

# Build Your Own Learning Routine

For Kids Ages 2-3

HOMER's Learning Experts have you covered with activities to suit your family's individual needs!

Do what you love, skip those you don't, move the blocks around, repeat the hits, and improvise to extend those that you don't ever want to end.

## FOCUSED LEARNING TIME (5 - 15 MINUTES)

- Set up a special place for focused learning time and ask your child to help you make it comfy
- Look at pictures in a book, draw, count objects or sing the alphabet
- Learning apps like HOMER are also great to use during focused learning time

## WHOLE BODY MOVEMENTS (5 - 15 MINUTES)

- Dance Party! Put on some music and dance the wiggles out
- Bonus points if you can incorporate any instruments or noise makers

## FINE MOTOR ACTIVITY (10 - 20 MINUTES)

- Find an assortment of small-ish, colored items\* like crayons
- Have your child practice picking them up with each hand and placing them in separate bowls for each color

\*Keep an eye out for choking hazards, particularly for children under 3 years of age.

## FREE PLAY (15 - 60 MINUTES)

- Let your child lead the play with a small set of toys that you can rotate throughout the week
- For example, one day you can provide stuffed animals and blocks and see what they create (a zoo?)

## READING/STORY TIME (15 - 30 MINUTES)

- Invite your child to "read" a picture book to you and their stuffed animals
- Point to the pictures and label what you see to practice joint attention and concepts of print

## YOGA OR STRETCHING (10 - 20 MINUTES)

- Do some stretches together to relax, improve moods, and model some great self-care behaviors
- Focus on simple moves such as laying down and stretching out like a sea star or standing tall and reaching for the stars

## MAKING MEMORIES (20 - 30 MINUTES)

- Make some time to create a family journal
- Your child can draw or dictate while you write, and you can include photos, funny quotes, and a sentence or image to reflect how your child is feeling to commemorate each day

## SNUGGLE TIME (15 - 30 MINUTES)

- Enjoy a good book, favorite show, beautiful song, or back-scratch session
- The important thing is bonding and making those warm, fuzzy memories

## CAREGIVER (GETS SOME WORK DONE) TIME! (30 - 60 MINUTES)

- Find an age-appropriate show or app and sneak in a little YOU (or work) time

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