



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

WATERPLAY WONDERS

WEEK 1 • DAY 3



GREETING

ACTIVITY	Good Morning - 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. You can pretend to be fish in the ocean or a fish tank.
LEARNING SKILLS	Attempts to mirror actions
MATERIALS	N/A

TRANSITION

ACTIVITY	Pretend to be fish swimming when you move from one location to another. Make fun fish sounds and movements.
LEARNING SKILLS	Acts out familiar scenarios
MATERIALS	N/A

PROCESSING ACTIVITY

ACTIVITY	Drip water across the table. Encourage your child to splash his or her hands in the water and count while splashing. For more fun, you can do this on colored paper so that your child can see what the splashes look like!
LEARNING SKILLS	Responds to sounds and images
MATERIALS	Water, tabletop, colored paper (optional)

CONNECTION ACTIVITY

ACTIVITY	If the weather is warm, splash outside together. Tap your feet in the water, and then try splashing with your elbows or knees. Name the body parts you dip in the water. You can do this in the bath, too.
LEARNING SKILLS	Identifies body parts
MATERIALS	Child-safe water table or splash mat, bathtub

PERSONAL CARE INTERACTIONS

ACTIVITY	It's time for rubber duckies in the tub. Take out a ducky or some other bath toys and play pretend. Create a story. Go on an adventure!
LEARNING SKILLS	Uses props to interact with stories
MATERIALS	Bath toys and bathtub



MEALTIME

ACTIVITY	Sort wet foods from dry ones. Allow your baby to touch them as you identify them together.
LEARNING SKILLS	Language and vocabulary, develop fine motor skills
MATERIALS	Food

TRANSITIONS

ACTIVITY	Wash your hands together, and observe the soap as it goes down the drain. Take turns popping the bubbles.
LEARNING SKILLS	Imitates adult actions
MATERIALS	Soap, sink

OUTSIDE TIME

ACTIVITY	Look for sources of water outside. You might find a creek, a hose or a drain. Point out where you see water. If it is safe, touch the water, too.
LEARNING SKILLS	Shows interest in the environment
MATERIALS	Stroller (optional)



REST TIME

ACTIVITY	Follow a naptime routine with your child. Talk about all the playing you did with water today.
LEARNING SKILLS	Shows a response to adults talking
MATERIALS	Rocking chair

TRANSITION

ACTIVITY	Pretend to blow bubbles as you move from one area to another.
LEARNING SKILLS	Responds to adult actions
MATERIALS	N/A

CHILD'S CHOICE

ACTIVITY	Give your child the option to play with bubbles or splash warm water in a shallow dish. For fun, combine the two and see what happens.
LEARNING SKILLS	Constructs new ideas
MATERIALS	Child-safe bubbles, dish