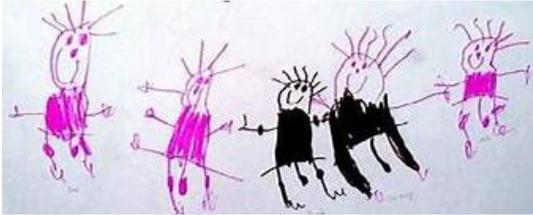
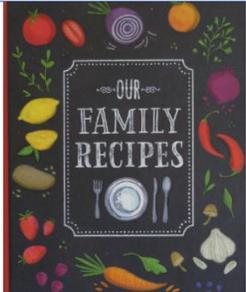


Exploring Family- Home Learning Activities

Area/s of Development	Activity Name and Activity Description	What is your child learning?
<p>Social Studies (understanding of self, understanding of people and how they live)</p> <p>Math (counts, quantifies)</p> <p>Literacy (appreciates books)</p>	<p>One Family- Read or listen to the book One Family by George Shannon. Once you've read the book together, begin a discussion about how many are in your family. Once you have identified the number that represents how many in your family, have your child draw each or use an item (bottle cap, spoon, paperclip, any small item will work) to represent each person in the home. Practice counting each, with one count per person.</p> <p>Ask your child to tell you how many are in your family. If your child is ready, look for sets of things that match how many in your family. For example, if you are a family of two, find other sets of two around the house (two shoes, two hands, two books on the table).</p>	<p>Your child will be discussing their family and practicing counting skills. The book can also be used as a starting point for discussing children's different family compositions and for drawing family portraits.</p>
<p>Arts (explores visual art)</p> <p>Social Studies (understanding of self, understanding of people and how they live)</p> <p>Cognitive (remembers and connects experiences)</p>	<p>Family collage- Make collages of some of your family's favorite things and things you enjoying doing together. Together, your family can cut out pictures from magazines, newspapers, or circular ads. You can also use real objects or draw pictures to add to your collage. As you are creating, discuss the activities and share memories. Ask questions to encourage thinking and conversation such as, "Do you remember when we __ (fill in activity) __ as a family? "Why is that your favorite?" or "How does it make you feel to see all of your favorite things in the collage? Why".</p>	<p>Your child will be exploring visual arts while developing a growing understanding of self and family. Through conversation around favorites on the collage, your child will have the opportunity to connect to and share positive family memories.</p> <div style="text-align: center;">  </div>

<p>Social Studies (understanding of self, understanding of people and how they live)</p> <p>Language (express thoughts, participate in conversation)</p>	<p>Family portrait/book- Discuss your family while drawing a family portrait or creating a book about your family. How many people are in your family? How many brothers and sisters? Do you know anyone else who has the same sized family? Discuss how families are the same and different. Some families are big, some are small. Some live with grandparents, step-parents, same-sex parents, and some are adopted.</p> 	<p>Your child will have an opportunity to express their thoughts and participate in a conversation about themselves and their family. Through questioning, you can expand on concepts such as alike and different, number sense, and making connections.</p>
<p>Social Studies (understanding of self)</p> <p>Math (compares and measures, counting)</p>	<p>Family Cooking night – Pick a favorite family recipe and have your child cook with you. Work with your child to create a picture recipe to follow. Have your child find the ingredients in the kitchen as well as thinking about what you might need for measuring, mixing, etc. Tell your child the story of the recipe, who it came from and how you learned it. Maybe you have an old family cookbook that you can read through with your child and tell the stories of where the recipes came from.</p>	<p>Your child will learn a new family recipe and where/who it came from. Your child will also be building their math skills through measuring, and their science and inquiry skills through the process of cooking.</p> 
<p>Social Studies (understanding of self, understanding of people and how they live)</p>	<p>“When I was young...” stories – Have each family member share photos and stories about their childhoods. What were your fondest memories growing up? What was daily life like for you? Who were your closest friends and what did you like to do together? Some children may enjoy being the “interviewer” – help them brainstorm questions they’d like to ask each family member; they can even make their very own “microphone” using recyclables and household materials and record the responses using drawings. For family members who don’t live with you, reach out through phone, social media, or video conferencing</p>	<p>Your child will learn about their family history and how they are connected to the larger fabric of their relatives and ancestors. They will practice conversational skills and the communication norms grounded in your family/culture - for instance, the way they speak with elders such as grandparents may be different from how they interview their siblings. They will also have the</p>

<p>Language (engages in conversations)</p> <p>Cognitive (remembers and connects experiences)</p>	<p>technologies. You can also record (video/audio) family members tell their stories – these can become a treasure trove of stories that traces your history as a family!</p>	<p>opportunity to notice similarities and differences between the stories of different family members.</p>
<p>Social-Emotional (responds to emotional cues, manages feelings)</p>	<p>Family care kit – Have your child take photos or make drawings of family members showing different emotions – joy, sadness, frustration, excitement, worry, calm, etc. What were some situations that made you feel a certain way? What things/activities/people help extend or amplify the positive feelings? What helped you get through the more challenging feelings and regain balance? Gather those materials (or representations of them) and the emotion pictures into a container to make a family care kit. For example, you may include a measuring spoon if baking is how you celebrate happy occasions, or a stuffed animal if cuddling with your pet soothes you when you feel down. Encourage the whole family to notice one another’s feelings, name those feelings, and use the ideas and materials from the family care kit to support each other.</p>	<p>Your child will be deepening their understanding of feelings (both their own and others’) and cultivating their empathy. By sharing tools that help each family member regulate your emotions and empowering your child to help take care of others, you are also teaching your child that feelings (even big ones) are normal and that we can support each other through them.</p> <div data-bbox="1318 852 1816 998" style="text-align: center;">  </div>

Online resource of the week: [Supporting Mental Wellness and Family Life During COVID-19](#) from Seattle Children’s

Articles of the week: [Family resources for conflict resolution.](#) This article gives ideas for managing conflict between young children.

[How to Structure Your Day.](#) This article provides ideas for building routines.