

For more information contact
Child Care Resources
206.329.1011
www.childcare.org



Activity Cards are a product of the Family, Friend
& Neighbor Program at Child Care Resources.
Building a system of support for
grandparents, extended family and friends
providing care for children.

Activity Cards

**Ideas for adults and
children to play and learn
together wherever you go**

Sing and Dance With Your Family

Activity: learn the songs and dances from your family's culture



Words to know: dance, song, clap, sister, brother, elder, young-er, middle, older

- Teach your child some songs that you sang as a child.
- First, speak the words so your child can hear them, then sing them slowly.
- Sing the song several times until your child is familiar with it.
- You can also play a CD or cassette of music to practice the song.
- Sing the song when you are in the car, as your child is putting away toys, or before bedtime.
- Teach your child to clap to the music, then move to the music.
- You can record singing the song together and then listen to your voices.





At the Grocery Store or Farmers Market

Words to know: colors, fruit, vegetable, names of different fruits and vegetables



Activity: find fruits and vegetables that are the same or different colors

- Point out and name the different fruits and vegetables at the market.
- Ask your child what color they are.
- Then ask, “A banana is yellow, what other fruit is also yellow?” or “An apple is red, what other fruit is also red?”
- Have your child choose a fruit or vegetable by saying “Pick a green vegetable you want to eat tonight.”
- At home, have your child help you sort the fruits and vegetables by color before putting them away.

Science at Home

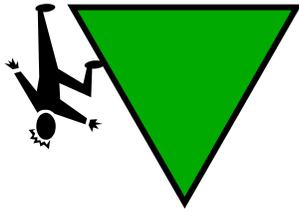
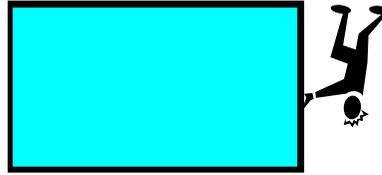
Words to know: water, hot, ice, warm, cold, ice cube, melt, frozen, float, wet, dry



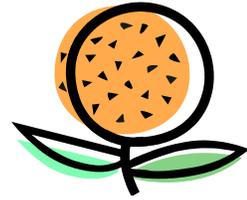
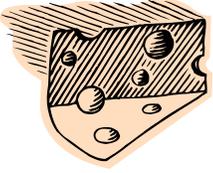
- Fill two large bowls with water, one with hot water and one with cold water. Put the bowls on a tray or folded towel. Put some ice cubes in- to each bowl.
- Let your child play with the ice cubes in the water. Can she pick up the ice with a spoon? Show how the ice cubes float in the water.
- Ask your child, "Which water melts the ice faster, hot or cold?"
- When the ice cubes are all melted, ask "How does the water feel? Hot, warm or cold?"
- Later, let your child play with cups and spoons in the water.



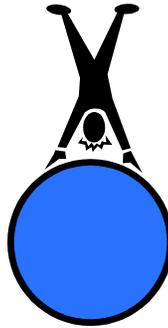
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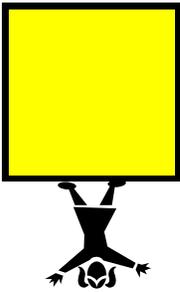
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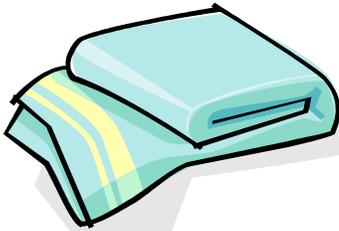
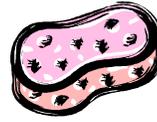
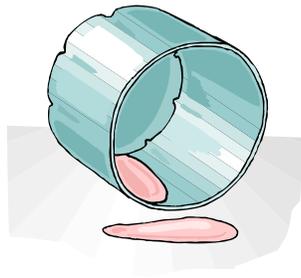
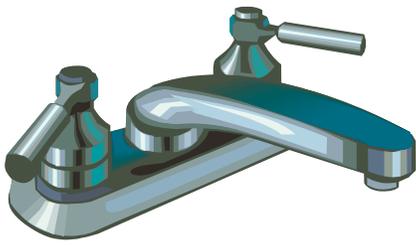


circle



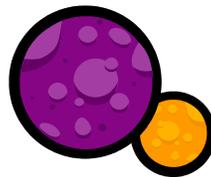
square





Shapes at the Store or Market

Words to know: square, circle, rectangle, triangle, shape, same, different



Activity: find shapes at the store or market

- As you choose items, name the shape. For example, "This box of cereal is in the shape of a rectangle." Give it to your child to place in the shopping cart.
- As you continue choosing items, ask your child to name the shape. "What is the shape of this?"
- As you shop, help your child to point out the shapes he recognizes.
- Look for things made up of different shapes:
 - Round pizza in a square box
 - Round cap on a rectangle shaped carton of juice
 - Square sandwich cut into triangles

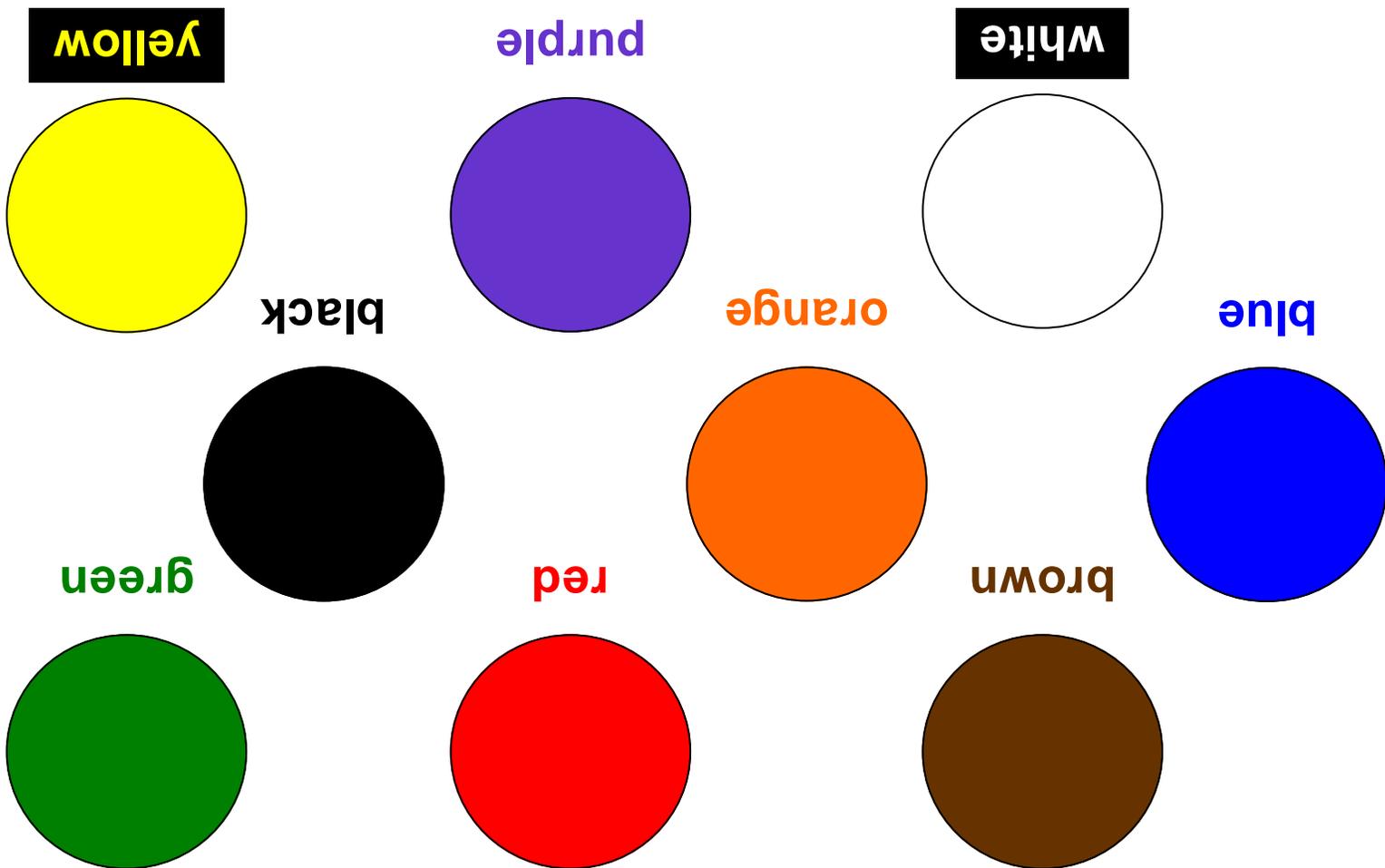
- When cooking a meal or special food, ask your child to help you.
- While you prepare the food, talk with your child about how you ate this food when you were young.
- Let your child smell or taste the spices you use.
- Show your child how you prepare the food. Have him help add the ingredients, stir the pot, break the eggs or roll out the dough.
- Have your child draw a picture of the food you prepared together.

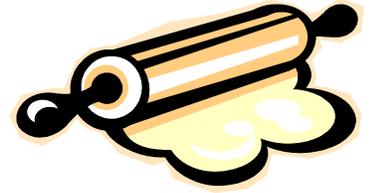
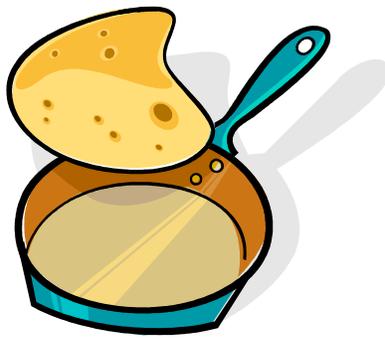
Words to know: names of foods and ingredients

Activity: learn about the foods your family eats



Cooking Together





Colors at the Store or Market

Words to know: red, blue, black, yellow, green, white, orange, purple, brown



Activity: find colors at the store or market

- Each time you go to the store, look for three colors. For example, say “Today we’re going to look for things that are red, yellow or blue.”
- As you choose items, tell your child what color it is. “This is a red apple.” “This banana is yellow.” “This box of cookies is blue.”
- As you shop, ask your child to point out other items of those colors.
- Ask your child to show you five different things that are the same color.
Red things: apple, salsa, tomato, ketchup, beans.

Activity: make a pretend house and play in it together

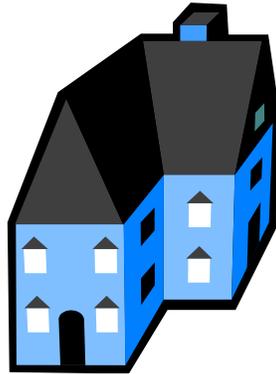
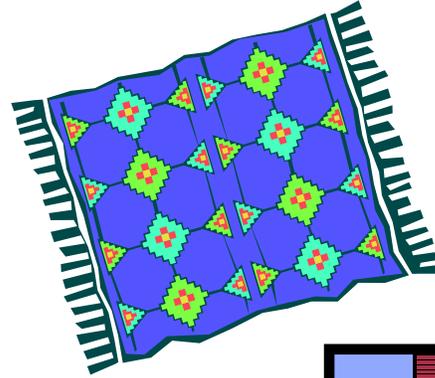
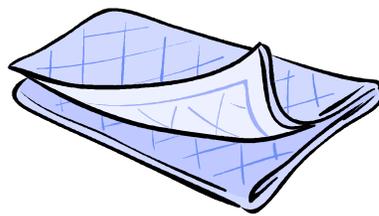
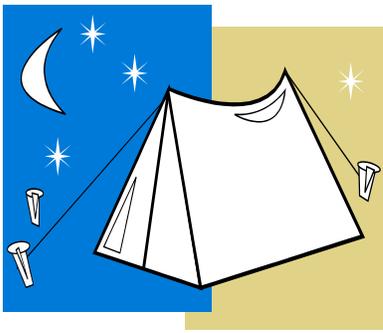


Words to know: tent, sheet, blanket, house, yurt, home, pretend, home, boat

Playing at Home

- Move two or three chairs near each other. Drape a sheet or blanket over the chairs, making a tent or "pretend house."
- Have your child bring pillows, toys, and books into his "house" and play. Crawl in and spend time with your child.
- Talk about how people live in different kinds of homes: houses, tents, yurts, apartments, trailers, boats, adobe, etc.
- Have your child pretend to be living in different kinds of homes. What would it be like to live in a tent, a boat or a trailer?





In the Car or Bus

Words to know: stop, go, walk, yield, parking, hospital, stop light, enter, exit



Activity: find and understand traffic signs

- As you drive or ride, point out the traffic signs as you see them.
- As you slow or stop for a light, explain to your child why you are stopping. "See the stop sign? That means we must stop." "See the yield sign? That means we must slow down and let other cars go first."
- When your child is familiar with the signs, ask her to look for the signs and point them out by name when she sees them.
- Ask your child what color the signs are.
- Ask your child what shape the signs are.



At the Clinic, Dentist or Doctor's Office

Words to know: chair, door, sink, desk, table, window, book, nurse, doctor, dentist, mirror, scale, x-ray, drill, thermometer, lamp, bandage

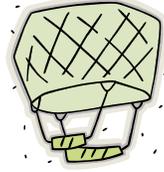


Activity: talk about what you see in the waiting room and exam rooms

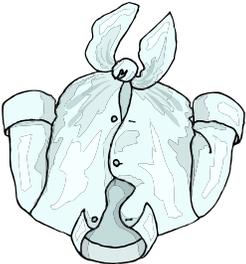
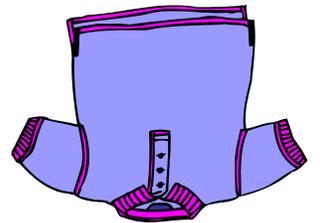
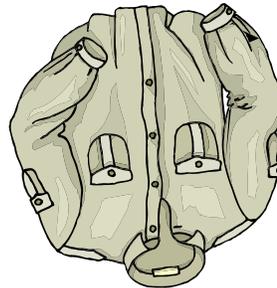
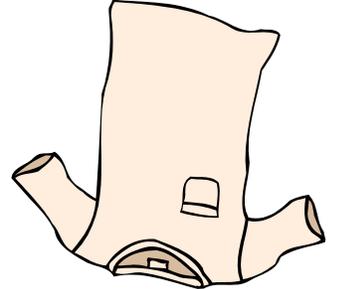
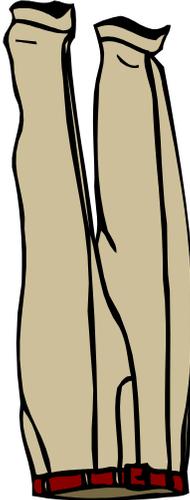
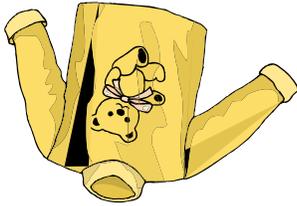
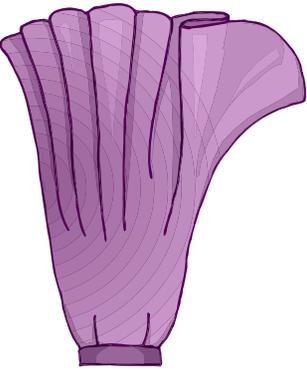
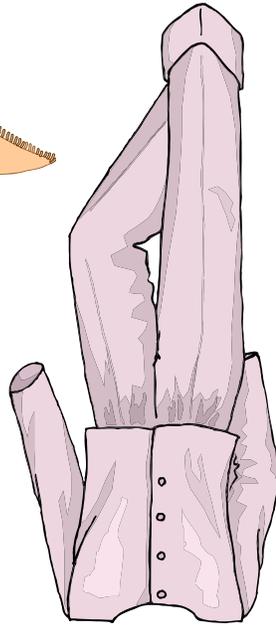
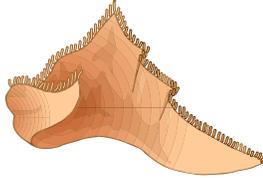
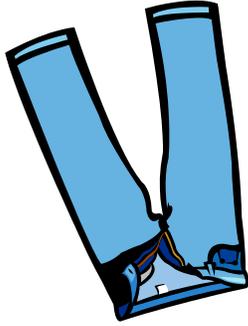
- While waiting in the lobby, ask your child to tell you what he sees.
- Ask your child to count how many chairs, lamps or books are in the lobby.
- In the exam room, ask your child to tell you what she sees in the room. Help her name the items that are new.
- When the dentist, doctor, or nurse comes in, ask them to name the things they use during the appointment: thermometer, mirror, drill, light, x-ray, sink, bandage, scale.

Going Shopping

Activity: find things of different colors



Words to know: T-shirt, doll, cup, shoes, basket, scarf, toy blanket, pillow, lamp, match, colors, bowl



- When you visit a shop, ask your child what different colors she sees around her.
- Show your child a shirt and ask, "What color is this?"
- Practice naming the colors until your child knows a few.
- Then ask your child to help you find something. Ask him to help you find a blue T-shirt, a red scarf or green shoes.
- As you find these items, ask your child to name the color of other things that can be found in the store. Can your child see a brown basket, a yellow cup or a pink blanket?



At the Laundromat

Words to know: pair, socks, pants, shirt, clothes, washer, dryer, clean, wet, dry, fold, size



Activity: sort and match the same and different kinds of clothes

- Explain to your child that you need help sorting the laundry from the dryer.
- Give your child a pile of socks. Ask her to match the same kind, color and size of socks together.
- Then ask your child to put all the T-shirts together by size.
- Ask your child to find the clothes that are his. Show him how to fold them. Don't worry if your child doesn't fold the clothes "right." With practice, he will learn how to do this.

Exploring your Neighborhood

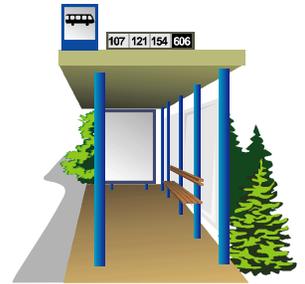
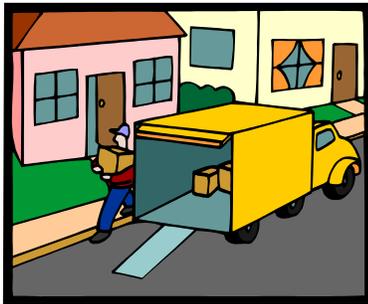
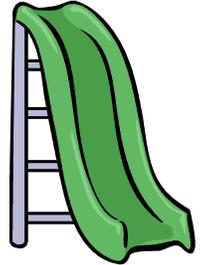
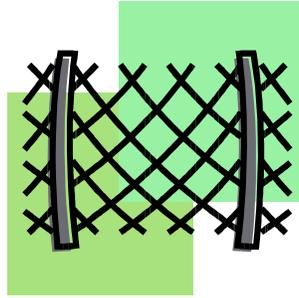
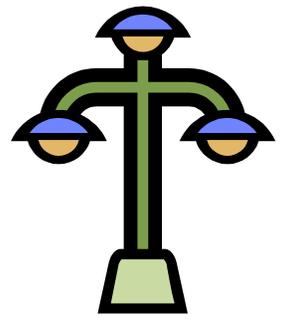
Activity: describe the world around you



Words to know: above, on top, of, below, under, beside, next to, behind, near, far

- Take a walk with your child around your neighborhood. As you walk, tell your child, "I am going to describe something I see. Tell me if you can guess what it is!"
- Start with something easy, like a large object such as a car or house. Once your child guesses, try something harder to see.
- Let your child try to describe something she sees and see if you can guess what it is.
- As you both get better at guessing, try some silly descriptions too: "I see something bigger than a car that eats trash" (a garbage truck).





Listen to Different Things

Words to know: listen, hear, sound, bird, dog, cat, car, truck, wind, rain, noise



Activity: as you are driving, riding, or walking, talk about what you can hear around you

- Listen for birds, dogs, cats. Tell your child what you are hearing and ask him if he can hear it also.
- Ask questions: “Do you hear a car?” “A truck?” “A motorcycle?” “An airplane?”
- “Do you hear the wind or rain?”
- Describe or make the sounds you hear. “The wind goes whoosh.” “The dog is barking.” “The cars go beep, beep, vroom.”

- While getting dressed, ask "Will you button your jacket by yourself, or do you want me to help you?"
- Before reading together, ask "Which book will we look at first?"
- Have your child choose a song for you to sing together.
- At bedtime, ask "Which will you do first, wash your face or brush your teeth?"

Making Choices

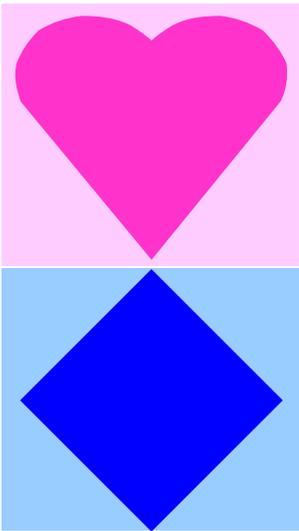
Things to know: When children begin school, they will often be asked to make choices. If they have practice with this at home, they will find it easier at school.



Activity: Choose between doing two things.

Choose between doing





What Will Happen Next

Words to know: what, will, happen, next, going, store, doctor, friend, relative, home



Activity: talk about what you do and where you go

- When you go out together, tell your child where you are going and what you will be doing.
- Ask your child what will happen next when you,
 - ...go shopping at a store, “What do you think we will buy?”
 - ...go to the doctor or clinic, “What will happen first when we get there?”
 - ...visit friends or family, “When we visit Grandma, what will she do?”
 - ...are back at home, “When we get home, then what happens?”

- After you come home from shopping, work, school, or a visit to a friend or relative, talk with your child about what you did.
- Tell the story of your day. "First we got in the car, then we drove to the store, then we bought bananas, then we went to the playground."
- Ask your child to add details. "I sat in the back seat." "At the store I saw my friend." "The bananas were green." "I went down the slide at the playground."
- Ask your child to describe her favorite part of the day. "What did you like doing today?"

Talking About Your Day

Words to know: remember, talk, first, then, did, story, describe, day, favorite, like

Activity: remember and talk about what you did today

