings, your hands! Experiment and see what works!</p>	<p>Rhyme Together Read and reread books with rhyme.</p> <p>Pause to see if your child can fill in a rhyming word.</p> <p>Consider these rhyming games to play together to develop rhythm and rhyme skills!</p>	<p>Make an obstacle course</p> <ul style="list-style-type: none"> -crawl -jump -stand on 1 foot -march -waddle like a duck -walk in a line 	<p>Sensory Art Using shaving cream, finger paint, pudding, etc. draw lines, create shapes, print with cars, plastic animals, caps, forks... Use your imagination!</p> <p>Create a sand or dirt structure. Put sand in a box and add materials such as measuring cups, spoons, water. Enjoy!</p>

<https://youtu.be/TbKI-jjpPx8>



Boardgames: Chutes & Ladders, Candy Land, Zingo, Memory, Hi Ho Cherrio, Don't Spill the Beans, Ants in the Pants

Observe Nesting Birds
Watch the [bald eagle webcam](#) or the [hummingbird webcam](#)



Ways to make it fun

Read in a tent or in a couch cushion fort.

Read in the dark with a flashlight.

Have your child make a picture and tell you about it. You can write their story underneath their picture.

Outside Play

Walk on rocks

Run

Play catch

Push cars & trucks around

Bike

Scooter

Play chase

Have kids help with yard work

Photography

Take pictures of Nature and signs of Spring . You can share your photos when you get back.



Sensory: With your finger, spoon, a Q-tip, or paintbrush ... Trace numbers or make shapes in shaving cream, finger paint, sand or rice.

Hide like items (marbles, same shaped items, same colored items, Lego etc.) in a bowl/bin of rice, sand, beans and count/sort items into categories.



Explore [Google Earth](#) and pinpoint your home in our beautiful world!

Create a Map of your home, yard, or neighborhood using a large sheet of cardboard or recycled paper bag. Label your map with all the important locations.

Take pictures of something you do together. Use the pictures to talk about what you did.



publicdomainvectors.org

Pillow Fun You can do a lot of core exercises for kids with pillows! You can use pillows from your bed or sofas:

-Set them on the floor and walk over them, turn them over as many times in a row as they can.

- Drag the pillows from one end of your living room to the next and place a couple of toys on top along the way to see how long you can go without dropping them.

Instruments

Use pots/pans/spoons for drumming, rubber bands for strumming and bells for ringing. March in your own parade! Have fun!



Additional play ideas:

Red Light Green Light, Hopscotch, Sort balls by size from smallest to largest, Simon Says, Use tape to create an obstacle course, Create opportunities for role play (Pretend to be a chef while cooking/working at a restaurant, or while eating, etc). Build a fort by draping a blanket over a table.

Play on the Sidewalk: On a safe area, have fun with [these games you can play on your driveway or sidewalk](#)

Indoor camping [Camping Indoors I LIFE HACKS FOR KIDS](#)

Ideas to promote and/or increase communication:

1. MEET your child at his/her own developmental level.
2. WAIT! Your child might need additional time to process and formulate a response.
3. IMITATE your child's words or actions to promote engagement non-verbally or verbally.
4. ENGAGE! Joyful back and forth interactions lay the foundation for conversation.
5. GIVE CHOICES to allow your child to reach for, look at or verbalize what they want.
6. MODEL correct speech and grammar rather than overcorrecting.
7. EXPAND language by adding a word or two to what they say non-verbally or verbally.
8. USE VISUAL SUPPORT in the form of gesture, communication books, objects, pictures.
9. REPEAT and expose your child frequently to vocabulary words

https://www.scred.k12.mn.us/UserFiles/Servers/Server_3022443/File/Early%20Childhood/Promoting_Communication_rev3-19-09.pdf

Mindfulness:

- **Mindful walking:** From any starting point, feel both feet on the ground, then take slow deliberate steps observing your breath and the feel and sounds of the space around you. Best done outside but can be done indoors, too.
- **Mindful eating:** Take a deep breath before your first bite. As you eat, try to deliberately appreciate the taste, texture and smell of your food. You can discuss with your child how each item made its way from farm/field to your plate and how it nourishes your body.
- **Mindful breathing:** Every hour simply take three calm/deep breaths in & out. Breathe in for a count of 2 and out for a count of 4.
- **Squeeze & Release/Relax Exercise:** Have your child lie down with their eyes closed and ask them to squeeze every muscle in their body as tightly as they can. Have them hold this position for a few seconds, and then fully relax and release. Invite them to remain still and breathe for a few moments to allow their body to fully relax.
- **More mindfulness resources:** [Blissful Kids](#) & [Yogia Approved](#)