

# My World at Home

2022 Edition



**Bright Horizons®**

# 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 related 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.



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# Infant Schedules

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Infant schedules are unique to each child's individual needs. 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. Babies love to learn through repetition, so do not hesitate to frequently re-visit activities your infant enjoys.



# Infant Activities

## Activity Key



Parent Learning Video

## Art

No Mess Painting

Leaf Prints

Hands-Free Visit

## Language

Baby in the Mirror

Who Is This?

Blanket Play

Discovery Baskets



ASL: Mealtime Vocabulary

Metal Bowl Exploration



Song: If I Had a Little Turtle

Sticky Tape

Rhyming Steps

Poems About Home

Left to Right Patterning

Learning Prepositions

## Math/STEM

Baby Works Ribbon Pull



Sensory Bottles



Box Challenge



Color Mixing

## Movement

Shadow Box Dancing

Pop Up Pillow

Streamers on Tables

High in the Sky

★New! Cross the Midline Ball Play

★New! Blanket Play

## Music

"Where Is...?" Song

I'm a Little Tea Pot

Clap, Clap, Clap Your Hands Song

★New! Let's All Sing

## Science

Empty Cup Tower Toppling

Treasure Basket Where Did It Go?

Drumming

★New! Pom Pom Wall Drop

## Social-Emotional Learning

Follow the Leader

Mirror Talk

★New! Feelings Game

★New! Light Box Pictures

## Sensory

Treasure Basket: Surprise  
- What's in the Box?

Studying Contrasts and Patterns

Kitchen Exploration

Fine Motor Tactile Box

Snack Tray

Texture Bag ★New!

Colander Exploration

Box Play

Exploring Color

Paper Play

Feather Touch

Drop the Spoon

## Extend the Learning - Infants

To an infant, the world is endlessly fascinating because every experience is new. In the infant activities Feather Touch, Colander Exploration, and Sticky Tape, your baby will learn about texture, shape, color. Here are some additional ideas:

- ▶ Look for gentle opportunities to share the world with your baby – wiggle your toes in the grass, point out the clouds, or feel the breeze on your face.
- ▶ Observe your baby's cues. What sensory experiences delight them?



# Toddler Schedule



See below for a sample toddler daily schedule. Use this as a reference and make modifications to meet your child's needs. Browse through the activities and select the ones you think your child will love. All activities are intended for you and your child to explore together. Toddlers love to learn through repetition, so do not hesitate to frequently re-visit activities your child enjoys.



Early Morning	<b>Prepare for the day</b>
Early Morning	<b>Breakfast</b>
Mid-Morning	<b>Activity</b>
Late Morning	<b>Activity</b>
Late Morning	<b>Get outside!</b>
Noon	<b>Lunch</b>
Early Afternoon	<b>Quiet time - nap, read, or listen to an audio book</b>
Mid-Afternoon	<b>Activity</b>
Late Afternoon	<b>Activity</b>



# Toddler Activities

Activity Key	
	Parent Learning Video
	Child Video Activity

## Art

Squish Paint

Family Tambourine Making

Homemade Finger Paint ★New!

Hands-Free Visit

## Language

Alphabet Maze

Who Is This?

Water Writing

The Little Red Hen Adventure

Three Bears Language Game

Poetry Tea Time

▶ Growing Readers: Flora and the Chicks

Poems About Home


Books of Sounds

## Math/STEM

Learning About Fractals

I Spy Numbers

Motion Toy Center ★New!

 Box Challenge

## Let's Play

Pizza Shop

Story Fort

Nature Picnic

## Movement

Ball Play

Streamers on Tables

Freeze Dance



Space Yoga

## Music

"Where Is...?" Song

Clap, Clap, Clap Your Hands Song



If You're Happy & You Know It

The Arts of Music and Movement

## Read Aloud



Growing Readers: Littles And How They Grow



Growing Readers: Julian is a Mermaid

## Science

Empty Cup Tower Toppling

Cloud Gazing

Drumming

## Social-Emotional Learning

Breathe Like a Bear

Cloud Watch

## Sensory



Color Mixing

Snack Tray

Box Play



Ooze

Colander Exploration

Paper Play

# Toward A Better World

All Around the Neighborhood

Being A Helper

## Extend the Learning – Toddlers

In the toddler activities [\*Freeze Dance\*](#), [\*Clap, Clap, Clap Your Hands\*](#), and [\*Drumming\*](#), toddlers will explore music, movement, rhythm, and patterns. Children gain confidence and master their bodies through these types of playful experiences.

**Below are a few more ideas for exploring music and movement:**

- ▶ Explore *loud* and *soft* as you listen to music together. Try talking loudly, talking quietly, and whispering.
- ▶ Listen to a variety of music types from classical to jazz.
- ▶ What sounds can you hear at home? The clock ticking? Coffee brewing? Or the dryer's low hum?

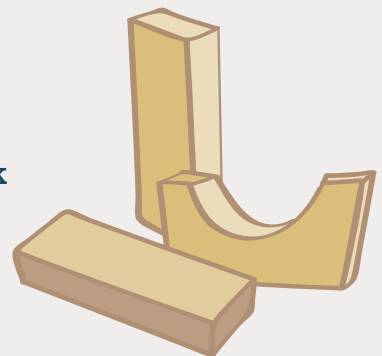
The toddler activities [\*Squish Paint\*](#) and [\*Learning About Fractals\*](#) can help your child notice the patterns around them. Patterns help children make predictions as they begin to anticipate what comes next. Patterns can be found in lots of places and make for great discussion with children.

**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



# Preschool Schedules

See below for a sample preschool daily schedule. Use this as a reference and make modifications to meet your child's needs. Browse through the activities and select the ones you think your child will love.

Activity Key	
	Adult & Child Interaction
	Independent Activity
	Child Video Activity
	Parent Learning Video

Early Morning	<b>Prepare for the day</b>
Early Morning	<b>Breakfast</b>
Mid-Morning	<b>Activity</b>
Late Morning	<b>Activity</b>
Late Morning	<b>Get outside!</b>
Noon	<b>Lunch</b>
Early Afternoon	<b>Quiet time - nap, read, or listen to an audio book</b>
Mid-Afternoon	<b>Activity</b>
Late Afternoon	<b>Activity</b>

# Preschool Activities

## Art

- ▶ 👤 [Scribble Challenge](#)
- ▶ 👤 [Family Tambourine Making](#)
- ▶ 👤 [ImagiNATE: Nature Social-Emotional Learning-Portraits](#)
- 👤 [Recyclable Art](#)
- ▶ [Foil Printmaking](#)
- ▶ 👤 [Amy Wu & the Patchwork Dragon](#) ★New!
- ▶ 👤 [Beautiful Oops](#) ★New!






## Language

- ▶ 👤 [Spanish Colors Part I](#)
- 👤 [What's Missing Memory Game](#)
- ▶ 👤 [Spanish Colors Part II](#)
- 👤 [The Little Red Hen Adventure](#)
- 👤 [Watercolor Alphabet](#)
- 👤 [Poetry Tea Time](#)
- 👤 [Letter Hunt](#)
- 👤 [Make a Story Table](#)
- ▶ 👤 [Spanish: Las Formas](#)
- 👤 [I'm Looking For](#)







## Math/STEM

- 👤 [Learning About Fractals](#)
- 👤 [I Spy Numbers](#)
- 👤 [Sticky Notes Math](#)
- 👤 [Leaf Patterning and Sorting](#)
- 👤 [Marble Maze](#)
- 👤 [Box Challenge](#)
- 👤 ▶ [Ramps Growing Shadows](#)
- 👤 [All Around the Neighborhood](#)








## Let's Play

-  [Pizza Shop](#)
-   [Alphabet Game](#)
-  [Doctor's Office](#)  **New!**





## Movement

-  [Creative Scarf Movements](#)
-  [Freeze Dance](#)
-   [Space Yoga](#)
-  [Olly Pop Everyday Superheroes](#)  **New!**









## Music

-   [If You're Happy & You Know It](#)
-   [The Arts of Music and Movement](#)
-   [Music Monday: Make Music Together](#)  **New!**

## Read Aloud

-   [Growing Readers: Gus's Garage](#)
-   [Growing Readers: Julian is a Mermaid](#)

## Science

-   [Ooze](#)
-   [Wasps](#)
-  [Watercolor Study](#)
-  **New!**   [Make Kinetic Sand](#)

## Social-Emotional Learning

-  [Breathe Like a Bear](#)
-  [Masked Emotions](#)
-   [Feeling Yarn](#)
-  **New!**  [Acts of Kindness Scavenger Hunt](#)

# Extend *the* Learning – Preschool

In the preschool activities *[Sewing Leaves](#)* and *[Leaf Patterning and Sorting](#)* preschoolers will use leaves as tools for learning. Natural materials are aesthetically pleasing and widely available. They can be used in many ways and encourage creativity and flexibility. What else can we do with them?

- ▶ Go on a nature walk and gather a few natural materials such as stones, twigs, acorns, leaves, or shells.
- ▶ Use the materials as game pieces for traditional games like checkers or make up your own games.
- ▶ Add natural materials to pretend play. They can stand in for money, food, and more.
- ▶ Use natural materials in art activities. Paint with grasses or sticks. Print leaves and flowers



The preschool activity *[Poetry Tea Time](#)* encourages 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.

# Virtual Enrichments

While it will never provide the same benefits as interactive, hands-on learning, technology can be a tool that can enhance children's opportunities to learn new things while safely at home during the pandemic. We are happy to provide the following virtual and online learning experiences that can extend your child's learning. These videos may be viewed by a child independently, or together with you.



## Movement

Pizza Stretching ★New!

Sticky Web Game ★New!

The Art of Music & Movement II

Mindful Yoga

Small, Medium, Large

The Art of Music & Movement III

## STEM

Paper Airplanes

Wasps

Magnets

Hermit Crabs

Balance

Geodes



# Virtual Enrichments

## Growing Readers

Tidy

Say Zoop

Maybe Something Beautiful

Out the Door ★New!

## Art Studio

Abstract Scrape

Howardena Pindell Inspired

Circle Art ★New!

Unleash Your Creativity ★New!

## ImagiNATE

STEM Challenge

Mindfulness & Meditation

Measuring Speed

Graphing Numbers

Copy

Cut

Paste

Engineering Design

## Spanish

El Cuerpo Part I

El Cuerpo Part II

Los Animales

Los Dias de la Semana

# 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.

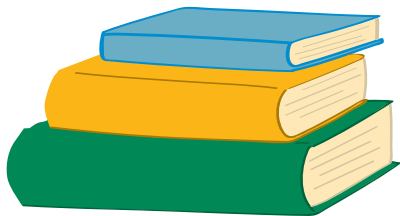
Choose a few things to place in a box for your child to explore. Create your own collection, or use some of these suggested items that you may have on hand:

- ▶ 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.

# Helpful Resources



## Growing Readers

The Growing Readers program is a Bright Horizons resource designed to help parents find great literature, share the joy of reading, and foster early literacy skills with your child. Check out our latest issue for high-quality children's book recommendations and activity ideas.

## Homemade Craft Recipes

Whip up a batch of fun with our favorite craft recipes for homemade bubbles, oobleck and more!

## Home Activity Kits

Bright Horizons has partnered with some of our favorite vendors to bring you a variety of materials and kits that help bring the *World at Their Fingertips*® curriculum to your home! These materials have been educator approved and align with many of our *World at Home* activities. Choose from art materials, to books bundles, to STEM kits, and more. All shipped directly to your home. For more information see the resource attached, or check out the World at Home website for details.

## Resources We Trust

Looking for even more activities for at-home learning? Connect with our trusted friends and partners offering a range of activities: fitness and movement, book recommendations and story time, music programs, and kitchen table service projects, and more!

## World at Home

Stay connected and support your child's learning while you are safely at home with guided learning opportunities that follow a typical classroom daily schedule. Children thrive with routine, especially when there is big change around them. We invite you to explore our library of enriching activities from Bright Horizons educators to enhance your child's learning and engagement.