Sunflower County
Head Start / Early Head Start
CHILDCARE PARTNERSHIP
SUPPORTED BY DELTA HEALTH ALLIANCE

At Home Activities For Children 3 Years-Old

Let's Talk Language & Communication Activities	Listen to "Guess How much I Love You" http://www.youtube.com/watch?v=B1P2u2OGA2	Go outside with your child, ask, "Do you see any birds or bugs?" Ask them to describe what they see.	After listening to "Guess How much I Love You," Ask your child if you or other family members do nice things to show they are loved?	Have a conversation with your child about something that happened today. Take turns talking.	Walk outside, say, and describe what you see. Ask your child to do the same using descriptive words.
Brain Works Cognitive Development Activities	Ask your child to draw a picture of people in their family.	Ask your child what they saw/ heard when they were looking or birds or bugs. Ask what they know about birds/ bugs.	Go on a color hunt in the house or outside and practice identifying colors.	Play "I Spy" to find shapes around the house or outside.	Ask your child to count items around the house. (Lamps, forks, spoons, towels, etc.)
Body Works Physical Development Activities	Plan a healthy meal or snack with your child. Ask them to choose the healthy food your family will eat today.	Move like a bird or a bug that you saw outside.	Move and freeze dance. https://www.youtube.com/watch?v=388Q44ReOWE&list=PLulSt4UReMuyTbCIjhTqwzwTyPyt-vPfm	Draw dots on the left and right side of a piece of paper. Ask your child to connect the dots in different ways—straight line, curvy line, small dots, etc.	Try yoga https://www.youtube.com/watch?v=X655B4ISakg
Friends & Feelings Social & Emotional Development Activities	Talk about voice volume in the house or outside. Ask how you should sound if someone is resting or working? How can you sound if you're outside?	Help your child think about what they love most about their family. Help them write their response on a piece of paper.	Play Sesame Street name that emotion https://www.youtube.com/watch?v=ZxfJicfyCdg	Help your child make a simple job chart with things they can do to help pitch in around the house. Talk through the steps of a simple job and help them complete it.	Discuss and help your child identify ways they can calm themselves when they become upset.