

VIRTUAL VISIT ACTIVITIES

YOUTH AGES 0-1

April 2021

- Sing and dance along to [Caspar Babypants](#)
- Join the visit wearing dress-up clothes and act something out!
- Put on a puppet show
- Wear silly hats and sunglasses

February 2021

- Use a bowl to mimic drumming or shake popcorn seeds in a container and make music together
- Sing and dance to [Head, Shoulders, Knees and Toes](#)

January 2021

- Hold up different animals or screen share pictures of animals and teach the child what sound each animal makes
- Practice saying “hi” and “bye” when you join and leave virtual visits
- Practice [sounds together](#)

December 2020

- Point out colors and shapes
- Sing holiday songs together
- Make a [Christmas bottle](#) and show it on your screen
- Attend a [music class](#)

November 2020

- Play peek-a-boo! Put yourself in and out of the screen or play with different toys
- Read a story and share the pictures on your screen
- Sing songs that use hand gestures
 - Example: [Play pat-a-cake with Elmo](#)
- Point out and label things

- Example: If your child is playing with a stuffed animal, what color is it?
- Dance together!
- Use a bowl to mimic drumming and make music together

Resources

- [Videos about virtual visits with little ones](#)
- [Developmental milestones](#)
- [Tips for visits with very young children](#)