

## **E** is for **EVERYDAY LEARNING OPPORTUNITIES**

### Making the Most of Everyday Routines

**What is a routine?**

Routines are predictable because they happen most days. They often have several steps (e.g., changing a diaper) and offer repeated opportunities for children to practice skills or learn new skills.

**What is an activity?**

Activities can occur within a routine (e.g., playing a game of peek-a-boo during a diaper change) or they can stand alone (e.g., painting at an easel with a friend).

**Think about everyday routines.**

Think of the many everyday opportunities you have to help a child practice skills or learn new skills. Read over the routines and activities below and circle any routines or activities a child in your life does most days.

#### CAREGIVING ROUTINES

- Snacks
- Meals
- Bath time
- Bedtime
- Hand washing
- Brushing teeth
- Diaper changing
- Dressing/undressing

#### PLAY ROUTINES

**Outdoor Play**

- Going for a walk
- Playing tag
- Riding bikes
- Water play
- Playing with pets
- Swinging
- Sliding
- Collecting rocks, shells, leaves, etc.

**Music and Dance**

- Singing songs
- Listening to music
- Dancing
- Making music

**Indoor Play**

- Playing with toys
- Pretend play
- Building with blocks or other materials
- Doing puzzles

**Literacy**

- Reading books
- Telling stories
- Acting out stories
- Drawing, scribbling, or writing

**Arts and Crafts**

- Coloring or scribbling
- Drawing
- Playing with play dough
- Finger painting
- Making macaroni necklaces

**Games**

- Peek-a-boo
- Hide and seek
- I spy
- Simon says
- Turn-taking games

**Remember the 3R's:**

Relationships, repetition, and routines (the 3R's) are the foundation for supporting brain development and early learning.

#### CHORES AND COMMUNITY ROUTINES

- Walking to the bus
- Making the bed
- Setting the table
- Doing dishes
- Doing laundry
- Visiting grandma
- Grocery shopping
- Going to church
- Going to the park
- Going to the library or a museum