

Resources from the Field: Encouraging Early Math Habits At Home



QSLA has gathered activities and practices that you and/or your fellow early educators use related to **Early Math** into this resource document. Check out the great ideas below – you never know what may spark your interest! Thank you to all early educators who shared their wisdom and experience!

Activity/Practice Name	Overview of the Activity/Practice	Materials/Links
Math on the Road	<ul style="list-style-type: none"> • Try fun counting games while walking and/or driving like "How many red cars do you see?" & "How many stop signs can you count on our way home?" • Compare shapes and sizes of other cars or items on the walk/drive. "Which cars are smaller or bigger? What color and shape is that street sign?" 	Car or walking shoes
Jump Rope	<ul style="list-style-type: none"> • Play jump rope while singing counting songs, see how high children can count with you! We can also try to change speeds or heights, jumping faster or slower and closer to the ground or higher up! 	Jump rope & outdoor space
Hopscotch	<ul style="list-style-type: none"> • Draw a hopscotch path on the ground, using different shapes and numbering them. Children can hop the path back and forth. <i>Bonus: Make it a fun challenge by asking them to cross the path by only jumping on a certain shape or color!</i> 	Chalk & outdoor space
Shopping & Math	<ul style="list-style-type: none"> • Count the items you and your child see in the store. • Weigh food together, like fruit or veggies. • Look at prices for an item and compare which price is higher or lower. • Count the food aisles. "How many aisles have we walked through?" • Count out money in cash together before paying or change received after paying. Share the value of each coin or bill. 	Shopping cart (optional) Money (optional)
Laundry Time Math	<ul style="list-style-type: none"> • Show children how to sort clothing by color, guiding them in the process. • Practice folding clothes with them, pointing out how to make corners meet and make folds evenly. • Match pairs of socks, describing the pattern & color of a pair. • Count the number of clothing pieces (ex. socks, t-shirts, etc.). Help them recognize shapes and colors, "Your brother's shirt has green on it! Your sister's shorts have triangles on them." 	Clothing & a flat surface or basket PBS SoCal Math: Families Explore Sorting Laundry Video
Counting	<ul style="list-style-type: none"> • Help children start their own collection of items like rocks, 	Marbles, rocks, sticks,

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Collections	marbles, toy animals, sticks, etc., counting how many they have over time. <ul style="list-style-type: none"> ● Guide children in categorizing them by size, color, shape, texture. They can also build shapes/structures out of them! 	toy animals, dolls, blocks, stamps, pictures, balls, etc.
Shape Safari	<ul style="list-style-type: none"> ● Going on safari for shapes in the surrounding environment by finding shapes around the house (or outside the house). "What shape is that door?" "Can you find any triangles in the bathroom?" 	PBS SoCal: Go on a Shape Hunt
Washing Our Hands	<ul style="list-style-type: none"> ● Count our fingers as we wash our hands. We can compare their sizes and say which finger is next to another. 	Soap & water
Math & Reading	<ul style="list-style-type: none"> ● Read a book or story about math; ex. stories with counting ● Draw a map about the events in a story ● Count how many letters in a word ● Count how many books & pages you have read together each night and/or week. ● Talk about illustrations: shapes, colors, numbers, lengths, heights of characters, etc. ● Use terms about the order of what happened first, second, third, last, before, next, etc. ● Use prepositional phrases - words that show where people, places, or things are - to describe the story. (ex. the frog is <i>next to</i> the river, the hat is <i>on top of</i> the shelf, the fox is <i>behind</i> the door, etc.) 	Books or read-aloud videos PBS SoCal Math: 7 Math Children's Books
Math in the Kitchen	<ul style="list-style-type: none"> ● Count & measure ingredients like veggies & fruit while making meals together. Talk about numbers and measurements, i.e. when cutting food or deciding portions. ● Lead your child through the steps in a recipe, show how each step gets you closer to the end result. ● Talk about different temperatures (hot, warm, cold, etc.) and using a thermometer or the oven (safely, of course). ● Work with your child to set the table, counting the number of people attending and how many place mats, utensils, etc. are needed. Point out details with key words about space and location like "Move that <i>closer</i>, place that <i>on the left</i>". 	PBS SoCal Math: Families Find Shapes in Their Groceries Video PBS SoCal Math: Families Find Patterns While Preparing Lunch Video
Talking About Time & Days	<ul style="list-style-type: none"> ● Put up a monthly calendar and point out which holidays, birthdays, or other special occasions are coming up. Start a countdown for special days! "How many days until your birthday?" ● Use a clock to count down time until certain parts of the day; ex. "We have 2 hours until dinner time." 	PBS SoCal Math: Playful Math on New Year's Eve
Nature Walks & Gardening	<ul style="list-style-type: none"> ● Notice and emphasize cause & effect to your child, like how trees and plants change from season to season, in their shape, size, colors, and the leaves or fruit they bear. 	PBS SoCal Math: Outdoor Math Activities - Mud Pies, Fairy Potions
Building Activities	<ul style="list-style-type: none"> ● Provide opportunities for your child to build things like sandcastles, paper planes, houses, boats, bridges, etc. These activities expose them to concepts like size, weight, strength, shapes, etc. while also developing their spatial & motor skills. 	PBS SoCal Math: Build Newspaper Structures to Develop Spatial Sense

