



Using the Red-Yellow-Green Light strategy
to provide fun and learning all day with your child.

- Red Light

Purposeful academic time set apart with your child

5-20 minutes daily, one subject daily
- Yellow Light

Purposeful fun and playful activities throughout the day

Plan into your day, mix up subjects
- Green Light

Fun and silly learning songs

Transitions - all day, everyday

Setting a home daily routine is important.
Routine gives children (and adults!) a feeling of stability.
Predictability provides a sense of calmness when anxiety rises.
Including fun and academic activities for your kids is easy and can fit into your home routines.

Here is a Home Routine example:

<div>Early Morning</div> <div></div>	<div>Wake Up Cuddle if You Can Use the Potty Wash Hands Brush Teeth Prepare, Eat and Clean Up Breakfast Get Dressed</div> <div>During all these activities is the perfect time to get those little brains working with some fun learning songs mixed into the activities. Be sure to encourage your child to do these things on their own. You will be close by if needed.</div>	<div>Many learning songs are in your memories from your own childhood. Some learning songs you will create when you start singing words to your child that you make-up as you go along. This is a great way to model creativity with your child!</div> <div>Thousands of learning songs are on YouTube and the great thing is that you can choose music and songs you enjoy singing with your child. There are learning songs in all genres of music including classical, traditional, country, etc. By choosing something you enjoy you will help reinforce the skills your child is learning.</div>
<div>Mid-Morning</div> <div></div>	<div>Planning to Play Free Play Clean Up Talk About What Your Child Played</div> <div>Before free play, ask what your child will play with and what they will create with their toys. While they are playing, check in to see how the plan is going. Lastly, help your child make a connection between what he/she said they were going to do and what they actually did. Ask simple questions to get your child thinking.</div>	<div>Planning with your child before he begins to play with toys puts purpose and intention into his play.</div> <div>Remember: <u>children learn through play</u>. Adding this <i>planning</i> piece into play takes regular play to a level of higher thinking and significantly increases children's cognitive development.</div> <div>This may seem like a very simple task, but it really supports children using their critical thinking skills and sets them on a path to success for kindergarten and beyond.</div>
<div>Lunch & Rest</div> <div></div>	<div>Prepare, Eat and Clean Up Lunch Fun Learning Activity Rest / Nap Time</div> <div>Lunch and Rest are very important for development.</div> <div>Adding fun learning songs when you change from one activity to another gives children the repetition of developing skills</div> <div>Before rest time, do a fun learning activity with your child.</div>	<div>Adding fun learning songs to transitions such as lunch preparation, clean-up, restroom, and handwashing gives children the repetition of developing skills (numbers, order, letters, alliteration, rhyming).</div> <div>However, for rest time or napping time, fun upbeat songs are not recommended. ☺ Play quiet music (without words) in the background while children relax and/or sleep. Keep the TV at a low volume.</div> <div>Before rest time, do a fun learning activity with your child such as: counting how many red Legos are in the bucket, sorting a pile of toys into containers of like items (blocks, people, vehicles, books, electronics, etc.), or take a family walk to count the cats you see while walking, or read a story together.</div>
<div>Afternoon</div> <div></div>	<div>Continue singing fun songs with transitions and a time to sit down with your child and do short purposeful learning activity to challenge your child's current skill level.</div>	<div>This activity should not be long, and it should not be stressful (for you or for your child). Sitting down together gives you a chance to stretch your child's attention span week -by-week by adding a minute to the activity time.</div> <div>This activity also helps you see exactly where your child stands with respect to number, letter, sound knowledge. Knowing exactly where your child is in these areas helps you know what type of fun learning activities you can do throughout the day. It helps you know where your child needs additional practice and you can choose activities for tomorrow that will help your child grow.</div>
<div>Evening</div> <div></div>	<div>Sing fun learning songs to transition to dinner and during clean-up. Before winding down for the evening, do a fun learning activity with your family such as reading a story together, or playing ABC Mouse</div> <div>Use code: SCHOOL1446</div>	<div>Before winding down for the evening, do a fun learning activity with your family such as: reading a story together, searching YouTube together for tomorrow's learning songs, playing ABC Mouse or going on the Options for Learning YouTube Channel and clicking on the Full-day Preschool play list for fun songs, stories, and activities.</div>