

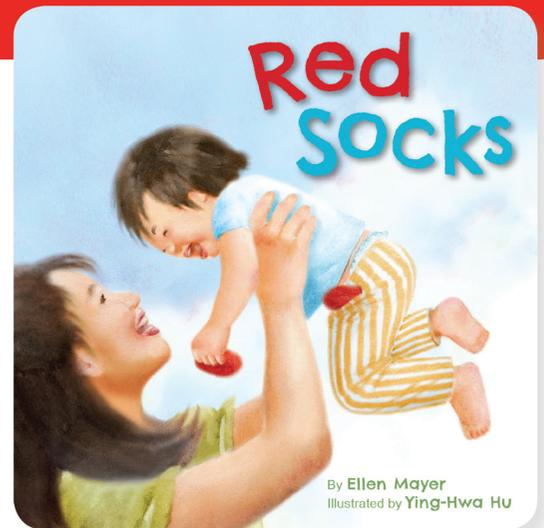
# Red Socks

## Activities For Toddlers

By Ellen Mayer & Dr. Betty Bardige, PhD

Enrich your child's vocabulary and develop their language skills simply by talking about what you are doing around the house.

Letting your child help with everyday activities while talking with them about what you are doing is all it takes.



Red Socks is also available in Spanish/English!

## Red Socks Get Moving Exercises and Activities

### Laundry Shake and Sort

- Shake those clothes to get the wrinkles out
- Sort the items so that the same things go together: socks go in one pile, T-shirts go in another, etc.
- Sing a familiar or made-up song as you work



### Laundry Swish and Swirl Dance

- Swish and swirl like the clothes in a washing machine!
- Spin around like clothes tumbling in the dryer!
- Now roll yourself up into a little sock ball!

### Hide and Go Seek with Socks

- Hide socks in plain sight for toddlers and in trickier spots for older children.
- Give simple clues. Let seekers know when they are getting closer or further away.

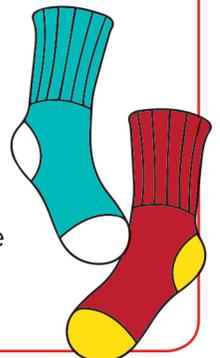
### Sock Walk

- Lay out lots of socks in a long line.
- Follow the sock trail to find a surprise.
- Try walking different ways: slowly, faster, on tiptoe, sideways, like an elephant.
- Talk about what you might find at the end of the trail.



### Sock Sort and Match

- Can you find pairs—two socks that are exactly the same? Count them: one, two.
- Talk about colors, patterns, textures, and shapes: Can you find striped socks? Fuzzy socks? Long socks?
- Let children sort a few socks their own way. Talk about why they think they go together.
- Which socks belong to which family member? Can your child help you sort? What clues do you use to know whose socks are whose?



# Red Socks Talking, Singing, and Rhyming Activities

## Sock Talk

Put a sock on your hand and one on the child's hand. Start a playful conversation:

- "Hello, little sock, it's so nice to meet you! How are you today?"
- "Mr. Red Sock, let's go for a walk together! Where should we go?"
- "Let's sing a song! What song does your friend like?"

## Let's Put on Our Socks Rhyming Game

*Hickory, dickory, dock.*

*Let's put on our socks.*

*We'll walk\* around,*

*Without a sound,*

*When we put on our socks.*



\*Repeat with: slide, tiptoe, hop, etc.

## This Is the Way We Get Dressed in the Morning

*Sung to: Here We Go Round the Mulberry Bush*

This is the way we get dressed in the morning, dressed in the morning, dressed in the morning.

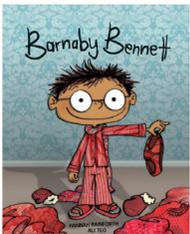
This is the way we get dressed in the morning, so early in the morning!

This is the way we put on our shirt, put on our shirt, put on our shirt.

This is the way we put on our shirt, so early in the morning!

- Act out each movement. Continue adding items of clothing. (Socks, shoes, snow pants, boots, raincoat, etc.)
- You can change the song to This Is the Way We Get Dressed for Bed and change "early in the morning" to "early in the evening" or "late in the evening."

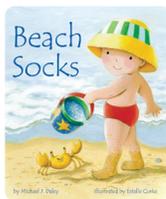
## Other Fun Books to Share with Your Child



### Barnaby Bennett

By Hannah Rainforth

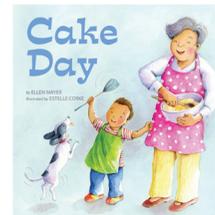
Barnaby will only wear red clothes. What's his family to do?



### Beach Socks

By Michael J. Daley

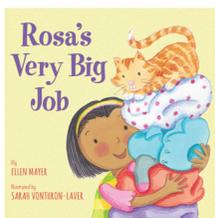
A day at the beach board book.



### Cake Day

By Ellen Mayer

Time to bake a special cake!



### Rosa's Very Big Job

By Ellen Mayer

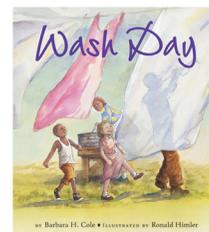
Rosa wants to help Mama!



### Smelling Sunshine

By Constance Anderson

Captures some of the special moments of this day-to-day chore.



### Wash Day

By Barbara H. Cole

The ordinary can be extraordinary if done with friends.