

*This content is meant to be used as reference during your conversations with your teachers. They will be creating individual plans and goals for each child during your weekly conversations, which will look different for everyone, just like it is in the classroom. Your teachers will utilize these lists in their conversations with you, and can filter and direct you towards the ideas they think will work best for your children.*

## **Young Children's Community at Home, Volume 1**

For children under three, one of the most important aspects of their development is their need for order and consistency, which can be created through a flexible daily schedule and small routines. In our classroom, while the work that the children choose may vary day to day, the general schedule of the day stays the same, as well as the specific routines (such as setting the table before meals and clearing the table after meals). Aside from providing order and consistency, these routines also help the children develop concentration as they must be able to go from one task to the next. This lays the foundation for greater stretches of concentration as they prepare to enter the primary classroom. It's important to be patient with these children and remember that they are still learning so much about the world and how it "works", they often need the adult to slow down.

### **Care of Self**

#### *Breathing exercises*

- Sit with legs crossed and practice making different types of breaths such as belly breathing, breathing through their nose, breathing making a "zzzz" and "sssss" sound through their teeth, etc.

#### *Stretching exercises*

- Show them how to stretch different parts of their bodies

### **Care of Others**

#### *Washing/drying Laundry*

- Have your child help transfer dirty clothes from the laundry basket into the washer, and from the washer to the dryer.

#### *Sorting Laundry*

- Invite your child to help go through clean laundry and sort through items, putting socks together, shirts in another pile, etc.
- Sorting also by items that belong to mom, dad, older brother.

#### *Setting and Clearing the Table:*

- Show your child how to help put table placemats, plates, utensils, napkins, glasses on the table.
- Clear the table one item at a time when the meal is finished and put dirty dishes in the sink or dishwasher. Often children this age are only interested in clearing their place and may not yet have the concentration to do more and that's okay!

### **Food Preparation**

- Slicing bananas
- Mashing bananas for banana bread
- Cutting apples with a circular apple cutter
- Making lemon/lime flavored water with a small lemon juicer
- Washing fruits such as blueberries, strawberries, or grapes in a colander
- Making a smoothie
- Peeling clementines or “cuties”
- Peeling carrots, cucumbers, or zucchini
- Making guacamole by using a small melon baller to scoop the avocado out
- Cutting or grating cheese

### **Care of the Environment**

#### *Seed Germination*

- If you happen to have flower or vegetable seeds and dirt at home, plant the seeds in peat pots or recycled yogurt containers. Have the children water what they have planted daily and observe the growth process. Zinnias and cosmos are flowers that germinate quickly.

#### *Leaf Washing*

- Take a sponge and cut it into a small diamond shape (about the side of your child's hand). Show your child how to wet it and wipe the leaves of plants in the house.
- For floor plants, your child simply goes to the plant. For smaller ones, you can help your child bring the plant down to their level to do it.

#### *Watering Plants*

- Use a small watering can (or small pitcher such as a coffee creamer) to water indoor plants. Allow your child to fill the pitcher themselves by providing a stool for them to access a sink.

#### *Dish Washing*

- Fill the sink with a little bit of water and add a small amount of soap. Your child can help rinse the dishes by placing one item at a time in the water and using a small sponge or scrub brush to clean the dishes before placing them in the dishwasher.

- If your child has a stool to reach the sink, it can be done at the sink, otherwise, a tub on a small table or on the floor by the dishwasher with a towel underneath will do.\*
- Have a cloth for your child to dry hands as needed and also another one to wipe the counter once done.

\*Often young children like to “wash” a dish or dishes for a long time. Remember it’s not about productivity but allowing them to do the work in a way that makes them feel successful and good.

## **Language**

### *Conversation*

- Children at this age want to know the names for everything and often when they pick something up and hand it to you or point to something they are asking “what is that called?”
- Go for a walk and simply name different things you see (trees, plants, cars, trucks, etc)
- Many children at this age ask “why?” Many times what they are really saying is “tell me more about that” so simply giving more information or details about what it is they are asking about may be enough.

### *Reading*

- Look at pictures in a book and ask your child to find objects in the environment that match the pictures.
- Make nursery rhyme cards.

## **Other Activities**

### *Flower/ leaf pressing*

- Collect a few small flowers or leaves from the yard or household plants. Place in between the pages of a large book and let dry for a few days.

### *Basket of open and close objects*

- Make a basket of small items to open and close (for example, an empty lip stick or chap stick tube, a small empty mint tin, a small jar, etc). This is for developing fine motor skills.