

Bright Horizons.
My World at Home

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Welcome to My World at Home

As your partner in your child's early education, we are committed to supporting your family throughout these difficult times. This set of My World at Home lesson plans has been specially curated just for Bright Horizons families who are experiencing a temporary closure for reasons due to COVID-19.

We hope that these guided learning opportunities that are similar to experiences in our classrooms will be comforting to your child, and help parents navigate the challenges of balancing work and home. Change the schedule to meet your needs, choose activities you think your child will love and skip the others, or follow this plan as it is. Our goal is to support your child's learning, even while you are safely at home.



Rachel Robertson
VP, Education and Development

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Exploring Open-Ended Materials

Consider putting together a simple box of open-ended materials for your child to explore at home this week. You might be surprised at how long the items spark interest!

Open-ended materials are simple items that children can utilize through play in a number of ways. Children enjoy open-ended materials because of their endless possibilities. They encourage the use of creativity, imagination, language, and problem-solving skills.

Choose a few things to place in a box for your child to explore. Create your own collection, or use some of these suggested items that you may have on hand:

- ▶ Pinecones
- ▶ Cardboard tubes
- ▶ Fabric of various textures
- ▶ Lids
- ▶ Straws
- ▶ String or yarn
- ▶ Boxes large and small
- ▶ Baskets
- ▶ Trays
- ▶ Spools
- ▶ Beads
- ▶ Bubble wrap
- ▶ Pom-poms
- ▶ Paper of various textures
- ▶ Pipe cleaners
- ▶ Ice cube tray
- ▶ Yogurt cups
- ▶ Oatmeal containers
- ▶ Pots or pans
- ▶ Tape
- ▶ Blocks
- ▶ Cotton balls
- ▶ Buttons
- ▶ Shells

Note: Avoid materials that pose a choking or safety hazard for younger children.

Infant schedules are unique to each child's individual needs. The activities below have been organized into five days, but please follow the cues of your infant and flexibly choose from any of these activities on any day as they fit into your child's routine.

Infants - Day 1

Movement: [Squish Paint](#)

Sensory: [Treasure Basket: Surprise – What's in the Box?](#)

Language: [Baby in the Mirror](#)

Sensory: [Studying Patterns and Contrasts](#)

Infants - Day 2

Sensory: [Sensory Bottles](#)

Music: ["Where is...?" Song](#)

Language: [Who is This?](#)

Language: [Blanket Play](#)

Infants - Day 3

Sensory: Color Mixing

Social-Emotional Learning: Follow the Leader

Language: Discovery Baskets

Sensory: Kitchen Exploration

Infants - Day 4

Sensory: Fine Motor Tactile Box

Science: Empty Cup Tower Toppling

Movement: Pop Up Pillow

Music: I'm a Little Tea Pot

Infants - Day 5

Language: ASL – Mealtime Vocabulary

Movement: Streamers on Tables

Language: Metal Bowl Exploration

Art: No Mess Painting

Toddlers – Day 1	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Art: Squish Paint
Late Morning	Movement: Ball Play
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: Alphabet Maze
Late Afternoon	Math: Learning About Fractals

Extend the Learning

Today's activities *Squish Paint* and *Learning About Fractals* helped us notice the patterns around us; patterns help children make predictions as they begin to anticipate what comes next. Patterns can be found in lots of places and make for great discussion with children.

- ▶ **Where do you notice patterns in our house?**
 - ▶ Stripes on a pillow, repeating designs on wallpaper, tiles on the floor, etc.
- ▶ **How can people make patterns?**
 - ▶ Hop to the left, hop to the right, hop to the left, etc. (try movement patterns together!)
 - ▶ Block play with a color pattern that repeats, or block positions that repeat, etc. (try it together!)
 - ▶ A repeating schedule or routine
 - ▶ Book and songs with words or phrases that repeat

Toddlers – Day 2	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Art/Music: Family Tambourine Making
Late Morning	Music: "Where Is...?" Song
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: Who Is This?
Late Afternoon	Math: I Spy Numbers

Extend the Learning

Today's activities *Family Tambourine Making* and *Where is....?*, and *Who Is This?* helped us notice rhythm and sounds.

- ▶ Ask your child to pay attention to the different sounds they hear throughout the day. What do they hear when they wake up in the morning? While they play? When it is time to go to bed? How do the sounds change at different times of the day?
- ▶ Play "I Hear," a variation of "I Spy." Think of a sound and offer clues until your child guesses correctly.
- ▶ Explore sound and rhythm through books. Read titles such as "All About Sound" by Lisa Traumbauer, "Clang! Clang! Clang! Beep! Beep! Beep! Listen to the City" by Robert Burleigh, or any books you have on hand with sound in the text for your toddler to mimic.

Toddlers – Day 3	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Sensory: Color Mixing
Late Morning	Language: Water Writing
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Social-Emotional Learning: Breathe Like a Bear
Late Afternoon	Language: The Little Red Hen Adventure

Extend the Learning

Today's activities *Color Mixing* and *Water Writing* provided stimulation for our senses.

An amazing amount of learning can happen when we focus on our senses. Paying attention to what children see, hear, touch, smell, and taste helps them grow and develop important brain building functions including maintaining focus and attention, observation skills, reasoning, and problem-solving skills.

- ▶ Go on a walk together and discuss with your child what you can see, hear, and smell. Close your eyes and see if you can notice anything more? Can you feel the heat of the sun on your hand or the breeze across your cheek? What else do you notice?

Toddlers – Day 4	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Music: <u>If You're Happy and You Know It</u>
Late Morning	Science: <u>Empty Cup Tower Toppling</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: <u>Three Bears Language Game</u>
Late Afternoon	<u>Toward a Better World: All Around the Neighborhood</u>

Extend the Learning

Today's activities *If You're Happy and You Know It* and *Empty Cup Tower Toppling* helped us develop our brains and bodies at the same time. Child development is an integrated process where learning in one area happens in synchrony with one or more other areas. This doesn't mean all development happens at the same time or same rate, but it does mean development in one area is closely tied to development in another area. This is especially true for physical and cognitive development. We often think of learning as a brain activity and recess or break time as physical activity. But the truth is that brains and bodies help each other grow, making both stronger together.

Here are a few more fun ways to develop brains and bodies all at once:

- ▶ Utilize math words *over*, *under*, *near*, *far*, etc. to begin understanding spatial parameters.
- ▶ "Jack-Be-Nimble" is a great example of a simple game to play with toddlers as they pretend to jump over the candlestick during that line of the rhyme.

Toddlers – Day 5	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Sensory: Ooze
Late Morning	Movement: Streamers on Tables
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: Story Fort
Late Afternoon	Language: Poetry Tea Time

Extend the Learning

Today's activities *Story Fort* and *Poetry Tea Time* encouraged us to interact with books in fun locations. Reading stories aloud with your child is one of the pleasures of childhood and of parenting. Story time is also one of the best language and literacy learning tools.

Here are a few tips to turn reading into an enhanced learning experience:

Rhyming:

- ▶ Children enjoy stories that have repeated phrases, familiar songs, and patterns within the text.
- ▶ Hearing and reciting the rhyme, repetition, and rhythm of words allows them to begin to remember the words. Leave out the subsequent rhyme in a patterned rhyme book and have the child guess the word that is missing. For example, "Goodnight stars. Goodnight air. Goodnight noises _____." Allowing your child to insert: "everywhere!"

Predictions:

- ▶ Encourage your child to get involved in the story by describing pictures and making predictions.
- ▶ Ask open-ended questions like "What do you predict will happen next?"
- ▶ Children may be unsure of how to answer an open-ended question. Model these strategies by making your own predictions and narrating descriptions of the pictures.

Preschool – Day 1	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Art: Scribble Challenge
Late Morning	Math: Learning About Fractals
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: Spanish Colors Part I
Late Afternoon	Math: Nature Mandalas

Extend the Learning

Today's activities *Nature Mandalas* and *Learning About Fractals* helped us notice the patterns around us. Patterns help children make predictions as they begin to anticipate what comes next. Patterns can be found in lots of places and make for great discussion with children.

- ▶ **Where do you notice patterns in our house?**
 - ▶ Stripes on a pillow, repeating designs on wallpaper, tiles on the floor, etc.
- ▶ **How can people make patterns?**
 - ▶ Hop to the left, hop to the right, hop to the left, etc. (try movement patterns together and gradually make them more complex!).
 - ▶ Block play with a color pattern that repeats, or block positions that repeat, etc. (try it together!).
 - ▶ A repeating schedule or routine.
 - ▶ Book and songs with words or phrases that repeat.

Preschool – Day 2	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Art: Family Tambourine Making
Late Morning	Music: Creative Scarf Movements
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Language: What's Missing Memory Game
Late Afternoon	Math: I Spy Numbers

Extend the Learning

Today's activities *Family Tambourine Making* and *Creative Scarf Movements* encouraged us to move our bodies. If you're able, head outside to play and continue the learning. Consider asking a few questions to help your child notice how they are moving their body during different activities.

- ▶ What happens to your speed as you go down the slide?
- ▶ What makes you slow down?
- ▶ How do you get yourself started on the swing?
- ▶ How do bike wheels help you move from place to place?
- ▶ What muscles do you think you are using when you walk or run?

Preschool – Day 3	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Art: Flower Print Making
Late Morning	Language: Spanish Colors Part II
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Social-Emotional Learning: Breathe Like a Bear
Late Afternoon	Language: The Little Red Hen Adventure

Extend the Learning

Today's activities *Flower Print Making* and *Breathe Like a Bear* provided stimulation for our senses.

An amazing amount of learning can happen when we focus on our senses. Paying attention to what children see, hear, touch, smell, and taste helps them grow and develop important brain building functions including maintaining focus and attention, observation skills, reasoning, and problem-solving skills.

- ▶ Go on a walk together and discuss with your child what you can see, hear, and smell. Close your eyes and see if you can notice anything more. Can you feel the heat of the sun on your hand or the breeze across your cheek? What else do you notice?

Preschool – Day 4	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Music: If You're Happy And You Know It
Late Morning	Art: ImagiNATE - Nature Self-Portraits
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	STEM: Marble Maze
Late Afternoon	Toward a Better World: All Around the Neighborhood

Extend the Learning

Today's activity *Marble Maze* helped us use concepts in science, technology, engineering, and math to plan out and create a maze. STEM may seem like lofty subject matter for preschool children. In reality, preschoolers engage in STEM activities on a regular basis. Here are some simple ideas for more STEM learning at home:

- ▶ Go on a nature walk - collect small round stones, leaves, seed pods, flowers, etc. When you get home, help your child sort treasures into categories, such as color, texture, size, and shape.
- ▶ Cook together - follow a recipe and let your child help measure and mix.
- ▶ Build ramps to test which cars, balls, or marbles go the fastest.
- ▶ Set up a simple building challenge with plastic cups. Measure the height of the towers you create.

Preschool – Day 5	
Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	Science: Ooze
Late Morning	Language: Watercolor Alphabet
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	Math: Sticky Notes Math
Late Afternoon	Language: Poetry Tea Time

Extend the Learning

Today's activity *Poetry Tea Time* encouraged us to interact with a book in a fun location. Reading stories and poems aloud with your child is one of the pleasures of childhood and of parenting. Story time is also one of the best language and literacy learning tools. Here are a few tips to turn reading into an enhanced learning experience:

Juicy words:

- ▶ A juicy word is an interesting and precise word that sounds good when it's read. It sparks the senses and elevates the level of what is written in a way that provides more description. Don't hesitate to include books and text with juicy words. Not only does it expand your child's vocabulary, but will spark the opportunity to ask thinking questions!

Predictions:

- ▶ Encourage your child to get involved in the story by describing pictures and making predictions.
- ▶ Ask open-ended questions like "What do you predict will happen next?"
- ▶ Children may be unsure of how to answer an open-ended question. Model these strategies by making your own predictions and narrating descriptions of the pictures.