



CHILDREN'S
HOME
SOCIETY OF
CALIFORNIA

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

Indoor Movement Activities

The following activities will support your child's learning while they are at home. Talk to your child and ask questions as you play. This will help build your child's language and social skills, and reinforce 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.

INFANTS

Activity: 1, 2, 3 Roll

What you need:

- Two small balls
- An infant that can sit independently
- Floor space

What to do:

- Sit across from your infant
- Touch the bottoms of your feet to hers to keep the balls from rolling away
- Each of you hold a ball
- Say, "1, 2, 3 roll the ball to me"
- Roll your balls slowly towards each other so they touch
- Move slightly apart from each other and roll them again
- If the balls do not touch, scoot closer to each other and try again

What the activity does:

- Strengthens large muscles
- Increases spatial awareness (understanding where things and people are located)
- Develops coordination
- Builds language skills (following directions)

TODDLERS

Activity: Move Like an Animal

What you need:

- Floor space
- Pictures of animals from magazines or the Internet
- Stuffed animals
- Optional: Song *Animal Action* from YouTube (https://youtu.be/4aVO_31rNQw)

What to do:

- Place pictures or stuffed animals on the floor where your child can see them
- Pick one up and ask, "What is this animal?"
- Ask, "Can you show me how it moves?"
- Offer movement suggestions if your child is unsure
- Practice moving slower and faster
- If you use the *Animal Action* video, watch it once with your child first and talk about what is happening
- Watch it again and dance with your child

What the activity does:

- Strengthens large muscles
- Increases spatial awareness (understanding where things and people are located)
- Develops coordination
- Builds language skills (connecting vocabulary to actions and familiar objects)

PRESCHOOL

Activity: Freeze Dance

What you need:

- Floor space
- Favorite music or radio station
- Optional: Song *The Freeze* from YouTube (https://youtu.be/xP8z_ZAJoGE)

What to do:

- Clear a dance space in the middle of a room
- Explain that the word *freeze* means you have to stop exactly as you are and not move
- Optional: Show your child *The Freeze* video and talk about how, when the music stops our bodies need to stop
- Practice first! Ask your child to clap until you say, "Freeze!"
- Explain that you will turn on music for dancing, but when the music stops you have to freeze until it starts again
- Make sure you dance too!

What the activity does:

- Strengthens large muscles
- Increases spatial awareness (understanding where things and people are located)
- Develops coordination
- Builds language and listening skills (connecting vocabulary to actions and following directions)
- Builds self-control (self-regulation)

SCHOOL AGE

Activity: Sock Tennis

What you need:

- Floor space
- Masking tape, duct tape, long tape measure, or yardstick
- Timer that beeps
- Pairs of socks rolled together to make balls (or sponges work too)
- At least two (2) people (you and your child)
- Optional: Paper and pen for keeping score

What to do:

- Use the masking tape, duct tape, long tape measure, or jump rope to divide the empty floor space into two (2) equal halves (sides)
- Each side has the same number of players and sock balls (sponges, or both)
- Explain that each player will try to throw as many balls to the other side as they can before the timer goes off and the side with the least amount of balls wins
- Set the timer for 5 minutes or less and start the game
- Your child(ren) will eventually realize that as long as someone is throwing balls back they can't get rid of all the balls

What the activity does:

- Strengthens large and small muscles
- Provides aerobic exercise which builds stronger hearts and lungs
- Increases spatial awareness
- Develops eye-hand coordination
- Builds language skills (following directions)
- Promotes collaboration (team work)



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**Programa de la red familiar de cuidado infantil
(FCCHEN, por sus siglas en inglés)
Recurso para padres y proveedores: actividades para el
aprendizaje a distancia**

Actividades de movimiento para hacer dentro del hogar

Las siguientes actividades apoyarán el aprendizaje de su hijo mientras están en casa. Hable con su hijo y haga preguntas mientras juegan. Esto le ayudará a desarrollar el lenguaje y las habilidades sociales, y reforzará los conceptos que usted le está enseñando. Haga conexiones entre las actividades y libros, canciones o juguetes favoritos de su hijo para crear experiencias de aprendizaje más significativas. Visite nuestro sitio web en <https://www.chs-ca.org/es> y haga clic en el enlace Noticias y Eventos para obtener más recursos de aprendizaje.

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