



Sports

Movement is a life-long activity; therefore, it is important to teach our toddlers about sports, fitness, and exercise. This will be a fun week in which our children will develop healthy lifestyle habits, teamwork and leadership skills.



Home activities to do with your Toddler

Week 39: May 25 – May 29

- Sports yoga
- Sports crafts
- Sensory play & Water play
- Pom Pom Hockey
- Football pinata

Special activities and STEAM



- Give your toddler toys or puppets and encourage them to have conversations with the puppets. You can also use puppets to have simple conversations with your child. Put on a puppet show to make playtime more enjoyable.

Language



- Have fun looking for shapes all around the house. Take turns naming different shapes and finding objects that match them.
- Write vowels and numbers on small pieces of paper. Say a letter or number out loud and have your child search around for it!

Cognitive



- Establish daily routines. Your child will feel confident and secure. They will learn that events can happen in an organized way. Create routines that are predictable but flexible.

Social-emotional



- Sensory bins allow for creativity, imagination and being able to explore based upon texture, temperature, and feel. When toddlers can use their hands to learn about items and objects, they'll be more apt to learn how to use their senses as well.

Fine motor



- As a toddler, it is important that your child keep exercising these muscles to enable them to run, jump, throw, climb, etc. You can help your child by providing them with a large safe area indoors or out, in which they can move about freely.

Gross motor



Lunes

Monday

Something to consider: Planning for the day can make it easier to create a routine for your child. It can also build excitement for all the fun activities ahead!

Morning Meeting

- Let's sing and move: "Cabeza, hombros, rodillas y pies"/ "Head, Shoulders, Knees & Toes"

A perfect exercise Song For your child.

PLAY SONG



- › Learn 2 basic Spanish words with your child about sports.



Guide learning: Sports yoga

PRETEND TO BE A GYMNAST BALANCING ON A BEAM.



How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Pretend to be a gymnast on the balance beam. Switch sides and repeat the steps

Project time: Fingerprint Football Craft

Here's what you need:

- Painters Tape
- Brown Paint
- White Paper
- Scissors

Directions:

- › Cut out the football from a sheet (page 7 of this document)
- › Cut strips of the painters tape.
- › Place the tape in the football.
- › Set out a tray of brown washable kids paint and tell your child to dip their index finger in and stamp it over and over on the football. Do this motion until the whole football will be covered in paint.
- › When the paint will be dry, carefully take the painters tape off the football.



Martes

Tuesday

Something to Consider: Gross motor skills are movements that help children develop large muscle control in arms, legs and the entire body.

Morning Meeting: Movement song

Learn Spanish through dancing with this movement song!

PLAY SONG



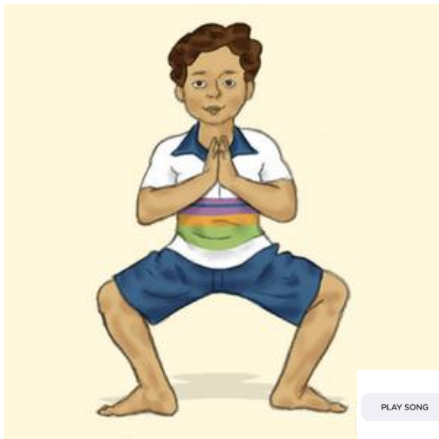
- > Learn 2 basic Spanish words with your child about sports.



Guide learning: Sports yoga

PRETEND TO BE A HOCKEY GOALIE.

How to practice Horse Stance: Stand with your legs apart, feet facing slightly outward. Bend your knees and stand firm. Pretend to be a hockey goalie guarding the net.



PLAY SONG



Gross motor activity: Pompom hockey



Here's what you need:

- > Pompoms, masking tape, paper plates and cardboard tubes.

Directions:

- > To make the scoops just cut the paper plate with 3 straight edges and stuck it onto the end of the cardboard tube with masking tape.
- > Make square shape boxes on the floor with the masking tape as the goals for the pompoms.

LET'S PLAY:

The challenge of Pompom Hockey is to get as many pompoms into your square! The rules of the game are to not use your hands, that only the scoop can be used to move the pompoms around the floor and into the squares.

After playing PomPom Hockey tell your child to separate the pompoms into groups according to color.

Miércoles

Wednesday

Something to consider: Reading together is a wonderful way to bond, learn new words, and bring your child's imagination to life. Cuddle up and enjoy a book during any part of the day together!

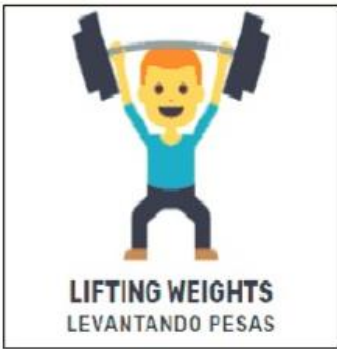
Morning Meeting

- Let's Sing and Move: "La risa de las vocales" / "The vowels laugh"

PLAY SONG



- › Learn 2 basic Spanish words with your child about sports.



Sensory play: Lemonade sensory bin

Here's what you need:

- Lemons
- Ice
- Water
- Tongs, ladle, spoon
- Play food cups
- A small plastic bin



Directions:

- › Pour several cups of water into a plastic container.
- › Slice several lemons.
- › Add a few cups of ice to the bin.
- › Float the lemons in the bin.
- › Add spoons, ladles, and tongs to the bin.
- › Offer your child the cups to fill. with water, ice and lemons.
- › Allow your child to touch, squeeze, smell and even taste the lemon slices!

Fine motor activity: Gold medal cereal necklace

Here's what you need:

- Fruit Loops
- Gold medal (Dollar store)
- String

Directions:

- › Insert the medal in the center of the string and tie
- › Thread the cereal on to the string (both sides)
- › Once it's full of cereal, tie both sides.



Guide learning: Sports yoga

PRETEND TO BE A SOCCER GOALIE.

How to practice Crescent Moon Pose: Standing, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side. Pretend to be a soccer goalie reaching to block the ball.



PLAY SONG



Morning Meeting

- Let's Sing and Move: "Cantando los números" / "Singing the numbers"

PLAY SONG



Sensory play: Pom pom squeeze

water play

Here's what you need:

- Pompoms in an assortment of sizes
- Large container of water
- Smaller empty containers



Directions:

- › Start by filling up the large container of water with pompoms, observe how the pom poms absorb the water.
- › Time to Squeeze! Squeeze the pompom in a different container, keep squeezing until fill the whole container.

Play the color song while this activity!

PLAY SONG



Project time: Paper plate tennis

Here is a simple way you can make a paper plate tennis game, with paper plates and balloons.

Here's what you need:

- Craft sticks
- Duct tape
- Paper plates.
- Paint



Directions:

- › Paint your paper plate. Paint makes everything happier!
- › Duct tape the sticks to the back of your plates.
- › Fill your balloon. The secret to this game is to under fill your balloon! It makes the balloons easier to direct with each whack of the paper plate paddles.

Let's play! Have a fun day with your child, try to keep the balloon balanced on your paddle while your child tries to knock it off.

Guide learning: Sports yoga

PRETEND TO BE A BASEBALL CATCHER.

How to practice Squat Pose:

Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Pretend to be a baseball catcher ready for the pitch.



PLAY SONG



Morning Meeting: Identifying the vowels

- Let's sing and move: La marcha de las vocales
- This traditional vowel song is by Cri-Cri and is still sung all over the Spanish-speaking world, is a great cultural component to share with kids.

PLAY SONG



Gross motor activity: Plastic Bottle Number Bowling!

Here's what you need:

- 10 Plastic Bottles
- Paint & brushes / permanent marker
- Balls.

Directions:

- > Paint your bottles with the numbers 1-10 and set aside to dry.
- > When they will be dry, set them up for your child.
- > After each shot, count with your child how many still UP (Arriba) and how many are knocked DOWN (Abajo).



Art time: Make your own football pinata

Here's what you need:

- Beach ball or blow up ball / balloon
- Newspaper
- Glue
- White paint
- Black paper
- Treats for the inside



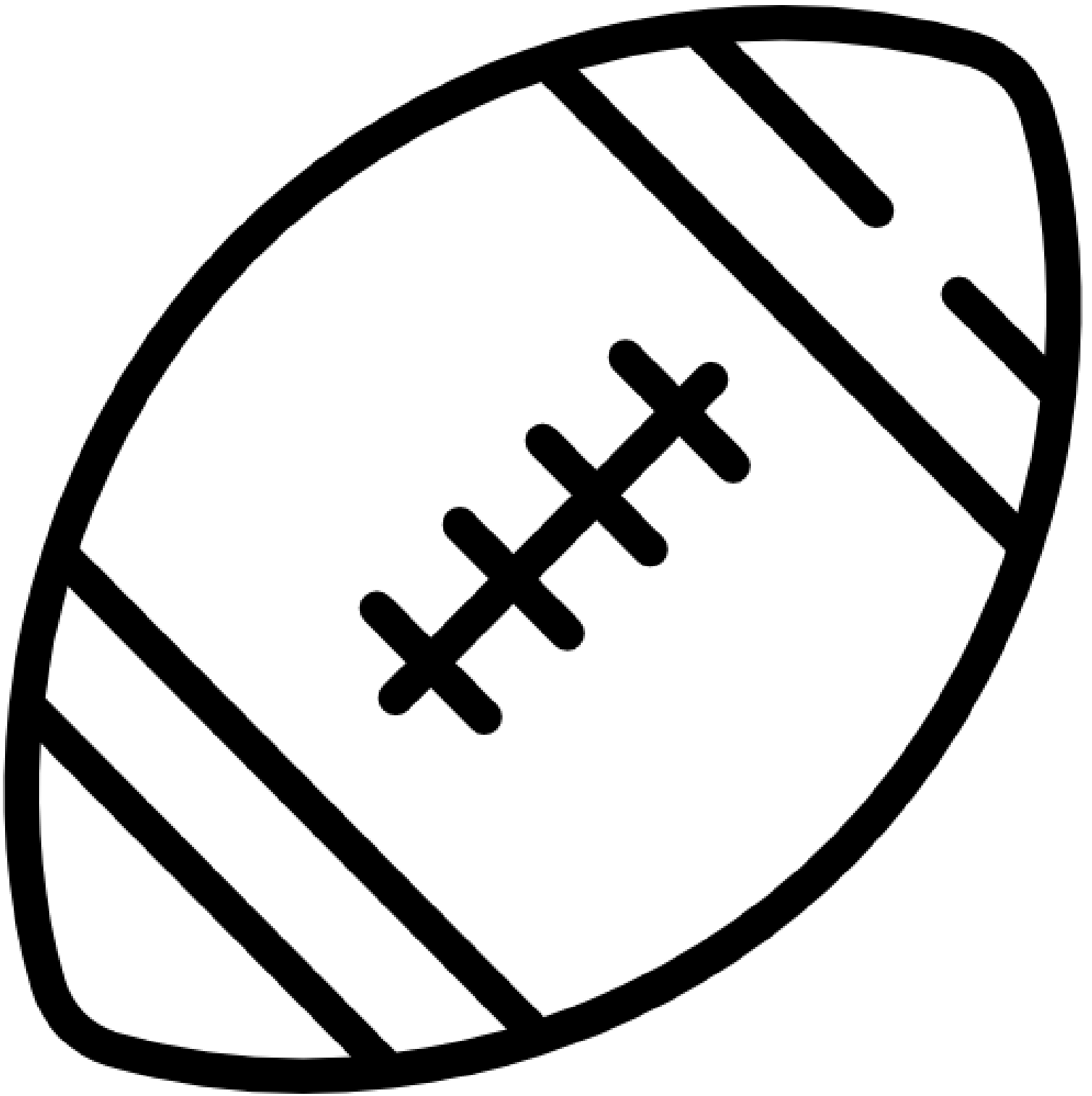
Directions:

- > Blow up your beach ball and tear newspaper into strips, you can also use a balloon.
- > Cover your ball in a layer of newspaper and allow to dry. Repeat until you feel you have sufficient layers on your ball.
- > Once it is dry slice it where the inflator is and just pull out the beachball, then add the goodies and reinforce again with some additional paper.
- > Cover with white paper.
- > Once dry paint with white paint.
- > Once dry you can either glue on hexagons cut from black paper.

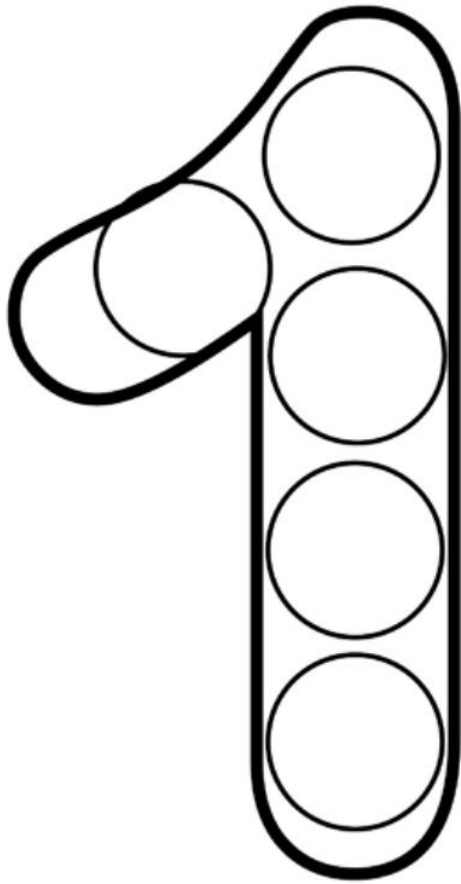
You can have a fun day on Saturday playing with the pinata.

PLAY SONG





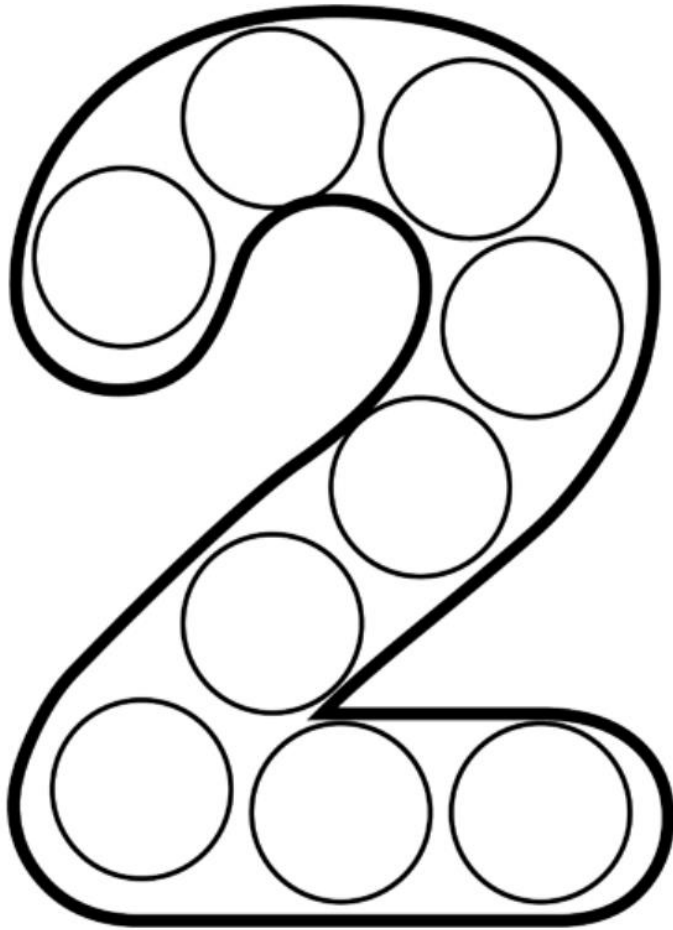
Uno / One



Directions: Trace the number with dot paint.

Instrucciones: Traza el número con pintura de puntos.

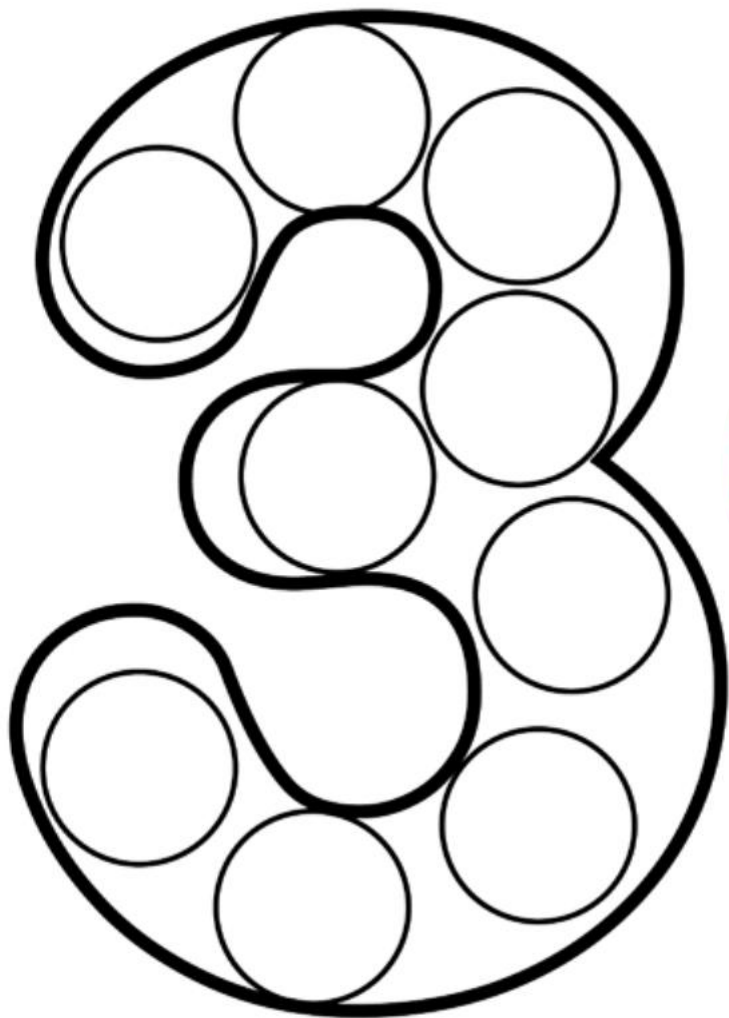
Dos / Two



Directions: Trace the number with dot paint.

Instrucciones: Traza el número con pintura de puntos.

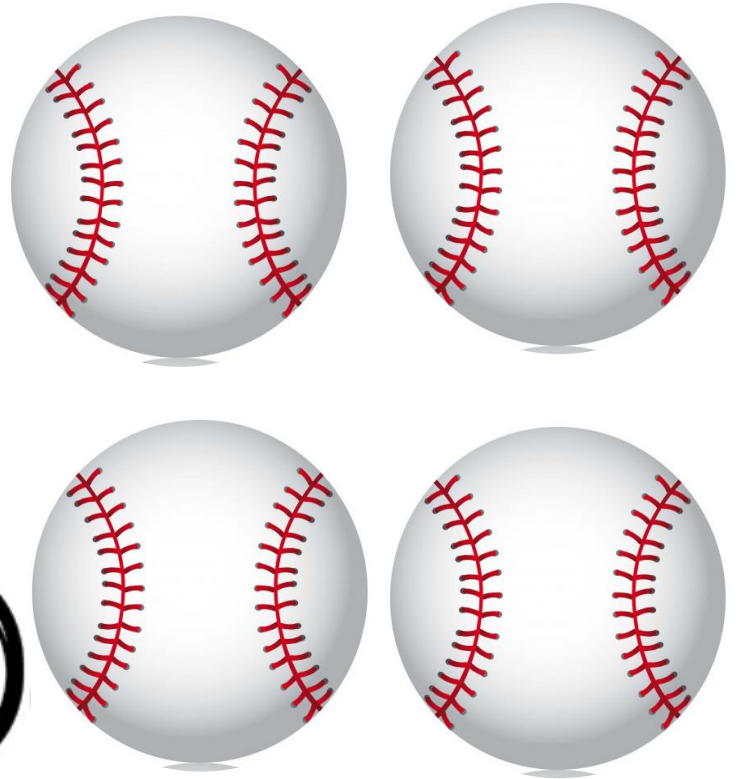
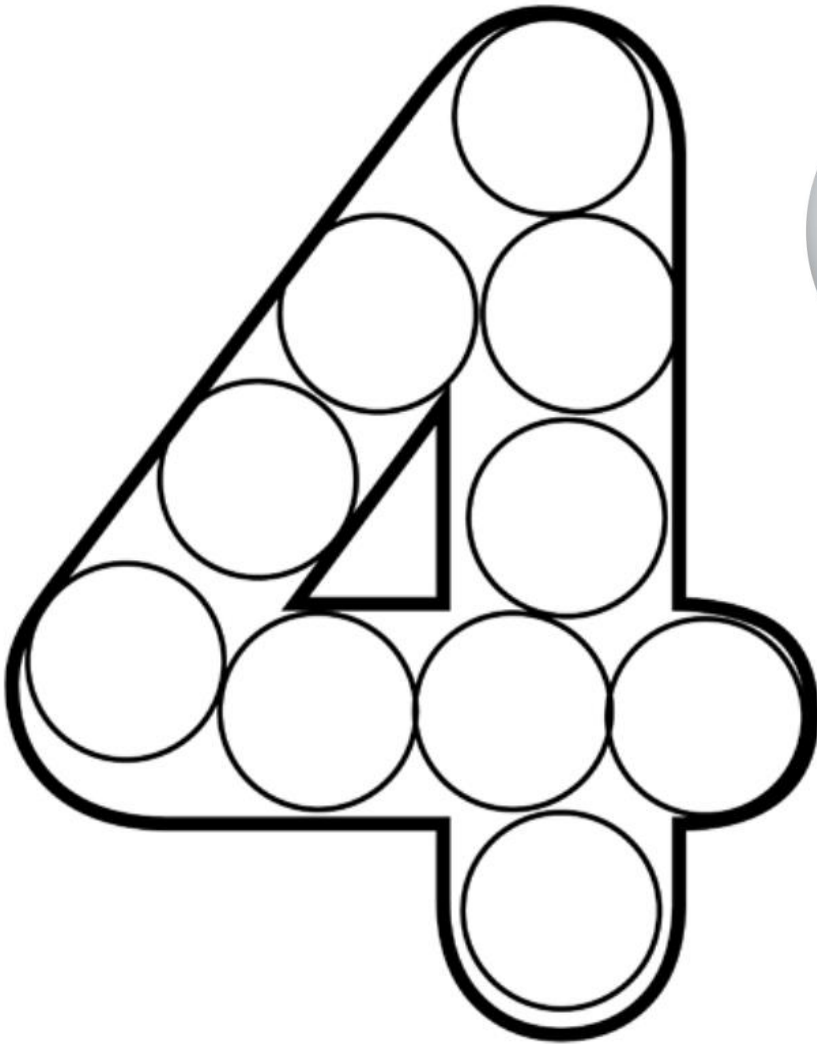
Tres / Three



Directions: Trace the number with dot paint.

Instrucciones: Traza el número con pintura de puntos.

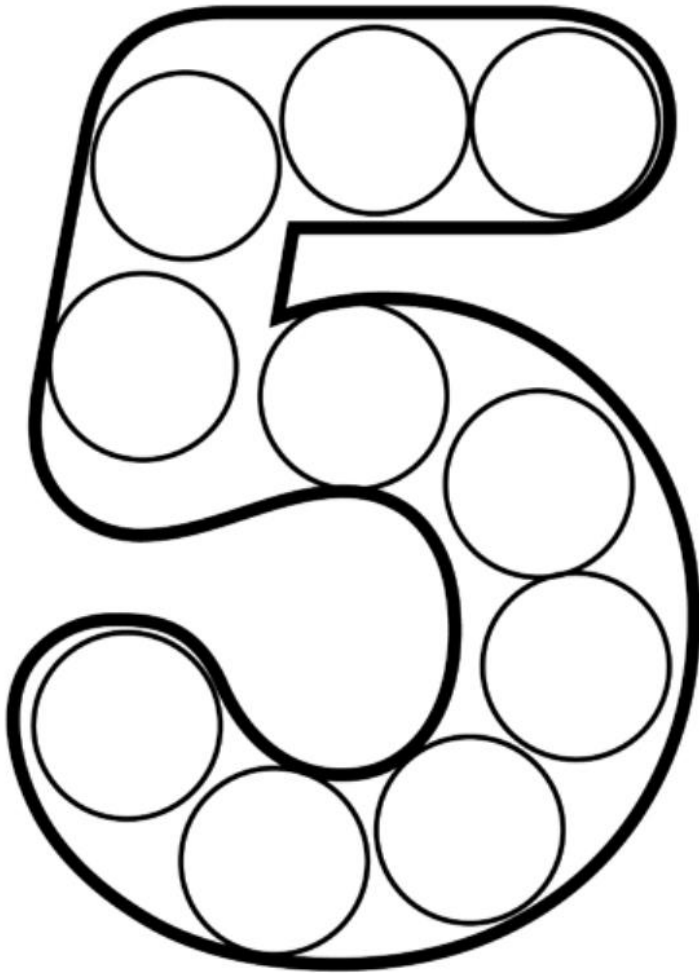
Cuatro / Four



Directions: Trace the number with dot paint.

Instrucciones: Traza el número con pintura de puntos.

Cinco / Five

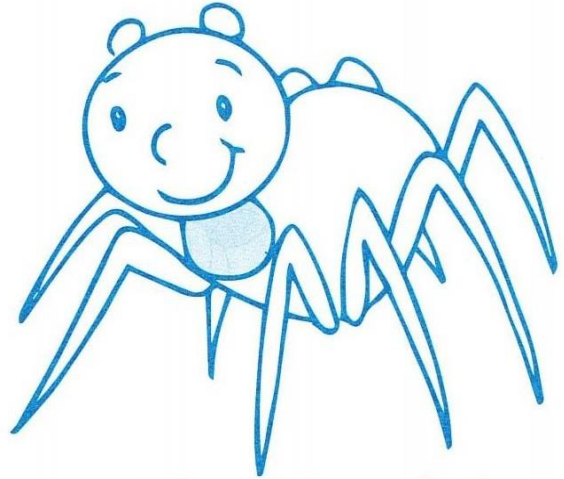
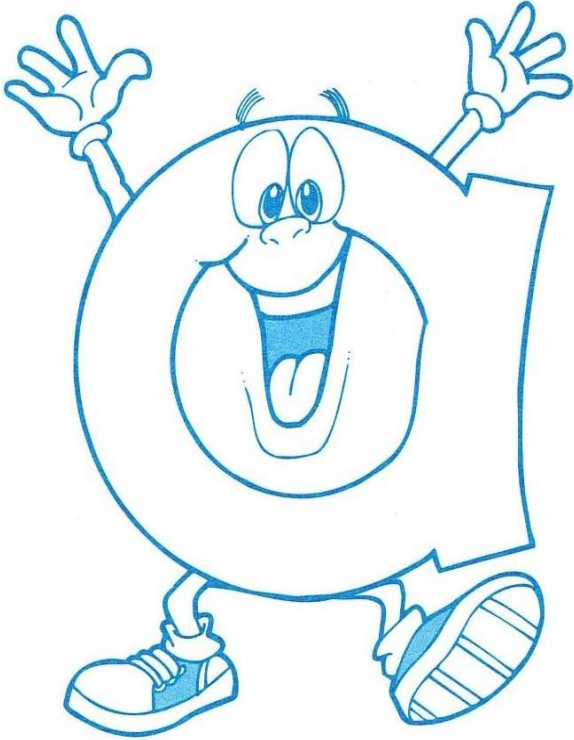


Directions: Trace the number with dot paint.

Instrucciones: Traza el número con pintura de puntos.

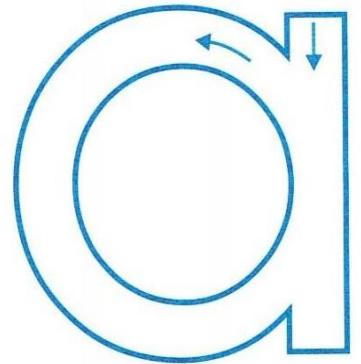
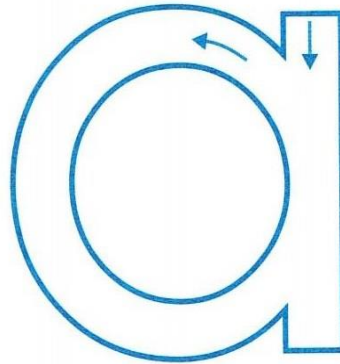
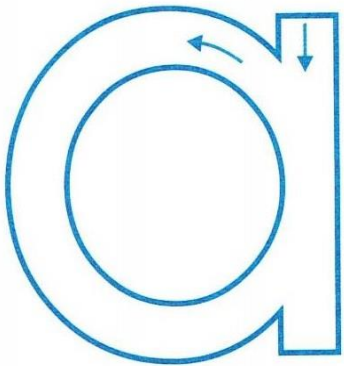
Letter a / Letra a

¡La "a" está acá!



La araña estaba sentada en el centro de la red, un poquitito cansada, pues terminó de tejer.

Andrés Díaz M.

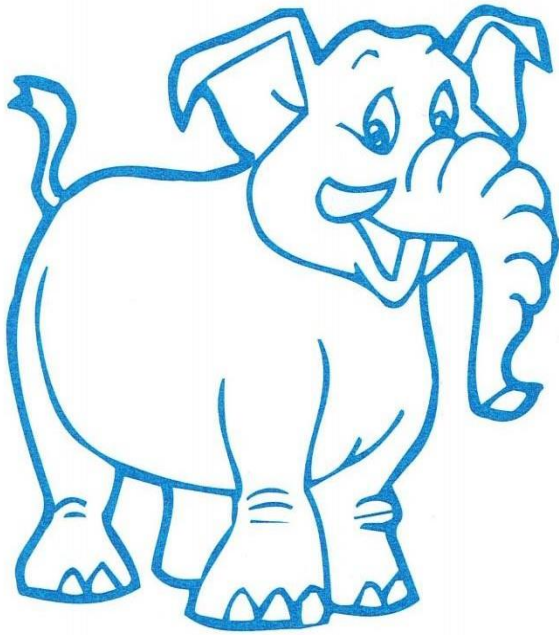


Directions: Trace the letter "a" with paint and your index finger.
Instrucciones: Traza la letra "a" con pintura y tu dedo índice.

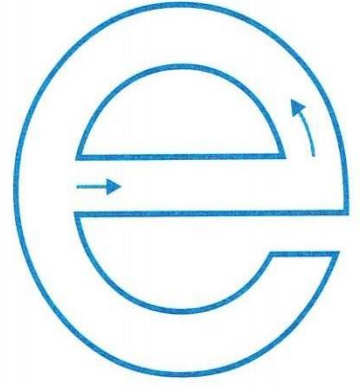
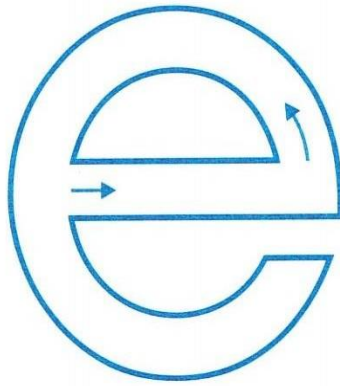
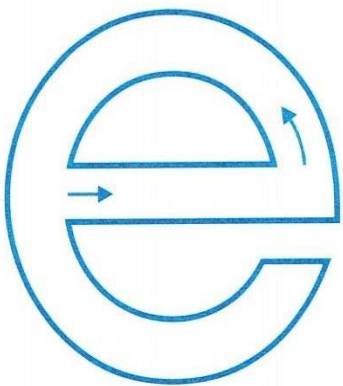
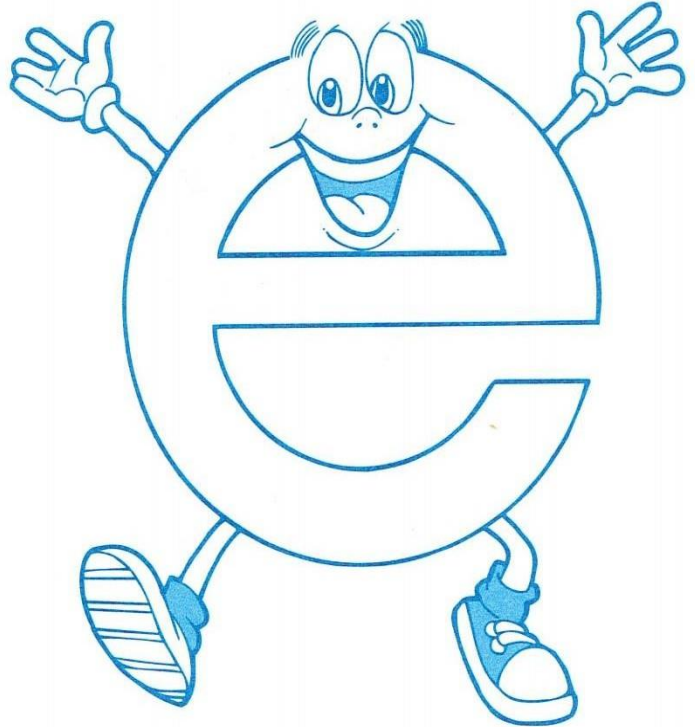


Letter e / Letra e

¡ La "e" se fue !



"Elefante" empieza con "e"



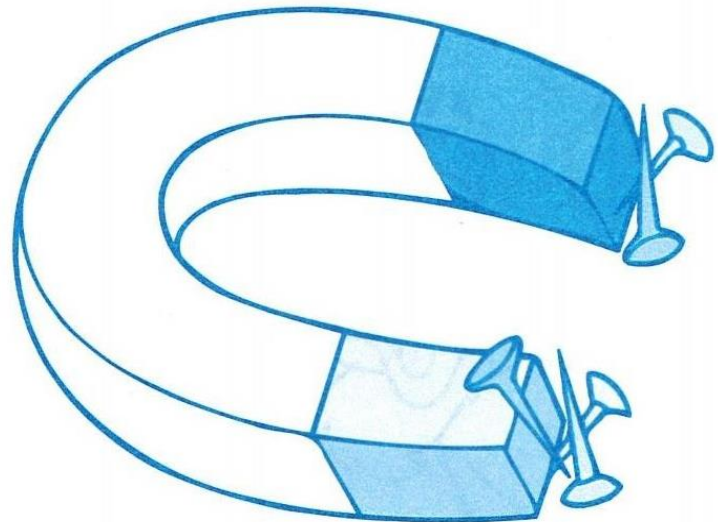
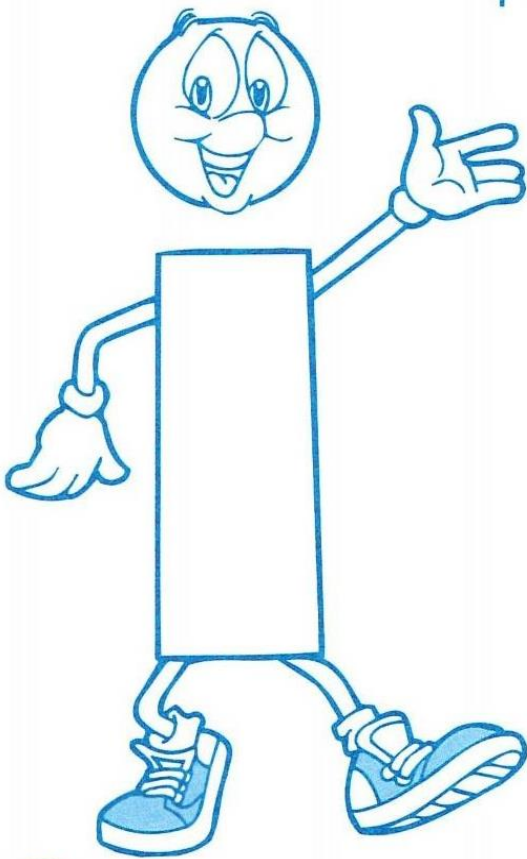
Directions: Trace the letter "e" with paint and your index finger.

Instrucciones: Traza la letra "e" con pintura y tu dedo índice.

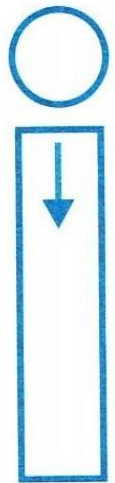
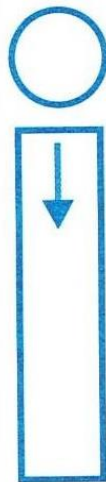


Letter i / Letra i

¡ La "i" está aquí !



"Imán" empieza con "i"



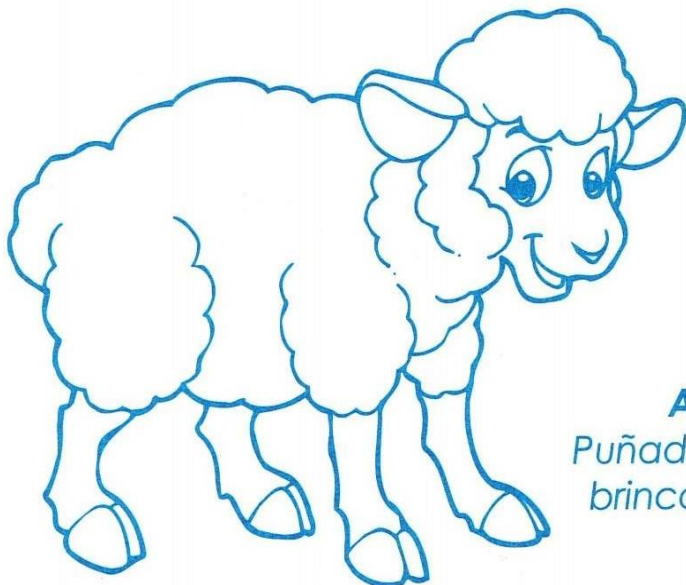
Directions: Trace the letter "i" with paint and your index finger.

Instrucciones: Traza la letra "i" con pintura y tu dedo índice.



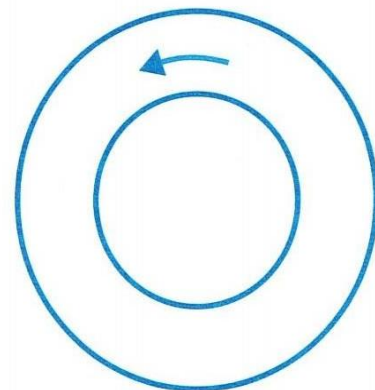
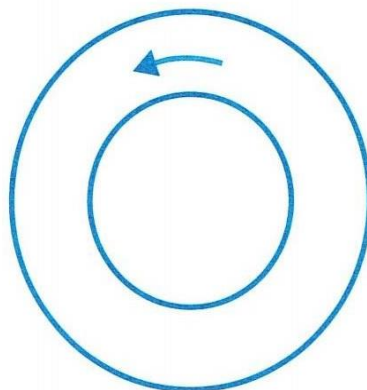
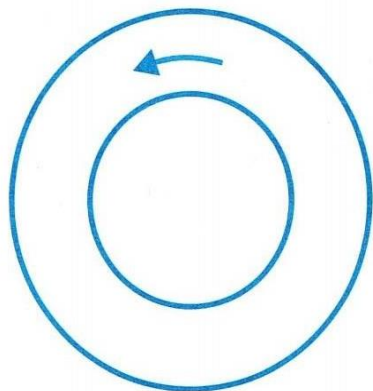
Letter o / Letra o

¡La "o" soy yo!



Adivinanza

Puñadito de algodón,
brinca sin ton ni son.
(La oveja)

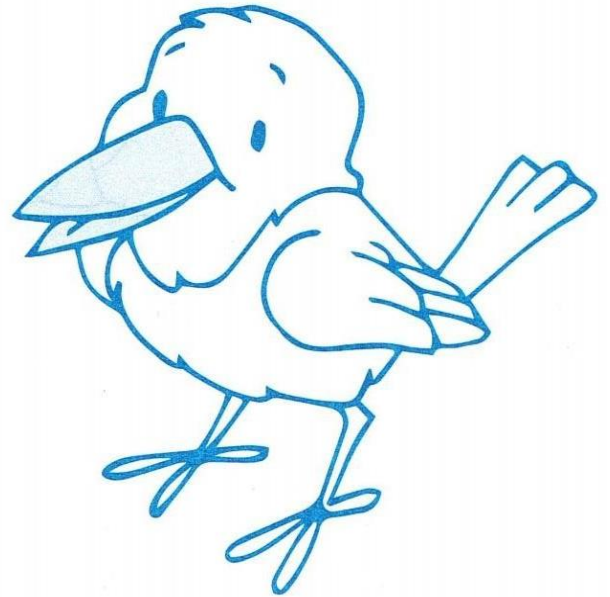
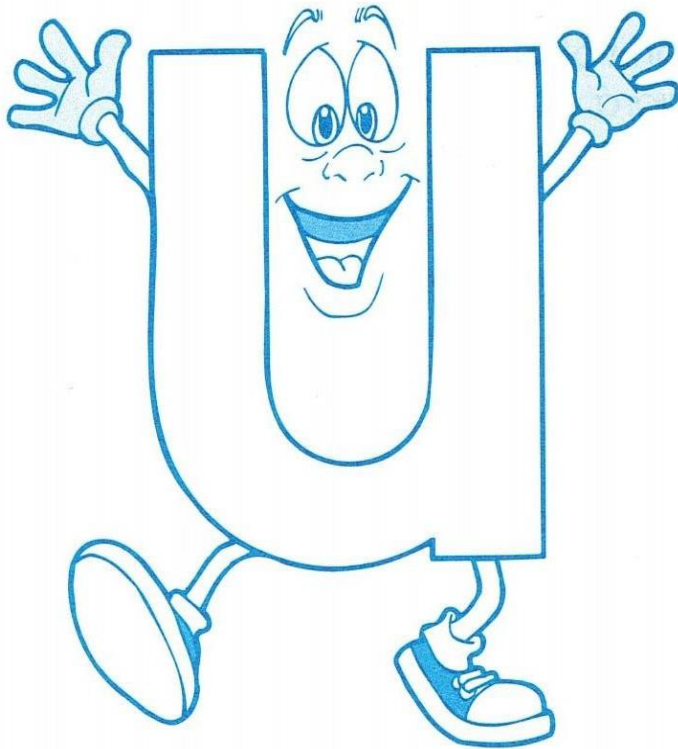


Directions: Trace the letter "o" with paint and your index finger.
Instrucciones: Traza la letra "o" con pintura y tu dedo índice.

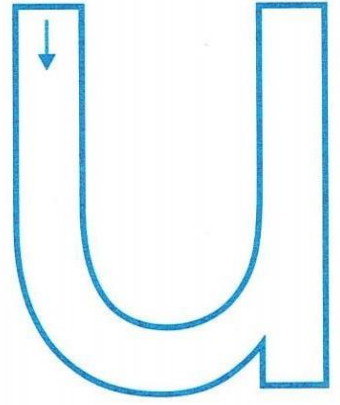
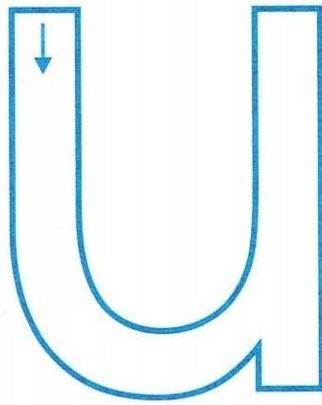
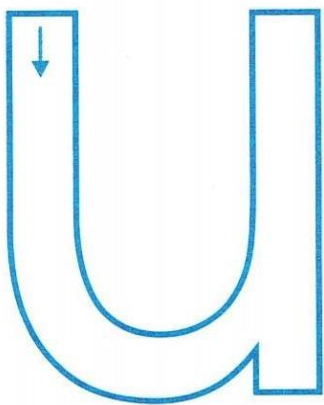


Letter u / Letra u

La "u" y tÚ



"Urraca" empieza con "u"



Directions: Trace the letter "u" with paint and your index finger.
Instrucciones: Traza la letra "u" con pintura y tu dedo índice.

