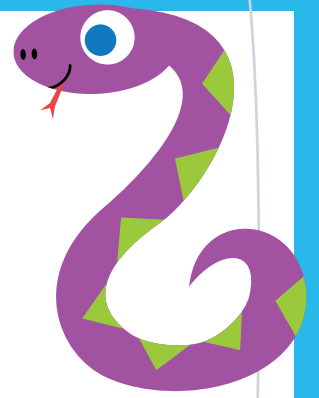
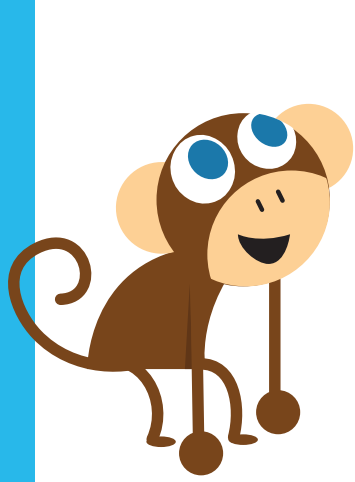


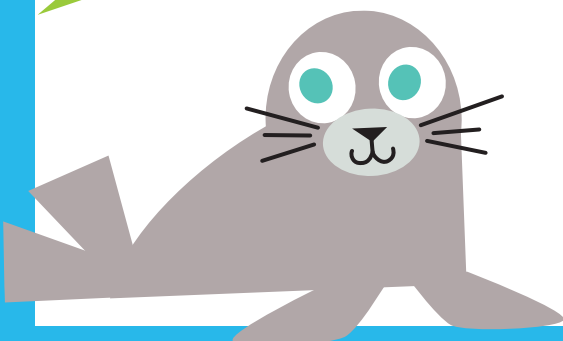
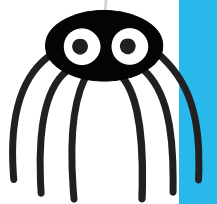
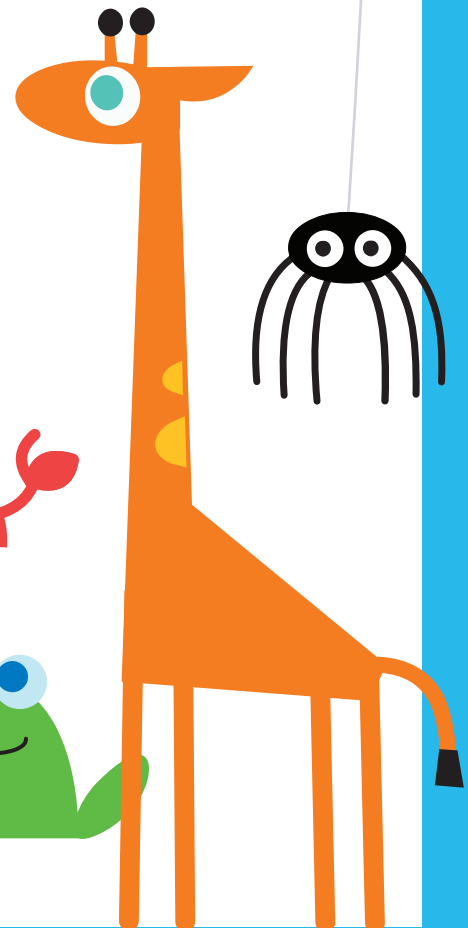
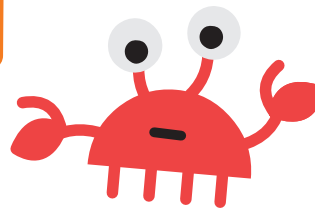
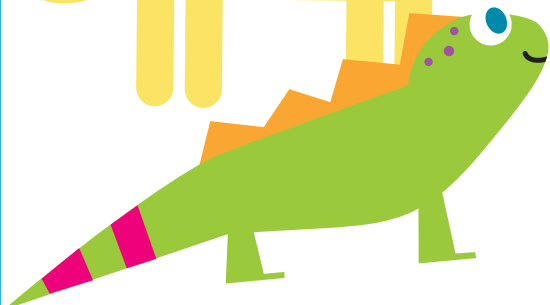
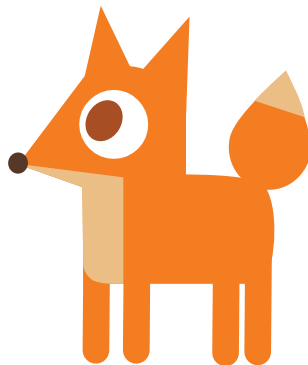


PBS Wisconsin
Education

WILD ANIMALS

Learning the names of new animals develops your child's language and interest in the world.

- 1. How many animals can you name on this poster?**
- 2. Which of these animals has a tail?**
- 3. Point to an animal. Where do you think it lives?**



pbsurl.org/early





PBS Wisconsin
Education

WEATHER

Learning to identify different kinds of weather is science and helps your child be able to describe what it looks like and feels like outside.

- 1. Look out the window for clues about the weather today. What do you see?**
- 2. What kind of clothes do you need for different weather? Why?**
- 3. If there are clouds in the sky today, look out the window and see if you can find any different pictures or shapes in them.**



pbsurl.org/early



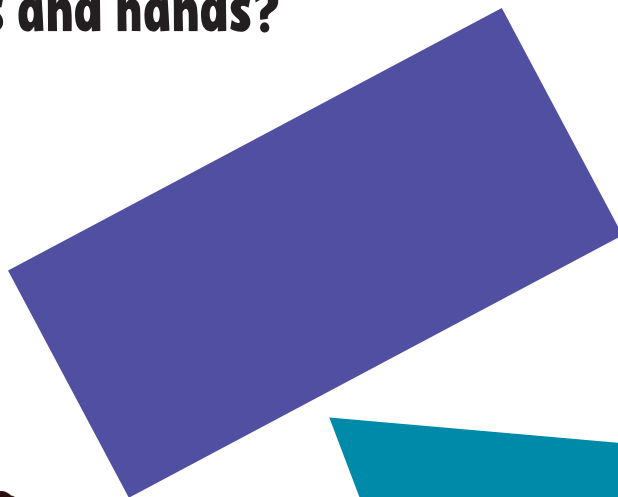
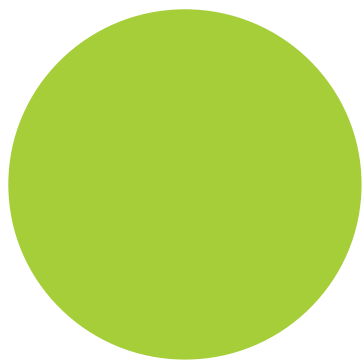


PBS Wisconsin
Education

SHAPES

Recognizing and naming different shapes grows your child's math, art, and science skills and teaches your child to organize information.

- 1. How many different shapes are on this poster?**
- 2. Which of these shapes do you see in this room?**
- 3. What different shapes can you make with your fingers and hands?**



pbsurl.org/early



PBS Wisconsin
Education

OPPOSITES

Learning opposite words helps your child talk about people, places, and things in more detailed ways.

1. How many different opposite words are on this poster?
2. What other opposite words do you know?
3. Can you act out opposite words with your body to see if your grown-up can guess what you are pretending?

Big **Bumpy** **Slow** **Down**
Little **Smooth** **Fast** **Up**
Day **Night** **Quiet** **Silly**
Hot **Cold** **Loud**



pbsurl.org/early



FUN WITH MOVEMENT

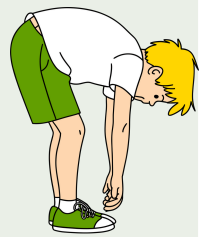
Young children often have lots of energy—especially when waiting! These quick, quiet, no-equipment activities help your child get their wiggles out while staying nearby.

Quick Tips:

- Keep it playful and short (30-60 seconds)
- Mix and match activities
- End with a big breath in, and a slow breath out

Head, Shoulders, Knees, Toes

- Touch each body part as you sing or say the words faster and faster



Tiptoe Walk

- Pretend you're sneaking like a quiet mouse
- Walk on your tiptoes from one spot to another!



Animal Moves

- Hop like a bunny
- Waddle like a penguin
- Stretch tall like a giraffe
- Lift your trunk like an elephant



Freeze Dance

- Wiggle or dance quietly
- Then, "freeze" when you say stop
- Re-start & "freeze"



Balance Challenge

- Stand on one foot
- Count how long you can stay up!
- Switch feet



I SPY WITH MY LITTLE EYE

Waiting can be hard, but "I Spy" turns the time into fun! This game helps your child notice details, build language, and stay engaged- without leaving their seat!

Quick Tips

- Look around the room and secretly pick an object
- Give your child a clue: "I spy with my little eye something that is [color/shape/size]"
- Let your child guess, give extra hints if needed
- Take turns- kids love to "spy" too!



Prompts to Get Started

"I Spy something..."

- that is red
- that is round
- you can sit on
- that is big/small
- with letters on it
- that make a sound



I Spy something..."

- that makes a sound
- you can open/close
- that people wear



Parent Tips:

- Keep it simple
- Use describing words to build vocabulary
- Celebrate each try- "that's right" or "you're close"

CONVERSATION STARTERS

Waiting can be hard for little ones! Use these fun questions to spark imagination, keep your child engaged, and enjoy a few giggles together.

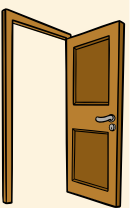
Quick Tips

- Pick one question at a time
- Let your child answer in their own words
- Share your answers too- it makes it more fun!
- There is no "right" or "wrong" answer- just imagination
- Keep it playful



Prompts to Get Started

- If you were a bird, where would you fly to?
- If you could call [grandma/auntie], what would you tell them?
- If your stuffed animal could talk, what would it say?
- What superpower would you like to have?
- If you could only eat one food forever, what would it be?
- If you found a magic door, where would it take you?
- What's the silliest face you can make? What should I name it?
- If your shoes could take you anywhere, where would they go?
- If you could be any animal for a day, what would you be? Why?
- What is the nicest thing you could do for someone right now?
- What would you build if you have a giant box of blocks?



Strengthening Families

A PROJECT OF  Center for the Study of Social Policy

20 QUESTIONS GAME

Waiting doesn't have to be boring! Turn waiting time into fun time! Play "20 Questions" to spark your child's curiosity and thinking!

How to Play

- Pick something in your mind (animal, food, place, object) but don't say what it is!
- Your child asks yes/no questions to figure it out
- They keep asking questions until they guess the answer (or reach 20 questions)...for younger children shorten to 10 questions
- Switch roles so your child thinks of something and you ask the questions



Examples of Categories

- **Animals:** dog, cat, elephant, giraffe
- **Food:** apple, pizza, carrot, ice cream
- **Objects:** car, toothbrush, chair, balloon
- **Nature:** tree, sun, river, rainbow
- **People/Characters:** teacher, firefighter, superhero, TV character
- **Place:** school, park, library

Helpful Yes/No Questions for Kids

- Is it alive?
- Is it big or small?
- Can you eat it?
- Does it live in water?
- Can it fly?
- Do we see it at home?
- Is it something you wear?
- Does it make sound?
- Is it something you can touch?
- Would you see it at a zoo?
- Would you see it on TV?



FINGER PLAY FUN



Waiting can be hard for little ones, but finger plays turn waiting time into playtime! These short, playful rhymes with hand motions help your child practice listening, memory, and patterns.

Open, Shut Them



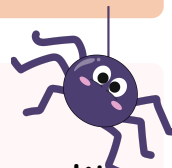
- **Motions:** Open and close hands, then clap, then place hands in lap.
- **Words:** Open, shut them, open, shut them, give a little clap, clap, clap. Open, shut them, open, shut them, fold them in your lap, lap, lap.

Five Little Monkeys



- **Motions:** Hold up 5 fingers, pretend to bounce them on your hand as a "bed," then act out falling off.
- **Words:** Five little monkeys jumping on the bed, 1 fell off and bumped his head, mama called the doctor and the doctor said, no more monkeys jumping on the bed....continue to count down 4, 3, 2, 1)

The Itsy Bitsy Spider



- **Motions:** Crawl fingers up like a spider, wiggle fingers for rain, hands for sun, etc.
- **Words:** The Itsy Bitsy Spider crawled up the water spout, down came the rain and washed the spider out, out came the sun and dried up all the rain and the itsy bitsy spider went up the spout again.

Where is Thumbkin



- **Motions:** Hide hands behind back, bring out one finger at a time as characters.
- **Words:** Where is thumbkin, where is thumbkin, here I am, here I am. How are you this morning? Very well I thank you, run away, run away...(continue with pointer, tallman, ringman, pinkie, everyone)



Strengthening Families

A PROJECT OF



Center for the Study of Social Policy



FAVORITES GAME



Waiting can be hard for little ones! The Favorites Game is a fun way to get to know your child a little better by asking questions about their favorite things (colors, places, books, TV shows, foods... the list goes on!) See where the conversation takes you!

TIPS: Feel free to get creative! Take turns with the child, have them guess your answers or guess theirs, rank your favorites, ask follow-up questions about why they like something.

Examples of Categories



- Foods
- Animals
- Seasons
- Movies
- TV shows
- Superheroes
- Books
- Holidays
- Colors
- Sports
- Songs
- School subjects



Strengthening Families

A PROJECT OF  Center for the Study of Social Policy



MINDFULNESS



What it is and why it's important: Mindfulness means helping children recognize their feelings and stay calm. Mindfulness activities can help children relax and focus, even if they are worried, scared, or nervous. (The help grown-ups too!)

Finger Breathing

This breathing exercise uses hands to help slow breathing and focus the mind

1. Hold up one hand like a star



2. Use the index finger of your other hand to slowly trace up the outside of your thumb as you breathe in through your nose

3. Pause at the top of your thumb

4. Slowly trace down the inside of your thumb as you breathe out through your mouth

5. Continue tracing up and down each of your fingers- inhaling on the way up and exhaling on the way down

Five Senses Exercise

Help your child feel more connected to the moment by using their senses



Notice 5 things you can **see**



Notice 4 things you can **feel**



Notice 3 things you can **hear**



Notice 2 things you can **smell**



Notice 1 thing you can **taste**

*Check in with your child to see how they're feeling now



Strengthening Families

A PROJECT OF  Center for the Study of Social Policy

Things That Will Help Me Calm Down

Infants

Try to understand what my behavior is **telling you**



Provide a consistent **routine** for feeding, nap time, and diaper changes



Carry me (in your arms or a carrier) or let me sit **safely** at a level where I can interact with you.

Stay close in new places and with new people.



Connect with me throughout the day:

- Talking and smiling where I can see you
- Hugging
- Singing
- Holding
- Pausing to let me respond with a smile, action, or a sound.



Help me prepare for new situations (talk about what will happen, give me a comfort item).



Teach me about **emotions** by labeling them



More family resources at ChallengingBehavior.org/Implementation/Family.html



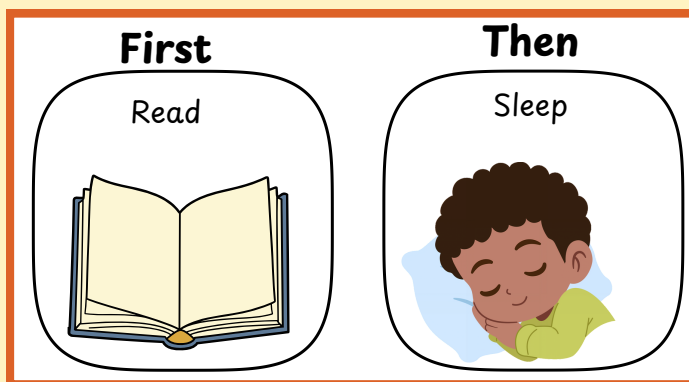
Things That Will Help Me Calm Down

Toddlers

Try to **understand** what my behavior is **telling you**



Doing things in the **same order** every day helps me feel safe- like reading a book before bedtime.



Stay close in new places and with new people.

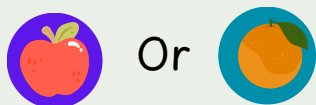


Connect with me throughout the day: talking, smiling, hugging, singing, holding.

- Listen and answer when I tell you something.
- When we play together, let's take turns
- Join in my play, follow my lead.
- Talk about what I am doing or watching.
- Be with me at my level.



Give me **choices** throughout the day



Teach me about emotions by labeling our feelings throughout the day



Help me prepare for new situations by talking about what will happen or giving me a comfort item



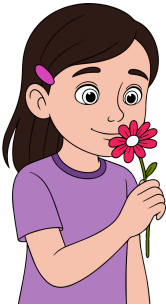
More family resources at ChallengingBehavior.org/Implementation/Family.html



Help Us Calm Down

Try these calming strategies with your child! The more you practice together, the more likely your child will use them when feeling angry, stressed, sad, or frustrated.

I can....



take deep breaths



count



go for a walk



take a drink



listen to music



hug a favorite toy



draw a picture



read a book



swing/rock

More family resources at ChallengingBehavior.org/Implementation/Family.html

