

# Learning at Home with Nursery/Kindergarten

## Play

Learning in the early years is ongoing throughout the day across all curriculum areas. Children are hands-on learners where the deepest learning happens through play. Children plan and build off of their ideas and problem solve while they play. Often experiences will encourage learning in multiple ways (ex. Cooking can be sensory, math, science, art, and literacy). Children should choose what, with whom and how long they play.

## Adult-Led Learning

Learning for children happens through hands-on experiences. Children learn as they play. Adult-guided activities are also important but keep this at 10- 15 mins. at any one time. With adult-led activities it is ok to allow breaks in between “work”. Be gentle with one another and flexible with what happens in daily life. Do what works best for your child and family.

## Routines

Children feel safe when they have a general idea of what is going to happen in their day. Creating a routine helps to support children to succeed in managing the tasks they are going to complete throughout a day. Keeping a similar routine on a daily basis will help children to cope with learning from home and managing their emotions.

## Screen Time

The World Health Organization guidelines state that children 5 years and younger be limited to 60 mins of screen time per day, with a preference for less time. Children are interactive learners and do best with the physical connection of people in their space.

## Outdoors

Getting outside when possible will help curb stress and excess energy. Getting outdoors will help children burn off some energy and get some large movement play. This is an opportunity to teach children cultural knowledge about the land and life skills. Learning continues outdoors as well. Some activities could be counting houses, spotting colors, playing I Spy or going for a walk and drawing something you see. Taking indoor experiences outdoors also helps further exploration (ex. Reading outside, listening to music, dancing).

## Teachable Moments

Teachable moments are random throughout the day where learning happens spontaneously in the moment. This makes the lesson more meaningful as it builds on real life experiences. Examples could be through daily cleaning/chores, cooking and mealtimes, outdoor walks, seeing animals or transportation outside, answering children’s questions, etc. Allow children to lead their own teachable moments, with adult support and encouragement and have fun with it!

## Conversations

Talking with children and asking questions throughout the day builds their language skills, problem solving, and thinking. Ask children to think out loud and explain their decisions. Ask open ended questions to encourage curiosity and creative thinking. Ex: Why did you build it like that? Having conversations while reading stories to children helps build language and understanding. Speaking or singing in your own languages can help children develop all components of literacy.