



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

LEAPING INTO LITERATURE

WEEK 1 • DAY 2



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, lie head to head on the floor with your child and move the way that he or she does. Encourage your child to imitate your moves, too. Use descriptive language to talk about your movements. "You just rolled onto your side. I'm going to roll onto my side too." "That is a big stretch! Can we try a small stretch?"
LEARNING SKILLS	Responds to adult actions, 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. This 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	Read a fun book with your child. Accentuate the action words. If the images illustrate the actions, point them out.
LEARNING SKILLS	Responds to sounds and images
MATERIALS	Book

CONNECTION ACTIVITY

ACTIVITY	When you read a book together, take turns turning the pages. You try, then I'll try.
LEARNING SKILLS	Interacts with objects and others
MATERIALS	Book

PERSONAL CARE INTERACTIONS

ACTIVITY	Wash your baby's hands before and after meals. Talk about why it is important to wash your hands. You can have fun by alternating scrubbing motions with clapping splashes.
LEARNING SKILLS	Uses hand-eye coordination for tasks
MATERIALS	N/A

MEALTIME

ACTIVITY	Listen to a recorded story during the meal. Respond to what is happening with facial expressions.
LEARNING SKILLS	Responds to various art forms
MATERIALS	Audiobook or internet reading

TRANSITIONS

ACTIVITY	Encourage your child to help you put the books away. You can sing, “Books away, books away, it’s time to put our books away” to any tune that you create.
LEARNING SKILLS	Responds to guidance about behavior
MATERIALS	Books

OUTSIDE TIME

ACTIVITY	Lay a blanket outside and bring a basket of books to explore on the blanket. See whether you can spot objects in the books that you can see outside, too.
LEARNING SKILLS	Shows interest in the environment
MATERIALS	Books, blanket, basket (optional)

REST TIME

ACTIVITY	Follow a naptime routine with your child. Tell your child a story about his or her day.
LEARNING SKILLS	Shows a response to adults talking
MATERIALS	Rocking chair

TRANSITION

ACTIVITY	Swing your child in your arms while taking your child to the changing table or sink. Look at his or her face for a response.
LEARNING SKILLS	Responds to adult actions
MATERIALS	N/A

CHILD'S CHOICE

ACTIVITY	Place a book with photos next to a book with illustrations. Talk about how they are different, and let your child choose one to explore.
LEARNING SKILLS	Constructs new ideas
MATERIALS	Various books