



What We Do

Ages 3 years—4 years

Objective: The child can recognize familiar actions of life and engages in an activity.

Materials needed:

You and Your child!

Choose from the following easy activities to do at home with your child today, below.

Procedures:

1. Use prior knowledge to extend new knowledge in your child by doing an activity with them today, something that they have already done before with you. Focus on something that you do with your child on daily basis; and do that again today!
2. Activities you could do with your child today:
 - Read a culturally diverse story together
 - Teach child how to use a hula-hoop and dance
 - Paint a picture together
 - Play hop-sotch outside
 - Dance to your cultural preferred choice of music!



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- Help them learn exercises with their bodies:

Walk, crawl, jump, stand on one foot, run, bend, stretch arms up, dance, clap, wave, shake and wiggle, sit ups, push ups, and nod their head are all things you can work on with your child. Help them learn by showing them how to do it and watching as they imitate you. This teaches a child "what we do with our bodies" in order to stay fit, healthy, and moving!

Milestones to meet:

The child can recognize and do familiar actions that take place in their day to day life.

Evaluation:

Did this lesson work for your child? Why or why not?