

naeyc[®]

Week of the
Young Child[™]



Family Activity Guide

Compiled and Created by the Teachers of

Furman University

Child Development Center

#woyc2025

Music Monday

Today we will kick off WOYC with singing and dancing! Music allows children to *express feelings* and encourages *language and math development*. You will be creating rhythms, experimenting with pitch and melody and inviting movement while sharing in the *joy of music!*

Activity Ideas

- ✓ Make an instrument out of some materials you find at home. Sing a song for your family while playing. (Ex. Egg shakers, rhythm sticks, an instrument you strum, etc).
- ✓ Play Musical Statues with a family member. Dance while music is playing. As soon as it stops, you must “freeze” and be as quiet and still as a statue until the music resumes playing.
- ✓ Ring your door bell or find a doorbell sound on a device. Imitate the sound! Then find two drinking glasses that are the same and a spoon. Practice tapping gently on the glass to make a ringing sound. See if you can add water to one glass to make a “ding dong” sound. Add more glasses to have a variety of pitches. Play with rhythms and pitches on the glasses.
- ✓ Have a concert at home! Set up a “stage” with chairs facing it. Take turns performing, being a conductor or being the audience. Play music with instruments, sing, or dance to music.



A Resource for Parents

Here is an article from the NAEYC website about playing with music at home.

<https://www.naeyc.org/our-work/families/playing-mus>

Tasty Tuesday

Tasty Tuesday isn't just about eating your favorite foods together. It's also about *cooking together* and connecting math with literacy skills and science while introducing ways to connect *healthy habits* into children's lifestyles!

Activity Ideas

- ✓ Make cookies (either real ones or paper cutouts) for a math activity. Your child can help by gathering ingredients and following the recipe's directions. Remember that children do not need to be involved in every step of the process to enjoy and learn from cooking experiences! Divide the cookies equally among the people (or stuffed animals) in the room.
- ✓ Use your "Rainbow Ring" from your Home Kit to go on a fridge or pantry Scavenger Hunt. Can you make a snack using all (or most) of the colors of the rainbow? Draw a picture of your plate when you are done!
- ✓ Food explorers: Hide a fruit or vegetable in a paper or cloth bag. Ask children to put their hand in the bag and guess what the food is. Use foods with different shapes, textures, and sizes.
- ✓ Taste buds! Look at your tongue in a mirror. The little bumps you see are called taste buds and they tell your brain if a food is sweet, salty, bitter, or sour. Look in your kitchen and see if you can find something sweet, salty, bitter, and sour.



A Resource for Parents

Here is an article from the NAEYC website about cooking together with your child:

<https://www.naeyc.org/resources/blog/i-helped-mama-too-cooking-tiny-helper>

Working Together Wednesday

On this day, we highlight the value of *collaboration* and *giving every child a voice*. We are all part of a whole and each individual idea and voice is needed in our community. You can think about how things work and jobs that help make your home and school run smoothly.

Activity Ideas

- ✓ Puzzles! Find a puzzle that may be a little bit tricky to do on your own. Work together with another family member to complete the puzzle. You could also draw a picture and cut it into a puzzle to try solving together.
- ✓ Set a timer and play some favorite upbeat music. Give everyone in the family a different cleaning tool. Everybody works to clean up a room together before the timer rings, and children can swap cleaning tools with others at any time, but everyone keeps working until the job is done.
- ✓ Work together to get meals ready and cleaned up. Children can set the table, stir, chop (with supervision and carefully chosen utensils), clean off the table, and throw trash away!
- ✓ Play a cooperative balloon game- Blow up a balloon. One person starts by hitting the balloon upwards. Everyone works together to keep the balloon up in the air. Whatever you do, don't let it hit the floor!



A Resource for Parents

Here is an article from the NAEYC website about playing together with your child to encourage their learning. <https://www.naeyc.org/our-work/families/support-learning-with-play>

Artsy Thursday

On this day, we celebrate the *creativity* of children. When children have time to enjoy the *process* of creating art, decision making, self-expression, creativity, social skills, literacy, math, and fine motor skills are fostered.

Activity Ideas

- ✓ Collect natural items from your yard to design a mandala. Create with symmetry and repetition. Take a picture of your work.
- ✓ Fill a muffin tin with shaving cream. Add food coloring or tempera paint to the shaving cream, and enjoy painting the bathtub walls during bath time! Be sure to test a small area if you are concerned about stains.
- ✓ Ice cube painting: Add tempera paint or food coloring to an ice tray. Add water and mix. Then freeze. Add popsicle sticks when partially frozen and then complete the freezing process. Pop the ice cubes out of the tray and paint on regular paper. Great for a hot day!
- ✓ Draw like Michelangelo. Tape a large piece of paper to the underside of a table and draw a picture while lying on the floor. Although this seems simple, the unique position is exciting and reinforces fine motor development.
- ✓ Look through your recycling bin. What materials can be used to construct or create a new project? Take a picture of your new creation.



A Resource for Parents

Here is an article from the NAEYC website about meaningful art you can fit into a busy day.
<https://www.naeyc.org/our-work/families/meaningful-art-projects-parents-can-fit-busy-day>

Family Friday

This is a day to *celebrate a child's most important influences*. Research indicates that when children see their parents interacting with teachers in a positive way and see them involved in school activities, children feel more secure and learn more. We are *partnering* with you at the CDC, and now at home! We also want to acknowledge and *respect the diversity* of each child's family and celebrate YOU.

Activity Ideas

- ✓ Make a collection or collage of items that represent each family member. Include photos, drawings, stickers or small items that each person likes.
- ✓ Play a game as a family! Use up to 10 leftover drink bottles. Fill them with dirt, rocks, or a little water to make them heavier. Set them up like bowling pins and have a bowling night together.
- ✓ Take time to read together! Every member of the family can choose a book. Then snuggle up and take turns reading or telling the stories. You can also make a book about a special day you enjoyed as a family. Write down the events and everyone can contribute pictures to remember the special time together.
- ✓ Make rock families. Take a walk and have the children collect four or five different sized rocks to make a family. Bring them back and paint faces on them. Encourage them to make up stories about their rock families. For example, have them name their rocks and tell what each one likes to do. Help them expand their stories by asking questions.



A Resource for Parents

You are your child's first teacher! Hope this article from the NAEYC website will be helpful in this time of juggling everything! <https://www.naeyc.org/our-work/families/childs-first-teacher>