

LET'S GROW KIDS
LITTLE KIDS • BIG IMPACT

Playtime Activity Book



BUILDING LIFELONG SKILLS THROUGH PLAY

MATH PATTERNS

Goal: Develop pattern recognition skills

A pattern or sequence is an important thing to identify, practice and learn to predict. It helps children practice skills needed for math, science, and writing later in life.

Talk together about what comes next in the pattern or make your own.

Draw the shapes to repeat the patterns.



Continue the pattern with goldfish and pretzel snacks!



Reach with your arms!



STORY SEQUENCING

Goal: Build language and storytelling skills

A story has a beginning, middle, and end. It is a sequence that children can understand and use creatively to make their own stories. Talk together about the visual icons below to inspire and build your own story. The story game is an anytime game which is language rich and builds forever skills.

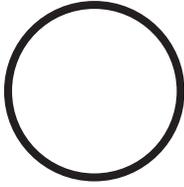


Use these icons to help write your own story!

SHAPE FIND AND SEEK

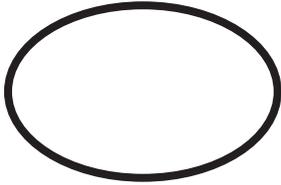
Goal: Develop observation skills and descriptive vocabulary

Circles



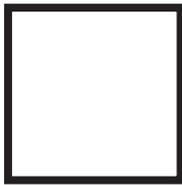
Together, can you find circles in the environment around you?

Ovals



This is an oval—a little like a circle. Talk to your child about the differences you see between a circle and an oval.

Squares



Take some time together to find squares. This shape has straight sides. It is not round. The 4 sides have equal lengths.

Rectangles



Find rectangles around you. What do you notice? What looks the same when you look at a square and rectangle? How do they differ? In what ways are squares and rectangles different from a circle or oval? Observing is an important skill to build on!

GO ANYWHERE SENSORY TIPS

You may notice that daily life can be exciting and stimulating. Our sensory systems help us feel, hear, see, and understand the world around us. Some children feel new experiences more than others and this can often look like extra energy or emotion.

Some tips to take anywhere.

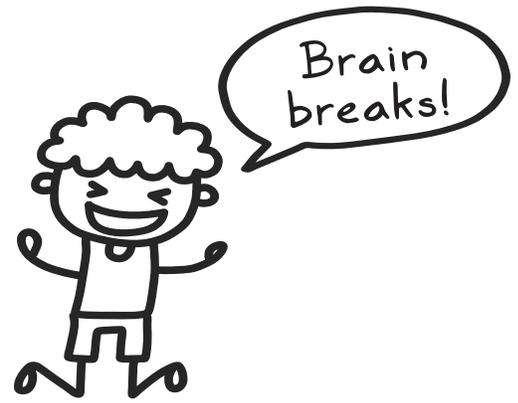
- ① Plan ahead to allow extra time for transitions when possible.
- ② Plan for busy places and seek out quieter spaces and brain breaks.
- ③ Plan for quiet times with anywhere games. It is a great time for talk time and playtime together. What do you see and feel?

JOKES FOR FOLKS

Goal: Enjoy a laugh!

Laughter triggers the release of endorphins, the body's natural feel-good chemicals.

Giggles feel good.



Q Where do sharks go on vacation?
A Finland!

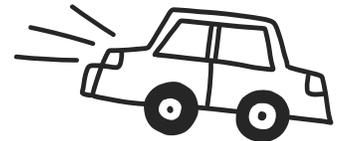
Q How do rabbits get to their holiday destination?
A By hare-plane!

Q How can you tell elephants love to travel?
A They always pack their own trunk!

Q Where do sheep go on vacation?
A The Baaa-hamas!

Q What happens when you wear a watch on a plane?
A Time flies!

> Knock knock
Who's there? <
> Cargo
Cargo who? <
> Car go "Beep beep!"



REACHING TO RESET

Goal: Build coordination

Activities that cross our mid-line (reaching across the center of our body) literally reorganize our sensory systems.

Children under the age of 4 are still building skills to coordinate both left and right sides of their brains and bodies. Here are a few anywhere ideas.

WINDMILLS

Have your child reach out to the side with their arms straight. Then pretend that they are a windmill by moving their arms in a circle. If they are able to, have them cross center reaching to the other side of their bodies.

CROSS CRAWLS

For cross crawls, have your child march in place, then touch their opposite knee as it is at their waist. The right arm would touch the left knee and the left arm would touch the right knee as they are marching in place.

Try these together!

C	A	R	N	R	D	M
A	A	W	N	R	A	O
T	E	E	H	Y	D	M
D	O	G	A	R	H	P
V	A	R	T	S	A	T
P	U	R	N	R	H	P
I	A	R	A	X	S	W
R	A	R	N	E	A	O
C	O	W	R	R	T	W

WORD SEARCH *Goal: Build vocabulary and reading skills*

Children learn first about letters and word patterns (CVC) as they begin to read. Search for familiar letters and words. Some of these words rhyme and may inspire new word games.



Circle the words you find from the word bank! Words can be horizontal or vertical.

Word Bank

DAD
MOM
DOG
CAT
SAT
HAT
COW
WOW

HOW DO YOU PLAY EVERY DAY? *Goal: Build social, motor, and cognitive skills*

Be sure to play every day! Children need time to move their bodies every day!

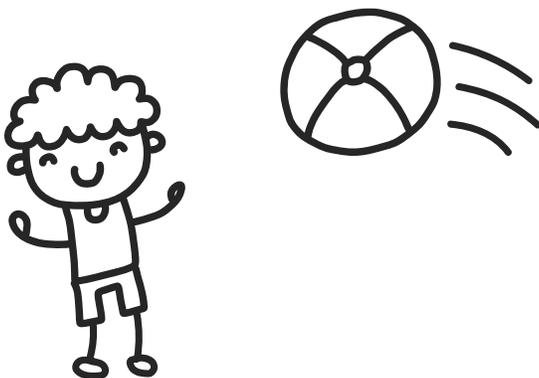
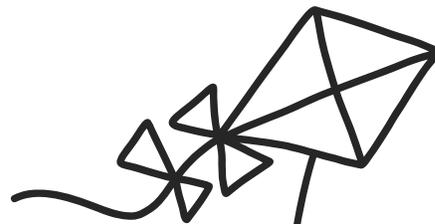
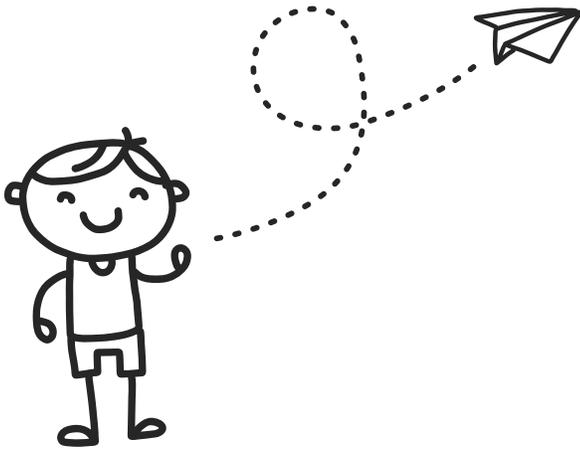
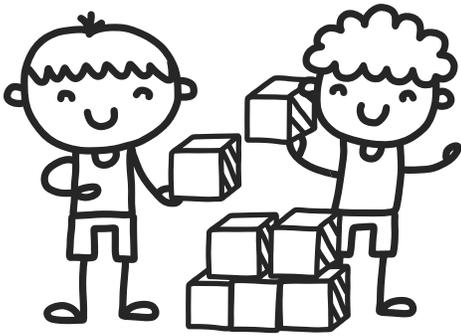
How many kids are building something?

We see 2 children building with blocks but we know that ALL children here are building new skills!

Can you find 3 things that soar?

How many activities can you name?

Which activities would you like to try? Why?

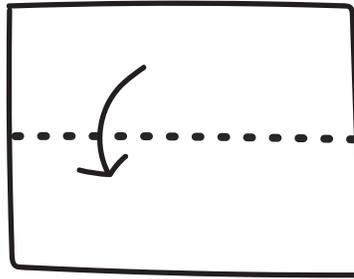


MAKE IT FLY

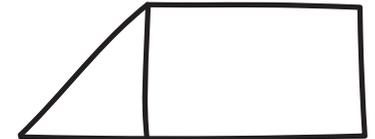
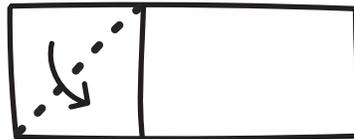
Goal: Develop fine motor skills

Want to learn about aerodynamics? "Thrust" and "lift" are two forces that will help your plane make a long flight. Follow these directions to make your paper airplane. And remember, safety first so take flight away from anyone or anything.

Find a piece of scrap paper. Fold in half hot dog style.



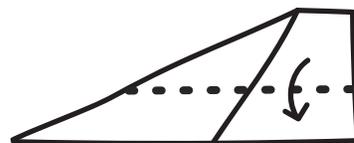
Peel the front away like you peel a banana. Make sure to line up your fold with the base. Repeat on both sides.



Repeat step 2, but with a longer fold from the front side to the back. Repeat on both sides.



Fold the top down like you're opening a book. The top should be parallel with the base. Repeat on both sides.



Throw your plane and watch it soar!



3 out of **5** OF VERMONT'S YOUNGEST CHILDREN DON'T HAVE ACCESS TO THE CHILD CARE THEY NEED.

THAT MEANS TOO MANY KIDS ARE MISSING OUT ON A STRONG START

The ripple effects of these missed opportunities impact our families, communities, economy... all of us.

WE ARE MAKING CHANGE

Let's Grow Kids' mission is to ensure affordable access to high-quality child care for all Vermont families by 2025. Since we've started, investments in early education have increased and more Vermont families have access to high-quality child care. But our job is far from done.

WITH YOUR SUPPORT

We can create long-term change that will ensure that all of Vermont's children have the opportunity to succeed individually so that we can thrive together.

TAKE ACTION NOW

DONATE +

Your support goes directly to building a child care system that works.

SIGN +

Sign the Petition in support of Vermont's children.

ACT +

Take action in your community on behalf of Vermont's children.

Let'sGrowKids.org