



## At Home Activity Packet

Creative Curriculum

Study Question: Why is it important to eat nutritiously?

<b>Book</b>	<b>Song</b>	<b>Activity #1</b>	<b>Activity #2</b>	<b>Developmental Domains</b>
The Very Hungry Caterpillar	Song: I like to Eat Apples and Bananas	Choosing Lids	I See Something That Is	Social and Emotional Development Language and Literacy Approaches to learning Cognition
<b>Read Aloud Book Link</b> <a href="https://www.youtube.com/watch?v=75NqK-Sm1YY">https://www.youtube.com/watch?v=75NqK-Sm1YY</a>	<b>Video Link</b> <a href="https://www.youtube.com/watch?v=INNMcKnj0PyE&amp;feature=emb_logo">https://www.youtube.com/watch?v=INNMcKnj0PyE&amp;feature=emb_logo</a>	Learning Game 58	Learning Game 100	

# Choosing Lids

*You found a lid that fits just right!*



Offer your child a variety of jars with screw-on lids and talk about what he's doing as he experiments with them.

Your child will practice turning the lids to open and close them and may begin to make thoughtful choices about which lid to use for each jar.



## Why this is important

Giving your child the opportunity to experiment with containers and screw-on lids encourages him to use a trial-and-error approach to solving a problem. When given choices, your child may choose randomly at first. However, through repetition, he will begin to develop problem-solving skills and make more selective choices. This activity also encourages him to coordinate his hands to help him select and screw on the lids.

## What you do

- Show your child a plastic container with a screw-on lid. Slowly unscrew the lid so that he can see the motion.
- Drop a toy in the jar and replace the lid so that it will open easily.
- Encourage him to get the toy out of the container. If he does not try to unscrew the lid, place your hand over his and open it together. *We use our hands to turn the lid. Now it's open.*
- Notice how he tries to screw the lid back on. He may just push the lid onto the container. With practice, he will be able to use his hand to successfully turn and close the lid.
- Talk about what he is doing. *You're turning the lid to close it.*
- Provide time for him to play with the containers, lids, and toys while he practices his new skill.

## Ready to move on?

Give your child several small containers with various kinds of lids. Give him small objects to put in the containers. Offer direction when needed, but let him choose how to play with the objects. Talk to him about the choices he is making. *You put the small lid on the small jar and the big lid on the big jar!*

## Let's read together!

*Elephants on Board*  
by Suse MacDonald

Game 100



# I See Something That Is...

*I see something red, and you can read a story from it.*



Give two clues, one about color and one about the object's use, to help your child find an object.

Your child will notice more than one thing about a familiar article.



*You're looking carefully...*



*You found it!*

## Why this is important

Considering two features of an object requires your child to do a two-step evaluation to identify it. He must also listen to your directions in order to determine the important information. Weighing both parts of your description will help him come to a conclusion as he will do with many evaluations throughout his life.

## What you do

- Invite your child to play a simple version of *I Spy* with you.
- Give two hints. The first hint should be about the color of the object and the second should be about the object's use. *I spy something blue. You drink from it.*
- Play the game by facing the general direction of the object. Ask your child to touch the object when he sees it.
- Respond positively to his accomplishment. Yes, *that cup is blue. You can drink from it. You listened very carefully!*
- Repeat the clues if your child chooses incorrectly and offer encouragement. *You're right. That is blue. Now can you find something blue that you can drink from?*
- If you need to, make the game easier by placing three items in front of your child and ask for one of the objects using the same two clues.

## Another idea

Keep this game in mind when you are waiting in the doctor's office, visiting relatives, or any place your child needs extra attention. Be sure to choose objects your child can point to, touch, or bring to you.

## Let's read together!

*Hush! A That Lullaby*  
by Mingfo Ho