## Let’s Talk
### Language & Communication Activities
- Let your child help you or another family member during daily activities.
- Find a quiet area to read a book. Ask your child questions about the pictures in the book.
- Play the “I Spy” game with your child. Give child clues, ex. “I spy...something yellow.” Encourage them to look for and point out yellow things as they make guesses.
- Use a different voice with your child to keep their attention and show your child ways to experiment with the tones and volume of their own voice.
- **Read the book, “Panda Bear, Panda Bear, what do you see?”** with your child. Extend the experience by walking around the house asking your child to notice different items and explain what they see. [https://www.youtube.com/watch?v=ig0dCSSITU](https://www.youtube.com/watch?v=ig0dCSSITU)

## Brain Works
### Cognitive Development Activities
- Cover a toy so that just one part of it is showing. Encourage your child to identify the toy.
- Use your child’s name in songs, stories, and games to encourage them to remember their name.
- Sit together and look at family photos. Name each person you see. Look at pictures again to see if your child can name them also.
- **Play Tea Party with your child.** Set up a table and invite them to join you for tea. Ask them to serve the tea then start a conversation by saying, “Thank you for pouring me a cup of tea. What should we eat with while we drink our tea?”
- Have your child decorate a shoebox. After it is decorated put various items into the box and describe them. Ask your child to guess what’s inside the box.

## Body Works
### Physical Development Activities
- Try different movements outside. Talk as you run fast, walk slowly, gallop like a horse, or shuffle like an elephant.
- Let your child lead in a game of “Follow the leader.” Encourage them to try new ways of moving such as walking backwards or walking sideways.
- Provide your child with cotton balls and cotton swabs and paint. Allow your child to paint freely on a large sheet of paper. Ask questions about their art.
- **Encourage your child to draw with crayons or markers while listening to the rhythm of music.**
- Provide your child with balls of all sizes (tennis, beach, basketball, football, soccer). Invite them to join you outside to explore the collection of balls.

## Friends & Feelings
### Social & Emotional Development Activities
- Watch Elmo from Sesame Street “If You’re Happy and You Know It” [https://www.youtube.com/watch?v=5O15sKrYgs8](https://www.youtube.com/watch?v=5O15sKrYgs8)
- Express appreciation when your child takes responsibility for their personal needs. Ex. “You did a good job washing your hands.”
- Invite your child to join in a family game. Having fun in a group helps your child feel loved and supported by his family.
- **Draw pictures of different feelings and expressions.**
- Play dress up with your child. This offers the child a chance to choose for themselves and develop imagination.