

## Materials/Areas/Activities



*Age Group  
Recommendations  
Infants/Toddlers 0-2.9 years*

- **Suggested basic items:**
- Pop up crib
- Soft rug/blankets
- High Chair
- Diaper changing items/access to sink
- Soft toys/board books
- Easy to clean age appropriate toys

*Age Group  
Recommendations  
Preschool 3-5 years*

- **Suggested basic items**
- Small table, chairs
- Art materials
- Transportation toys
- Blocks/hard and soft
- Puzzles/books
- Large Pillows
- Balls

*Age Group  
Recommendations  
School Age 5-12 years*

- **Suggested basic items**
- Couch
- Music
- Board games/playing cards
- Art materials
- Legos
- Building materials
- Hula hoops/balls

## **Activity Areas**

**Building-** A large area set-aside for building and creating is supportive of all play. Providing a variety of building materials and tools will encourage creativity and often helps with regulating engagement.

**Quiet space/library/book area-** A quiet space set apart where children can look through a book, or take some space away from the large group activities. Consider adding soft items for comfort. Using an empty cardboard box can add a private space.

**Arts/Crafts-**Using a table to lay out a wide collection of art supplies will provide a space for children to create their own masterpieces.

**Science/Sensory-**An area offering open-ended science related materials encourages exploratory play. Offering a bin where sensory play can take place is important in calming frustration and anxiety for children. Be sure to have children wash before/after.

**Puzzles/Games-**offering an area on a table or on the floor for children to manipulate and explore puzzles and board games will encourage cooperative play and foster relationship building. This is a great area for adults to sit with children and get to know them.

**Large motor-**Children are active individuals and need to move. Providing the space and materials for this play will help. Use empty cardboard boxes for play.

**Infant/Toddler-** Area set apart where specific infant/toddlers materials are offered. It may be helpful to use a divider to separate space and prevent older children from passing through and will keep young ones safe.

NOTE: 4Cs shares this information from our experience providing emergency pop-up child care during the Sonoma County wildfires of 2017 and 2019. See Community Care Licensing PIN 20-04-CCP for regulatory requirements. 4Cs information does not supersede any Public Health, Community Care Licensing or other Public Directive regarding response to the COVID-19 emergency.

## **Activities**

**Free choice time-** child directed play that stems from children's curiosity, discovery, and enthusiasm. Children choose materials set up around the room following their own interest.

**Gathering-** When children have been through trauma, they need a safe, calm place to recover and work through their feelings. This will be a time to get to know the children, and give them an opportunity and space to share if needed as well as build relationships.

**Group games-** Small group games increase motivation to participate, help to create a "team" mindset and can help with classroom management. Consider breaking up into two or three age groups; infant/toddlers, preschool and school age to meet developmental needs.

**Snack/lunch-** Regularly scheduled times throughout the day for meals ensure that children are satisfied and content. Meals times encourage peer social interactions, communication and build relationship among peers and adults. Be sure to have volunteers sit with children to facilitate discussions.

### **Suggested Group games:**

#### Infants/Toddler Ages 0-2.9

Scarf dancing/jumping to music

Balloon play

Bubble play

Roll the ball

Peek a boo with a blanket

#### Preschool Ages 3- 5 years

Bean bag toss

Simple songs-example: Row, row, row your boat, London Bridge, Hokey Pokey

Freeze dance using music

Yoga

Hot potato

NOTE: 4Cs shares this information from our experience providing emergency pop-up child care during the Sonoma County wildfires of 2017 and 2019. See Community Care Licensing PIN 20-04-CCP for regulatory requirements. 4Cs information does not supersede any Public Health, Community Care Licensing or other Public Directive regarding response to the COVID-19 emergency.

### School-Age 5-12 years

Simon Says

Obstacle course-student created

Keep the balloon up

I Spy

Balance beam-using tape

Animal Charades

Duck, duck goose

Musical chairs

### Multi-age 2 years-12 years

Scavenger Hunt

Obstacle course

Hide and seek

Treasure Hunt

Paper airplanes

### **Resting/napping**

Follow safe sleep practices with infants, place children on back to sleep. Children who are experiencing change and are in a new environment need to rest and be quiet. Define an area where there is no active play. Encourage quiet activities with other children. Consider taking small groups to a safe outdoor space.

### **Room Design**

The room used for care should include a balance of areas for active play and areas for quiet play. Furniture should be arranged to help reduce runways (to minimize children's running) while making it easy for children to get around. Arrange furniture to create boundaries that define activity areas in the room. Consider napping areas for young children and location of restroom and food prep space.

NOTE: 4Cs shares this information from our experience providing emergency pop-up child care during the Sonoma County wildfires of 2017 and 2019. See Community Care Licensing PIN 20-04-CCP for regulatory requirements. 4Cs information does not supersede any Public Health, Community Care Licensing or other Public Directive regarding response to the COVID-19 emergency.