



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

ANIMAL ADVENTURES

WEEK 1 • DAY 1



GREETING

ACTIVITY	Greet your baby with a warm smile and make eye contact with your child before picking him or her up. Talk to your child about how the night went and what you do to prepare for the day.
LEARNING SKILLS	Responds with emotion to a stimulus
MATERIALS	N/A

GATHERING TIME

ACTIVITY	Once your child's personal care needs are met and you are ready to start the day, sit with your baby facing you and sing a song while using your body to move your child's body. This could be a rowing or bobbing motion.
LEARNING SKILLS	Attempts to mirror actions
MATERIALS	N/A

TRANSITION

ACTIVITY	Before picking up your child from the floor or a chair, talk to your baby while you are approaching. It lets your child know when you are coming and what you will be doing next with him or her.
LEARNING SKILLS	Responds to adult guidance
MATERIALS	N/A

PROCESSING ACTIVITY

ACTIVITY	Find animals in books or toy animals around the house. Point to and name the animals with your little one. Encourage your child to make the noises that the animals make.
LEARNING SKILLS	Responds to sounds and images
MATERIALS	Book or animal toy

CONNECTION ACTIVITY

ACTIVITY	Take a picture of your child engaging in an activity. Show your child the picture and talk about what he or she was doing. You can also record a few seconds of video.
LEARNING SKILLS	Recognizes self
MATERIALS	Phone

PERSONAL CARE INTERACTIONS

ACTIVITY	When changing your child's diaper, sing a beloved song. Allow this to be your changing song. You can begin to use it before you start changing your baby. He or she will learn what it means and start to sing it with you.
LEARNING SKILLS	Recognizes familiar songs
MATERIALS	N/A

MEALTIME

ACTIVITY	If your baby is eating food, sit with your child during meals and point to and name the foods. Talk about which foods different animals might eat.
LEARNING SKILLS	Recognizes named items
MATERIALS	Food

TRANSITIONS

ACTIVITY	Do small jumps with your baby in your arms like a kangaroo with her joey. Describe your movements to your child, and afterwards, show them a picture of a kangaroo to reinforce the learning. This can be done with different animals, adjusting for the movement of the different animals (i.e.- elephants stomp, snakes slither, jaguars run fast, eagles fly, etc.)
LEARNING SKILLS	Enjoys time with adults
MATERIALS	N/A

OUTSIDE TIME

ACTIVITY	Take a walk outside and look for birds in the sky or animals on the ground. Encourage your baby to look around to find them, too.
LEARNING SKILLS	Tracks objects with eyes
MATERIALS	Stroller (optional)

REST TIME

ACTIVITY	Before rocking your baby to sleep, show your baby a picture of an elephant and her calf. Point out the trunk and point to your own mouth and nose, as well as babies mouth and nose, naming the parts
LEARNING SKILLS	Responds to a sensory stimulus
MATERIALS	Rocking chair

TRANSITION

ACTIVITY	When you get your child up from a nap, look back at the picture of the elephant and her calf and go through the same activity you did before rest time.
LEARNING SKILLS	Seeks affection from adults
MATERIALS	N/A

CHILD'S CHOICE

ACTIVITY	Place several items in front of your child while your baby lies on his or her tummy. Encourage your child to reach for a toy he or she wants to explore. If your child is more mobile, you can let your baby choose some items to explore.
LEARNING SKILLS	Develops body control
MATERIALS	Various toys