

# Home Activity Card



## Wake Up Froggy!

*Identifying what feelings look like, what causes certain feelings and even what to do about them? Explore one (safe!) activity and post pictures using the hashtag #grow2gether.*

Children are natural born curious buddies about the world around them. As a parent, you can support the development of your child's self-control at home and help use their communication skills to identify and talk about their feelings.

Together with your child, spread a blue blanket on the floor with several "lily pads" on it. Toy frogs sit on the lily pads.

Then you tell your child, "The frogs are sleeping. It's morning, and the frogs need our help to wake up!" So you give your child a simple music instrument (maraca, flue, guitar or any other available instrument at home) and ask him/her to sing a little wake-up song while they walk around with the music.

### Learning on the Go!

- While at the park, you can take a bunch of children who don't know each other, and direct their attention to a "pond" and enjoy the same activity altogether.

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



#grow2gether

