

social studies

Support your child in the area of social studies!

Social studies (the study of people) involves:

- Understanding how people live today and lived in the past.
- Talking about people from different cultures and backgrounds.
- Knowing how people work, solve problems, and get along with others.
- Talking about self, family members, neighborhood and the community.

When your child starts school, she will be more likely to do well if she is able to do these things.

You can help build your child's social studies skills by doing the activities listed on the back of this card.

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Activity Name	Age	Purpose	Things You Will Need
All About Me	3-4	To help your child learn about himself and others.	<ul style="list-style-type: none"> ■ Mirror ■ Paper ■ Multicultural skin tone crayons ■ Yarn ■ Hole puncher ■ Child scissors
Map Making	3-4	To help your child learn about her community and her surroundings.	<ul style="list-style-type: none"> ■ Paper ■ Markers ■ Blocks ■ Map of the Baltimore Zoo
Let's Play A Game	3-4	To help your child understand the need for rules.	<ul style="list-style-type: none"> ■ The board game: <i>Memory</i> ■ Construction paper ■ Markers ■ Tape
People in My World	3-4	To show your child that tools can be used to learn and see things in a different way.	<ul style="list-style-type: none"> ■ The book: <i>What Will I Be?</i> by James Levin ■ Notepad ■ Marker ■ Apron ■ Plastic fire hat ■ Play stethoscope ■ Play money
Where is Baby?	0-2	To help your child begin to recognize himself and learn the names of his body parts.	<ul style="list-style-type: none"> ■ Mirror

The School Readiness Activity Box Series, developed by Ready At Five, will help you build your child's skills in the seven Domains of Learning:

- Social & emotional development
- Physical development
- Language & literacy
- Mathematical thinking
- Scientific thinking
- Social studies
- The arts

To get activities in each of the above areas, visit www.readyatfive.org.



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Help your child learn about himself and others.

For preschoolers (3- and 4-year-olds)

all about me

you will need

- Mirror
- Paper
- Multicultural skin tone crayons
- Yarn
- Hole puncher
- Child scissors

Instructions

1. Tell your child that together you will make an “All About Me” book.
2. Give your child the mirror and ask him to look at himself and describe what he sees. For example, you may want to ask:
 - What do your eyes look like? What color are they?
 - What color hair do you have?
 - Is your hair straight or curly? Short or long?
 - What color is your skin?
 - Do you see any freckles?
3. Give him the paper and crayons and ask him to draw a picture of himself. Encourage him to focus on what he sees in the mirror.
4. When he is done with the picture, ask him to tell you about some of his favorite things. Ask:
 - What is your favorite color?
 - What is your favorite food?
 - What are your favorite things to do?

all about me

5. On another piece of paper, have your child draw all of his favorite things. Ask him to tell you about what he has drawn. As he tells you, label each item on the page.
6. Next, ask your child “Who is in our family?” Have him draw a picture of his family. When he is finished, label the people in the picture.

Other Activities to Try

- Ask your child if he wants to add pages to his book. Help your child think about different kinds of pages to include. For example, pages on “My Friends” or “My Pets” may be added.
- Talk with your child about the photographs you have in your home. Who is in them? Talk about similarities and differences among the people in his family.
- Help your child make a book about his family and what each person does.
- Read the book, *People* by Peter Spier.

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You can help build your child’s social studies skills by doing this activity.

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Help your child learn about her community
and her surroundings!

For preschoolers (3- and 4-year-olds)

map making

you will need

- Paper
- Markers
- Blocks
- Map of the Baltimore Zoo

Instructions

1. Explain to your child that pictures can show where people and things are. Explain that a map is like a “picture.” It is a “picture” of a place. Tell her that there are maps of rooms, cities, the world, and of places to visit.
2. Show your child the map of the Zoo. Talk with her about the different animal homes and where they are on the Zoo map. Ask her how she thinks you might use the map if you were to go to the Zoo together.
3. Tell your child that together you will create a map of a room in your home.
4. First, have your child select a room. Have her think about what is in the room and where it is located.
5. Next, give your child a piece of paper and the blocks. Tell your child to pretend that the paper is the floor of a room in your home and that the blocks are the things in the room. *Continued on back...*

map making

6. Talk with your child about what is in the room and where it is in the room. Ask:
 - Are there any windows? How many?
 - Are there any doors?
 - Is there any furniture in the room? What kind of furniture? Where is it?
7. As your child is answering these questions, have her arrange the blocks on the paper to show the location of things in the room. (For example, place a block where the bed is located. Place another block for the dresser.)
8. When she is finished, help her lift each piece off the paper and draw the item on the spot where it was located. Draw any doors or windows, also. When finished, explain that the drawing is a map of the room.

Other Activities to Try

- Have your child make a map of your neighborhood. He may include such things as the mailbox, the fire station, the playground, school, the store, or a friend's house.
- Look at other maps, such as the map at a mall, a map at a playground, a road map, a map on the bus, subway, or light rail.
- Help your child hide a special toy and make a treasure map for a friend or family member to follow to find the toy.

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Help your child understand the need for rules!

For preschoolers (3- and 4-year-olds)

let's play a **game**

you will need

- The board game: Memory
- Construction Paper
- Markers
- Tape

Instructions

Before starting this activity with your child, be sure to understand the rules of the board game.

1. Talk with your child about games she may have played. Tell your child that you are going to play a game with her.
2. Explain the rules of the game to your child. Discuss how you will play the game. Ask her if she's ready to play. Play the game together.
3. As you play, point out that you are following the rules by taking turns, turning the cards over, and matching similar cards.
4. When you are finished, ask her
 - What would happen if you did not follow the rules?
 - How would it make you feel if I didn't follow the rules?

Tell your child that the rules helped us play the game.

5. Talk about your family's rules. (For example, "We speak nicely to each other," "Pick up your toys," or "We do not play in the street.") *Continued on back...*

let's play a **game**

Ask her why she thinks these rules are important.

6. Share that rules keep people safe and help people get along with each other.
7. Now, help your child make a sign of an important family rule. Help your child choose the rule and write it across a piece of construction paper. Read it to her and ask her to draw a picture to go with the words. Put it up in a special place.

Other Activities to Try

- Talk about other family rules you may have in your home. Make a list together and hang it up.
- Teach your child simple games, such as: "Tag" or "Hide and Seek." Explain the rules of the game to your child and play the game together or with others.
- Help your child make up a new game to play and have her decide on the rules for playing.
- Point out rules you notice when you go places together. Look for signs that tell people rules to follow. (For example, "No dogs allowed" or "Don't Walk" or "Please whisper in the library.") Talk about the reasons for these rules and encourage her to follow them with you.

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Help your child explore jobs and what people do in the community!

For preschoolers (3- and 4-year-olds)

people in my world

you will need

- The book: *What Will I Be?* by James Levin
- Notepad
- Marker
- Apron
- Plastic fire hat
- Play stethoscope
- Play money

Instructions

1. Show your child the book, *What Will I Be?* and talk with her about the picture on the cover. Tell her that the book is about different jobs people do. Read the book to her, talking about the pictures as you read.
2. When finished, talk with your child about the jobs of the adults she knows.
3. Next, ask your child which of the jobs she would like to be when she grows up.
4. Tell her that you want to play pretend. Show her the items. Talk about how to use them to pretend to be the people in the story or people she knows. Some ways the items could be used:
 - Use the apron, the notepad, the marker and the play money to be a waitress in a restaurant. Let your child pretend to take your order, bring you your "food", and take the money from you.
 - Have her put on the fire hat and pretend to be a firefighter. Let her pretend to make a siren sound, bring you to safety, and put out the "fire." *Continued on back...*

people in my **world**

- Play "doctor" and "patient." Pretend to be sick and let her use the stethoscope to listen to your chest. Then have her pretend to write a prescription for your medicine.
- Have her wear the apron to be a baker. Help her pretend to mix some dough, knead it, roll it out, and put it in a pretend oven to bake. Use the money to be a customer buying some baked goods from the baker.

Other Activities to Try

- Use other items from your home to act out different jobs.
- Point out different people you see when you are away from home and talk about the jobs they are doing. (For example, the cashier in the grocery store, the hairdresser, a police officer, or construction worker.)

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Help your child begin to recognize himself and learn the names of his body parts.

For infants & toddlers (under age 2)

where is **baby?**

you will need

- Mirror

Instructions

1. While holding your child, look in the mirror. Point to your baby's nose, and say, "Baby's nose."
2. Next, point to your own nose, and say, "Mommy's (Daddy's) nose."
3. Point out other facial features to your baby (eyes, mouth, tongue, ears, tummy, or head).
4. As your child gets older, ask, "Where's your nose?" Encourage your child to point to the body part.

Next Steps

- While looking in the mirror with your child, stick your tongue out. Encourage your child to stick his out.
- Make funny faces and encourage your child to make similar faces.
- While changing your child, point out various body parts such as belly button and knee.

Continued on back...

where is **baby?**

- As your child gets older, play “Simon Says.” Say, “Simon says touch your head. Simon Says, touch your nose.” Keep naming various body parts and help your child to point to the body part.
- Look at photo albums or pictures with your child. Point to and name the people in the photos. As your child gets older, ask your child to point to himself, mommy, daddy, grandma, or friends.

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