Practice coloring, tracing, and learning activities together at the table

MorninglBedtime

A time to notice as well as encourage your child's independence within dressing, feeding, and self care routines

Child led
opportunities to
promote calming,
such as deep breathing,
guided meditation, or a
sensory break

Pelotor.

Crayon, paint, and glue activities promote fine motor, cognitive planning, and even touch processing skills

Sing the days of the week, months of the year, a weather song, and even BBD's song of the week! Wake your bodies up by taking the dog for a walk, going on a four leaf clover hunt, or playing tag

> Host a dance/ freeze party, play catch, or practice yoga

Legos, Magnatiles, and various sorting toys are perfect play-based ways to explore early numeracy and visual spatial skills.

For a multimodel literacy activity watch/sing our Zoophonics video in our Songs Library.

Read, draw, and talk about your favorite books and stories

Ortime Play

C

Encourage your kiddo to participate in mealtime by helping to cook, set the table, and clean up

Meali