

Bright Horizons.

World at Home

Week of October 12th 2020

*This week will focus on **All About Me**.*

Getting Ready

We know that children thrive with routine, especially when there are big changes around them. *World at Home* lesson plans have been designed to bring the comforting rhythms of our **Bright Horizons**[®] child care centers right into your home, with guided learning opportunities that follow a similar schedule to that of our classrooms. We know there is a lot here to digest. Our intent is for you to use what works for you. Think about all the things you need to accomplish while you are at home, and add in as much activity as you feel supports your child's needs and your own. 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.

Helpful Resources

- ▶ All of our World at Home resources <https://worldathome.brighthouse.com/>
- ▶ World at Home Family Guide (https://www.brighthouse.com/-/media/BH-New/WorldatHome/324Content/WorldatHome_FamilyGuide2)
- ▶ Tips on scheduling your day https://www.brighthouse.com/-/media/BH-New/WorldatHome/324Content/WorldatHome_SchedulingTips2
- ▶ Family resources for life at home – including stress management and talking to children in difficult times <https://www.brighthouse.com/life-at-home>

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All About Me Week

Children find interest and enjoyment in learning about every aspect of their world, including themselves. As children discover their interests and aptitudes, consider their feelings and preferences, and explore their physical strength and capacity, they begin to develop a positive identity about who they are. This positive identity is the foundation for developing empathy and connection with others.

Weekly Materials List

(In addition to items from the **General Materials List** posted [here](#).)

- ▶ Non-breakable mirror
- ▶ Textured materials, such as velvet cloth, bubble wrap, sand paper, or tile
- ▶ Camera
- ▶ Printer with ink and paper

Weekly Prop Box and Open-Ended Materials

Create a [story fort](#) with your child, a cozy place where they can explore favorite books and look at some of their favorite things.

Materials

- ▶ Chairs or small table
- ▶ Blanket or fabric large enough to hide under
- ▶ Cozy blankets and pillows
- ▶ Flashlight
- ▶ Favorite books
- ▶ Favorite stuffed animals
- ▶ Photos of family members, your child, and any of their favorite items or memories

Photos of your child's favorite things can be added to a poster, photo album, or child-created book. You can support your child in making this as an extension activity this week and then allow your child to keep it in their story fort.

All About Me for Toddlers – Monday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Language: The Color of Us</u>
Late Morning	<u>Science: Dancing Raisins</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Social-Emotional Learning: Emotions Chart</u>
Late Afternoon	<u>Music: I’m a Little Teapot</u>

Questions and Extension Activities

Extend the learning

- ▶ Today you are going to read the book, “The Colors of Us.” Encourage your child to look for just one or two colors today. What shades of the color can they find?

Open-ended questions to start the day

- ▶ This week we are going to be learning about ourselves and others. What are some things that you think make you special? What are some things that are special about your friends and family?

Conversation around the dinner table

- ▶ Each one of us is special, unique, and important. Invite each member of your family to think about what makes each of you special and share it with one another. Tell your toddler what makes her special. Ask her what she likes about others who are sitting around the dinner table.

All About Me for Toddlers – Tuesday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Sensory & Art: Texture Path</u>
Late Morning	<u>Math: Sticky Notes Math</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Language: Going on a Bear Hunt!</u>
Late Afternoon	<u>Movement: Balance Beam</u>

Questions and Extension Activities

Extend the learning

- ▶ Make an “About Me” poster or book. Help your child gather photos of their favorite foods, colors, or interests, memorable moments, and special people. They can even make a box of their favorite things.

Open-ended questions to start the day

- ▶ Ask your child about some of his favorite things today. What is your favorite color? Your favorite food? Which books do you like to read best? What toys do you like to play with?

Conversation around the dinner table

- ▶ Share your favorite things around the dinner table tonight. Take turns telling one another your favorite fruits, vegetables, and special sweet treats. What are some other favorites you can share?

All About Me for Toddlers – Wednesday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Language: Poems About Home</u>
Late Morning	<u>Sensory: Family Picture Hunt</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>STEM: Craft Stick Building</u>
Late Afternoon	<u>Movement: Shadow Box Twirling & Jumping</u>

Questions and Extension Activities

Extend the learning

- ▶ Reading poems strengthens early literacy as children hear vocabulary and rhyme. Choose some of your child’s favorite poems and repeat them throughout the week. Make up your own finger play to go with one of the poems like today’s Poems About Home activity.

Open-ended questions to start the day

- ▶ Encourage your child to think about another person’s perspective today. As you read a book together, ask your child, “How do you think that would feel?” or “Would you like that?”

Conversation around the dinner table

- ▶ Play a game of I-Spy as you eat dinner together tonight. You can search for letters, colors, and even physical characteristics of your family members – for example, “I spy with my little eye someone with green eyes,” “I spy someone with black hair,” or “I spy someone with freckles.”

All About Me for Toddlers – Thursday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Language: Family Puppets</u>
Late Morning	<u>Sensory & Art: Texture Path</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Social-Emotional Learning: Show Me Emotions Game</u>
Late Afternoon	<u>Yoga & Mindfulness: Mindful Yoga</u>

Questions and Extension Activities

Extend the learning

- ▶ Encourage your child to connect with family this week. Set up a time for them to talk or video chat with someone they have not been able to see for a while. Ask your family to tell your child a short story.

Open-ended questions to start the day

- ▶ Today you are going to make family puppets? Which of our family members should we make? What do they look like? What would a puppet of you look like?

Conversation around the dinner table

- ▶ Continue today's game of Show Me Emotions. Ask your child to show you happy, sad, and many more. What face might your child make if she tasted something sour, something sweet, or something spicy?

All About Me for Toddlers – Friday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Let's Read: "When You Just Have to Roar"</u>
Late Morning	<u>Social-Emotional Learning: Self-Portraits</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Music: Singing with Mr. John</u>
Late Afternoon	<u>Movement: Family Dancing</u>

Questions and Extension Activities

Extend the learning

- ▶ Encourage your child to observe themselves in the mirror today. Encourage them to point to their eyes, nose, hair, and mouth in the mirror. What other characteristics can they find?

Open-ended questions to start the day

- ▶ Today, we are going to read "When You Just Have to Roar." Are there any times that you have felt you just need to roar? What happened to make you feel that way? What did you do?

Conversation around the dinner table

- ▶ Discuss today's self-portraits activity. Ask your child to share their drawing. What colors did they use? What shapes do you see?

All About Me for Preschool – Monday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Language: The Color of Us</u>
Late Morning	<u>Science: Dancing Raisins</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Social-Emotional Learning: Emotions Chart</u>
Late Afternoon	<u>Movement: Yoga</u>

Questions and Extension Activities

Extend the learning

- ▶ Continue your child’s explorations about identity and self with book titles such as “Just Ask” by Sonia Sotomayor and Rafael Lopez, “Leyla” by Galia Bernstein, and “Pokko and the Drum” by Matthew Forsythe.

Open-ended questions to start the day

- ▶ This week we are going to be learning about ourselves and others. What are some things that you think make you special? What are some things that are special about your friends and family?

Conversation around the dinner table

- ▶ Each one of us is special, unique, and important. Invite each member of your family to think about what makes each of you special. Focus on one family member at a time, encourage each person to share what they think makes that person important.

All About Me for Preschool – Tuesday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Toward a Better World: Learning About Perspective-Taking</u>
Late Morning	<u>Math: Sticky Notes Math</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Let's Play: Tea Party</u>
Late Afternoon	<u>Movement: Twister Game</u>

Questions and Extension Activities

Extend the learning

- ▶ Make an “About Me” poster or book. Help your child record information about favorite foods, colors, or interests, memorable moments, and special people.

Open-ended questions to start the day

- ▶ Ask your child about some of his favorite things today. What is your favorite color? Your favorite food? Which books do you like to read best? What toys do you like to play with?

Conversation around the dinner table

- ▶ Share your favorite things around the dinner table tonight. Take turns telling one another your favorite fruits, vegetables, and special sweet treats. What are some other favorites you can share?

All About Me for Preschool – Wednesday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Social-Emotional Learning: Self-Esteem Dice</u>
Late Morning	<u>Let's Play: Exploring Mirrors</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>STEM: Code a Traffic Sign</u>
Late Afternoon	<u>Movement: Pretzel</u>

Questions and Extension Activities

Extend the learning

- ▶ Extend your explorations of symmetry by taking a small child-safe mirror outdoors for a nature walk. Encourage your child to find symmetrical nature items from flowers to pinecones. Now is a great time to collect various leaves! Your child can take note of how they are symmetrical, but also sort them by color, shape, or both!

Open-ended questions to start the day

- ▶ Encourage your child to think about another person's perspective today. For example, if you see a postal worker walking outside, ask, "How do you think that person is feeling right now? Do you think she is hot or cold? Do you think the bag she carries is heavy or light? How would you feel if you were delivering mail?"

Conversation around the dinner table

- ▶ Play a game of I-Spy as you eat dinner together tonight. You can search for letters, colors, and even physical characteristics of your family members – for example, "I spy with my little eye someone with green eyes," "I spy someone with black hair," or "I spy someone with freckles."

All About Me for Preschool – Thursday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Language: Family Timeline</u>
Late Morning	<u>Cooking: Pancakes with Static Sandy</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Social-Emotional Learning: Emotions Match</u>
Late Afternoon	<u>Yoga & Mindfulness: Mindful Yoga</u>

Questions and Extension Activities

Extend the learning

- ▶ If your child is interested in timelines, try making individual timelines for family members. Invite your child to call a family member that she has not seen for a while to learn more about the important events in their life and hear stories.

Open-ended questions to start the day

- ▶ Today you are going to make pancakes! What ingredients do you think we will need to make our batter? What steps will we need to take? What is your favorite way to eat pancakes? Plain with peanut butter on top? Or do you like to add blueberries

Conversation around the dinner table

- ▶ Review today's family timeline activity. What new things did they learn about their family? What are some important events in their own life? Invite them to share these stories with you or tell them one of your own.

All About Me for Preschool – Friday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Let's Read: "When You Just Have to Roar"</u>
Late Morning	<u>Social-Emotional Learning: Self-Portraits</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Music: Musical Instruments</u>
Late Afternoon	<u>Movement: Family Dancing</u>

Questions and Extension Activities

Extend the learning

- ▶ Encourage your child to make portraits for other people too. Perhaps they can make a portrait of a family member at home, or draw a portrait for someone that is far away using their photo.

Open-ended questions to start the day

- ▶ Today, we are going to read "When You Just Have to Roar." Are there any times that you have felt you just need to roar? What happened to make you feel that way? What did you do?

Conversation around the dinner table

- ▶ Discuss today's self-portraits activity. Ask your child to share their portrait and point out what features they included in their drawings. Why did she choose that color? How did she show that her hair was short and curly?

All About Me for Kindergarten – Monday

Early Morning	Prepare for the day
Early Morning	Breakfast
Mid-Morning	<u>Language: The Color of Us</u>
Late Morning	<u>Science: Dancing Raisins</u>
Late Morning	Get outside!
Noon	Lunch
Early Afternoon	Quiet time – nap, read, or listen to an audio book
Mid-Afternoon	<u>Social-Emotional Learning: Emotions Chart</u>
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- ▶ Continue your child’s explorations about identity and self with book titles such as “Just Ask” by Sonia Sotomayor and Rafael Lopez, “Leyla” by Galia Bernstein, and “Pokko and the Drum” by Matthew Forsythe.

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Conversation around the dinner table

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