


## At-Home Learning

Area of Development	Activity Name and Description	What is your child learning?
<p><b>Mathematics</b> (knowledge of patterns)</p> <p><b>Arts</b> (explore dance and movement)</p> <p><b>Physical</b> (gross motor)</p>	<p><b><u>Dance Patterns</u></b>            Have your child create a dance pattern using 2-3 different movements in a sequence- for example, wiggle, spin, jump. Have your child be the dance director and teach you the 2-3 step sequence (ab or abc pattern). Turn on the music and do the pattern dance together. Take turns making new dance patterns.</p>	<p>Your child is demonstrating knowledge of patterns while practicing balance and coordination. If your child is ready, try more complex patterns such as jump, jump, clap (aab).</p>
<p><b>Mathematics</b> (one to one correspondence, counting each piece of cereal at a time)</p> <p><b>Physical</b> (Fine Motor)</p>	<p><b><u>Cereal Line Up</u></b>            Your child will practice counting, pairing, and comparing groups of objects using cereal. They will use different cereal to sort by shape, size, color, etc. Children can focus on comparing which group has the most or the least. This activity could be adapted to increase learning by adding more cereal or materials, if it is too challenging for children you would reduce the different kinds of cereal.</p>	<p>Your child will use one-to-one correspondence to count the cereal as they say one number for each object they count. Children can then use the skills to compare groups of objects to determine which group has more or less.</p>
<p><b>Social-Emotional</b> (Takes care of own needs appropriately)</p> <p><b>Cognitive</b> (Recognizes and recalls)</p> <p><b>Literacy</b> (Writes to convey ideas and information)</p>	<p><b><u>What's my job?</u></b>            Sit with your child and think of all the jobs that go on around your house. Make a list of all the jobs. Use note cards or small pieces of paper to write each job on (you or your child can write the job). Have your child draw or find pictures in magazines to depict the job. Have your child choose 2-3 (or as many as you think they can accomplish) to do each day. Add them to your daily schedule.</p>	<p>Your child will learn about all the jobs in the house. Your child will use their recall skills to remember all the jobs they have done or seen done around the house. Also, they will learn literacy skills by writing letters or seeing the words being written down. To extend this experience, invite your child to describe how to do each job, by writing and illustrating each step.</p>



<p><b>Literacy</b> (Letter recognition and vocabulary)</p> <p><b>Math</b> (Number recognition)</p> <p><b>Science</b> (Identify objects, explore and observe)</p> <p><b>Physical</b> (gross motor)</p>	<p><b><u>Scavenger Hunt</u></b>          Create a list of objects indoor for your child to identify. We recommend starting with five to six objects. Invite your child to join you on a scavenger hunt. Record your child's progress by asking your child to identify what she/he finds. This activity can be done indoors and/or out in your yard.</p>	<p>Your child will learn how to make observations and experience a guided way to explore. This activity can get your child moving using their whole body searching for objects. You can expand on your child's vocabulary by introducing new objects.</p>
<p><b>Social-emotional</b> (Manages feelings)</p> <p><b>Physical</b> (fine motor)</p>	<p><b><u>Calming Jar</u></b>          Make it:          Choose from the following recipes. Hot glue or duct tape the seam of the lid to prevent leakage.          1) Warm water + food coloring + corn syrup + mix-ins (e.g. glitter, buttons, beads, paper clips, other small, lightweight items).          2) Water + food coloring + oil.</p> <p>Use it:          Shake the jar – this represents the big feelings you/your child may be having. Set the jar down and quietly watch as the contents gradually settle.</p>	<p>Your child will practice their fine motor skills as they squeeze food coloring bottles and pick up the small mix-in items. Your child will learn their self-regulation skills when they observe you modeling the use of the calming jar and when they try it themselves.</p> 

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This article provides strategies and resources for supporting children with autism.

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