



Today, We're Staying Home: Activity Guide

EARLY CHILDHOOD
PRESCHOOL
K-2

Nine open-ended play experiences, fostering creativity and the exploration of the four domains of early childhood development.

Physical and Motor

Language

Cognitive

Social-Emotional

We conceived this activity guide to enhance the reading experience of the children's book *Today, We're Staying Home*. We wrote it for parents, as well as early childhood educators and preschool, first and second grade teachers.

The free digital version of the book can be downloaded here:
→ mycelia.media/en/today

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Creative expression allows children to exteriorize their inner world through shapes and colours. With the positive support of an adult, the creative process can become a play space where children are encouraged to use their creativity and exert their ability to find adaptive solutions when confronted by obstacles.

While recognizing that each image has a unique meaning for the artist, keeping an open mind and welcoming the creative expression in a kind and non-judgmental manner is a great way to initiate a dialogue.

Yan Yee Poon,
Art Therapist

Exact transcription can be used to create a sense of empowerment in young children. By transcribing the text dictated by the child, without correcting syntax or imposing a logic to the words, the accompanying adult can demonstrate the importance of the child's ideas and create a bridge between his or her imaginary universe and the external world.

Matt McGachy,
Early Childhood Educator

The activities are presented in three steps.

It's appropriate to skip steps or present them in a different order according to each child's interests.



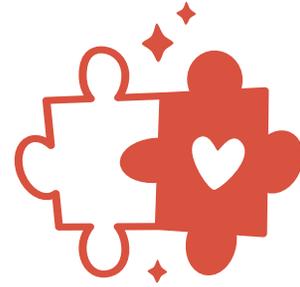
A discussion

to enrich the reading experience and activate the child's prior knowledge



The realization

of the main activity



The integration

allows further exploration of the themes that resonate with the child and reinvest the new knowledge into their life



1

Drawing my favourite activity

"Today, no daycare or school, Daddy and Mommy are home too."



Our family members sometimes need a **moment of solitude**. Children might want to read, draw or play quietly while parents sometimes need to work, meditate or take a little break.



What do you like to do when you are at home?
What games do you play when your parents are busy?



Draw your favourite activity to do at home alone
and with your family.



Invite the members of your family to draw their
favourite activities. You can have fun taking turns
trying everyone's favourite family activity.

2 A love note or picture

"Today, I'm drawing for Granny."



Do you miss someone? Is there a person you did not see for a long time and you would really want to spend time with?



Draw a picture or write a letter to someone important to you.

(An adult can transcribe the words dictated by younger children.)



With the help of an adult, address an envelope, stick a stamp and insert your letter or drawing into it. Look for a mailbox during your next walk.

– OR –

Take a photograph of the drawing or the letter and send it by email or text message to the person in question. Decorate a box or a large envelope to keep the drawings and messages safe until you can meet in person once again.



3 Moving together

"Today, I'm teaching dance class."



Did you ever take dance lessons? How do you move your body to the sound of different types of music? What is your favourite dancing song?



Invent movements and teach them to your parent, educator or teacher. For younger children or in a group context, each person can take turns proposing a movement.



According to your level of interest, the dance "class" can happen on a regular basis or a mini "show" can be presented to family members or friends.

4 My secret universe

"Today, I'm leaving on a trip, I explore the corridor."



Did you ever go on a trip? Did you ever go camping?



Look for a secret space in your home and, with the help of an adult, decorate it to create a new universe! For example, you can build a "fort" by wedging bedsheets between the door and the frame, using clothespins, or by covering furniture.



Dim the lights and explore with a flashlight. What do you discover?
How do you feel in this new environment you have created?



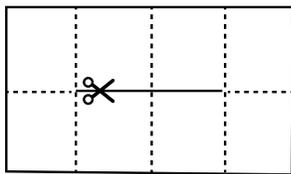
5 Nature's transformations

"Today, I'm observing rain drops, I discover tree buds."



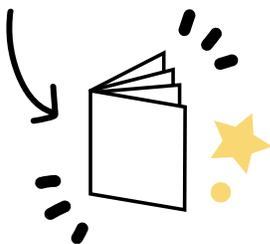
Did you notice that the leaves have started to change colours and fall off? Did you notice that the trees no longer have leaves? Did you notice that the leaves and the flowers grew since last winter?

(Tailor the question to the current season.)



Look through your window and choose an element of nature. Observe how this element will transform over time and take notes or draw its evolution throughout the seasons.

(An adult can transcribe the words dictated by younger children.)



You can fold paper to make a booklet or "mini-zine" to keep your observations. During your next walk, look for elements of nature (such as leaves, branches, flowers and rocks) that you can use to create a collage or painting on the cover or inside your notebook.

Download the template
→ mycelia.media/en/resources

6 My Own Song

"Today, I sing when I wash my hands."



What is your favourite song or nursery rhyme?



Invent a song. You can invent something new or change the words of your favourite song.



Sing your song while someone counts to 20. With the help of an adult, calculate how many times you need to sing your song to make sure your hands are clean.



7 Party Time!

"Today, I'm wishing my cousin 'Happy Birthday'."



Have you ever been away from someone you love on their birthday? How can we celebrate birthdays remotely?



Draw a picture to illustrate the remote party you have imagined.



With the help of an adult, organize a remote party for a person whose birthday is coming up or a big remote celebration for everyone you love.

8

Hugs from afar

"Today, we love each other."



How do you show your love to the people who are important to you?



Imagine new ways of giving hugs, kisses and other signs of love while staying far away.



With the help of an adult, you can explore American Sign Language (ASL) to add qualifiers to your hugs and kisses.



Exploring ASL



ASL translation by
RESO/Silent Voice
Canada

★ Watch the ASL translation of
Today, We're Staying Home

→ mycelia.media/en/today/asl

★ Learn ASL online with ASL Connect from Gallaudet University

Short videos teach ASL vocabulary related to familiar themes such as emotions, family, animals, colours or vegetables. The free videos use familiar imagery to help convey meaning.

→ www.gallaudet.edu/asl-connect/asl-for-free/asl-by-topic



9 How are you?

"Today, I feel good."



How do you feel today?

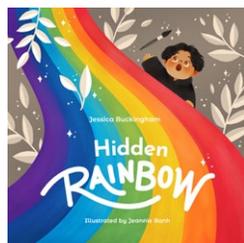


Draw a picture or write a note to describe your emotions and what you did today. Ask an adult to write the date.



Keep your drawings and your notes in a box or another safe place. When you will look through them again, you may notice that your feelings change frequently over time, some staying longer than others. Emotions are temporary and important as they communicate our feelings about different situations. Do you notice connections between situations that you have experienced and the emotions you were feeling at that time?

In the same collection



Hidden Rainbow



*Hidden Rainbow:
Activity Guide*

→ mycelia.media/en/rainbow