

GASD UPK

Here are some easy and fun ways to engage your child in learning while you are at home.

Play games

- ❑ Any board game or card game that requires taking turns and interaction between players
- ❑ Memory games
- ❑ Puzzles
- ❑ Scavenger hunts around the home (see who can find the most items of a certain shape or color. See who can find certain alphabet letters or numbers written on items around the house/ on boxes of cereal or other foods, etc.)

Get up and moving

- ❑ [GoNoodle](#) is a free website with hundreds of videos to get your child (and family) up and moving. There are a variety of videos for exercise, guided yoga and calming movement, dancing, a bunch that support academic skills, and some silly songs just for fun.
- ❑ [CosmicKidsYoga](#) yoga for kids! Tons of fun videos of different lengths and energy levels.
- ❑ With nice weather upon us, get outside for a family walk to soak in some sunshine and fresh air!

PLAY! Our entire curriculum at school is play-based. Through play, your child learns how to problem solve, engage in positive social situations, how to regulate their emotions, and learn all academic subject areas. Your child will get the most out of their play if you play WITH them! This gives you the chance to enhance their learning with questions like “Why?” “What if...?” “How did you figure that out?” and “What made you decide to make that choice?” Your child is going to be eager to tell you all about their thinking and what’s in their imaginations if you give them the chance!

During our school day, all of our centers are play-based. Here are some simple options you can give your child at home. It is typical to expect them to spend about 15 minutes at each activity. Based on their interests of course, they may choose to be involved in one activity for an hour or more!

- ❑ **Dramatic play/ pretend play-** This gives your child the chance to take on familiar roles like “mom” or “dad”, a teacher or a chef. Give them the chance to play dress-up, use props from around the house, and play out a scenario.
- ❑ **Blocks/ building-** (any type of blocks will do!) You can give your child a challenge like creating a building of your own home or a familiar building around town or just see where their imagination takes them! You can ask questions about sizes and shapes of blocks they used, have them count how many blocks tall their building is, or compare different buildings using words like “taller”, “shorter”, “wider”, “more narrow”.
- ❑ **Creative arts-** this is a very popular area in our classroom! Art at home can be as simple as paper and crayons, but you can also let your child create 3D projects by using items that would have been thrown away or recycled like cardboard boxes or tubes. Paper lunch bags can be easily turned into hand puppets.

