

# Home Activity Cards



## Look What I Can Do

*Children are constantly developing in all areas physically, emotionally, and cognitively. As we guide them through their world, we can use every day moments to have them become aware and capable of how to make use of it all. See what your child can do and share your experience using the hashtag #grow2gether.*

Children naturally become independent if we let them. Sometimes you might hear a toddler or preschooler request that they try something on their own. In the case that has not happened, encourage an open invitation.

Invite your child to pick out what he or she will be wearing that day. If it becomes a little difficult, begin with choices. Try picking two to three items first.

Begin the conversation with “Hey I bet you can decide what you want to put on today. How would you like to help me? Here are some choices.” Make sure you talk about how your child is growing, and reaching a point to where he or she can try things independently. You can even bring out colors, patterns, pockets, buttons. The more the conversation flows, the better!

### Learning on the Go!

- Going out to eat? Great! Use this as an opportunity to ask your child about choices he would like to make out of two options on the menu.
- This can also be extended with describing what are fruit and vegetable options and why they are good for the body.



Share with us! We would love to see how you did this activity. Use the hashtag #grow2gether so we can find it!



#grow2gether

