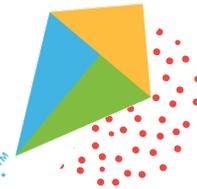




# SEPTEMBER



Supporting Providers. Empowering Parents.™



Make everyday an early learning day with these **at-home family activities and resources**

## HANDS-ON ACTIVITIES

### [Pack up a Picnic](#)

As the weather becomes more mild, (hopefully) take a trip outside with your child to have a picnic. Pack up a blanket and some healthy snacks and head to your local green space. Use this as an opportunity, not just to get some sunshine, but also to teach your child about healthy eating and discuss nature and weather concepts. .

[rcoe.us](http://rcoe.us) (pg 5)/[recipes](#)

[en español](#)

### [Squishy Play](#)

This simple activity will provide endless colorful sensory play and learning for your little one. Using a large, resealable plastic bag, fill it with different colors of paint and seal it tightly. Next, allow your child to experiment by squishing the colors together, to discover how they change when blended and explore the texture of the paint. You can even add buttons or other items with different textures to the bag for more explorations.

[learning4kids.net](http://learning4kids.net)

### [Get Moving!](#)

Encourage your child to be active every day with these year-round calendars full of fun physical activities . All activities require little or no supplies and the calendar is updated regularly so it can be reused over and over!

[shapeamerica.org](http://shapeamerica.org)

[en español](#)

### [A Quiet Space](#)

When things get chaotic, we all need a place of calm. Take time to build a calming space with your child as their "relaxation-station." This station could be a blanket fort with all your child's favorite pillows or a cozy corner with some books and coloring materials to visit when you or your child need a break.

[brighthorizons.com](http://brighthorizons.com)

## ONLINE LEARNING RESOURCES

### [Making Music](#)

PBS has tons of music-creating games for you to explore with your little one! Now, you can make your own songs and explore different sounds without any extra materials. PBS also has Spanish games for you and your child to explore together!

[pbskids.org](http://pbskids.org)

[en español](#)

### [I was Wondering...?](#)

Do you have a child who is always curious about WHY things are the way they are? Wonderopolis has answers to many of the questions they may have about the world around them. Check out this website for videos and articles to answer curious learners' questions.

[wonderopolis.org](http://wonderopolis.org)

### [Read Conmigo](#)

Read Conmigo offers a variety of bilingual books in English and Spanish for preschool through 5th-grade students! Each e-book includes an activity to help build understanding and vocabulary. They also have virtual field trips and even more activities for you to print out.

[readconmigo.org](http://readconmigo.org)

[en español](#)

### [A Different Kind of Zoo](#)

Do you have a child that LOVES animals? Switch Zoo offers them the ability to make new animals, learn about animals and their habitats, "feed" animals, and much more. You and your child will enjoy exploring the animal kingdom in a new way at SwitchZoo.

[switchzoo.com](http://switchzoo.com)

Find even more resources at [qualitystartla.org](http://qualitystartla.org)