

Routines Activity #3: Yesterday, Today, and Tomorrow

What your child is learning: Listening and Speaking, Family Routines, Time

Why It is Important

Developing the concept of time can be challenging. Start by incorporating time-related words such as today, tomorrow, before, and after.

Materials: none

What you do

Start a conversation with your child by remembering together what you did yesterday. Talk about your plans for today. What do you look forward to doing tomorrow?

Not Ready Yet

Tell your child a story about the events that took place yesterday. Then at a different time, talk about the things you are going to be doing tomorrow. Each morning talk about the events that are taking place that day. Your children may not be able to use these terms clearly but hearing them repeatedly, associated with real events from their lives, will help them understand when it is appropriate.

Need a Challenge

Divide a piece of paper in three columns, and label the left column "yesterday," the middle column "today," and the right column "tomorrow." See if your child can draw pictures or write words depicting the events of each day.

Journal/Talk:

If you could do anything you wanted tomorrow, who would you spend it with and what would you do? Ask your child these questions and write down the answers. Encourage your child to draw a picture illustrating what this day would look like.

Book Recommendations:

"Cookie's Week" by Cindy Ward

Extend the learning:

Play a game with your child using the terms "yesterday, today, and tomorrow." For example, you can say, "I am thinking of something we did yesterday. We wore colorful swimsuits. What am I thinking of?"

Routines Activity #4: Exploring new things

What your child is learning: I can show motivation and curiosity by using new materials or old materials in new way.

Why It is Important

Children are naturally drawn to favorite activities and play. During this unusual time of limited access, you might find your child losing interest or becoming bored with their usual activities. You can expand your child's interest and help her become acquainted with many kinds of materials available to her in your home by exploring with questions and suggestions.

Materials:

Any available materials or toys, for example, dinosaurs, dolls, books, art, etc. and toys or materials rarely chosen.

What you do

1. If your child tends to always play with the same materials, accept her choice, but try to introduce her to new things when the opportunity arises.
2. Designate a time for "new things" Invite your child to find one thing that she has never played with before. Encourage her by introducing a new item and talking about how she might use it. *Here is a cart, you can push it around and put things in it. What kind of cart could it be? What could you put in it and where might you use it?*

Not ready

Give suggestions; *It could be a shopping cart; you could pretend you were grocery shopping. Can you think of a person who would use these pans and spoons?*

Need a challenge

Encourage her to share some of her new experiences with other family members. Have an older sibling give her some ideas how they might use the toy. Have her show a younger sibling how to play with the toy.

Extend the learning:

The simplest things make the best toys when combined with a little imagination and you! For example, take an empty box and ask your child, "What could we pretend with this box? What is the plan? How will we turn this into a (boat, car, rocket, etc.)? Where will we go?"

