

Build Your Own Learning Routine

For Kids Ages 3-4

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 (15 - 20 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, do simple addition or subtraction with their fingers, or sing the alphabet song
- 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 have a dance party with your stuffed animals!

FINE MOTOR ACTIVITY (10 - 20 MINUTES)

- Picking up beads (or better yet, dried pasta) and stringing them to make a necklace is a great way to practice fine motor skills while getting creative!

FREE PLAY (15 - 60 MINUTES)

- Let your child lead the play with a small set of toys
- If they get stuck, suggest they come up with a zoo, and encourage them to figure out what to put in it
 - Afterwards, ask your child to tell you what they created to build expressive language skills

READING/STORY TIME (15 - 30 MINUTES)

- Invite your child to "read" a picture book to their stuffed animals
- Encourage them to select their favorite book, point to the pictures and describe the story with as many details as they can

YOGA OR STRETCHING (10 - 20 MINUTES)

- Practice self care together with some yoga
- Focus on simple moves such as laying down and stretching out like a sea star or standing tall and reaching for the stars
- Then sequence the poses together so that your child can practice fluidly transitioning through the moves

MAKING MEMORIES (20 - 30 MINUTES)

- Make some time to create a family journal
- Your child can draw or trace letters 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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