

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Movement Activities

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

TODDLERS - Activity: Heavy Lifting

What you need:

- One or two small plastic buckets with handles, or small cloth bags with handles
- One or two empty boxes or plastic tubs
- Objects of different weight such as rocks, blocks, or toys that can fit inside the bucket or bag
- Optional: Access to a sandbox and small shovels or plastic cups for scooping sand

What to do:

- Toddlers enjoy filling and emptying containers. The act of filling and emptying helps them understand the concept of cause and effect, and it also supports their muscle development
- **Option One**: Place rocks, blocks, or small toys in a box or plastic tote. Make sure none of the items are choking hazards
- Invite your child to explore the items in the box, dump them out, and put them back in
- Offer your child a small plastic bucket with a handle, or a cloth tote bag, and suggest placing items from the box inside
- The bucket (or bag) allows your child to experience a difference in weight; holding one or two items versus carrying multiple items
- Encourage your child to carry the bucket of objects to a different area by placing empty boxes at opposite ends of the room
- **Option Two**: If you have access to a sandbox, or can visit the beach, invite your toddler to use a small shovel or plastic cup to scoop sand into a bucket
- Encourage your child to lift and carry the bucket, empty it, and fill it again
- As you play with your child, introduce words like: heavy, lift, scoop, shovel, bucket, empty, and full

What the activity does:

- Practices using their leg, arm, and back muscles to lift objects
- Improves balance and coordination
- Develops spatial orientation
- Explores the volume and weight of different objects
- Introduces new vocabulary

