

## **(Domain Area) Activities- Week of 4/13-4/17 2020**


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### **Activity: Morning routines while at home**

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Ideas: (Wake up, play in bedroom, go potty, brush hair/teeth, get dressed, eat breakfast) (wake up, Bathroom, brush teeth, choose outfit, get dressed, wash hands, eat breakfast, take a bath, take a shower, brush hair, play inside, clean up, play outside, no school, read book, special work, tablet time, get in car, doctor appt, grocery store)

### **Materials Needed:**

**Pictures or visuals attached at the bottom or in  "Morning Routines Pictures pdf", or create your own by drawing pictures with your child**

**Learning Target(s):** W.PK.2 With teacher guidance and support, use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.

### **Directions/Instruction:**

**If you have access to a printer:** Print the pictures, cut out the ones that best reflect your child's nighttime routine. You can attach these to another strip of paper. Arrange the pictures in order of your child's evening routine. Keep this schedule at their eye level, where they can easily refer to it, such as the bedroom or bathroom. Help your child to complete each activity, making sure to offer praise for their efforts. You can use the language "all done" or "first bath, then read story."

**If you do NOT have access to a printer:** Consider using one of the attached bedtime schedules, or perhaps you can find one that is more appropriate online. You could also try drawing the pictures—this could be a fun activity to complete with your child. Or, you could show the pictures to your child from your cellphone during particularly challenging transitions.

### **Not Ready Yet:**

Your child might need routines that are very specific. If a general routine is not working for you, break it down into all the micro-tasks. Maybe even consider a slot on the routine chart that says, "Check to be sure all tasks are complete." Your child might need the prompt to think through what was supposed to be done before moving on.

### **Need a Challenge:**

When your child is ready, let go of the routine chart responsibility. Have your child make the routine chart for the day, the week, the month, etc. Begin to teach your child how to create

routines that work best. And be aware...the chart might look different than if you made it. That's okay. Encourage your child's self-awareness and help make adjustments as needed.

### **Visuals/Examples:**

Apps for building routines:

- What's Today (5 yrs and younger)
- Choiceworks Calendar (pictorial and audio features)
- Cozi (family features)

### **Ready Rosie and other links:**

How routines help create a more peaceful home: <https://app.readyrosie.com/en/videos/871>

<https://app.readyrosie.com/en/videos/773>

<https://keeptoddlersbusy.com/the-absolute-best-preschool-clean-up-song-list>

<https://www.youtube.com/watch?v=GHqiaAk4K1k#action=share>

<https://busytoddler.com/2017/03/morning-calendar-routine/>







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