



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

EXPLORING WITH EXPERIMENTS

WEEK 1 • DAY 4





GREETING

ACTIVITY	Greet your baby with a warm smile and make eye contact with him or her before taking him or her from the sleep space. Talk to your baby about his or her night and what you do as you prepare for the day.
LEARNING SKILLS	Responding with emotion to stimulus
MATERIALS	N/A

GATHERING TIME

ACTIVITY	Once personal-care needs are met and you and your child are ready to start the day, walk around your home and look at wall hangings and pictures. You can use a photo album too. Talk about what you see in the wall hangings and pictures. Use descriptive language to describe what you see and ask your child questions like - "Who is in that picture? Do you see yourself? Can you point to (child's name)?"
LEARNING SKILLS	Interacting with objects
MATERIALS	Pictures and wall hangings

TRANSITION

ACTIVITY	When cleaning up, drop toys in a bin and listen for the sounds they make. Describe the sounds and make comparisons to other known sounds.
LEARNING SKILLS	Responding to communication
MATERIALS	N/A



PROCESSING ACTIVITY

ACTIVITY	Sit your child on the floor or in a seat and drop items of varying weights, heights and shapes in front of him or her. Encourage your child to join the fun. Talk about what happened and why.
LEARNING SKILLS	Exploring cause and effect, looking for a variety of outcomes from playing with different objects
MATERIALS	Variety of toys

CONNECTION ACTIVITY

ACTIVITY	Hold your baby's hands between your hands. Allow him or her to try to move his or her hands while between yours. Then push hands together and pull them apart again. Talk about the force of your hands and the strength that your child has.
LEARNING SKILLS	Exploring the relationship between objects
MATERIALS	N/A

PERSONAL CARE INTERACTIONS

ACTIVITY	When changing your child's diaper, give him or her a wipe to explore. Ask your child if it is cold or warm. You can even place one on his or her belly to see the reaction.
LEARNING SKILLS	Responding to simple experiments
MATERIALS	Baby wipes



MEALTIME

ACTIVITY	If your baby drinks from a bottle or a cup, tip the cup up and down at different angles and watch with your child to see how the liquid moves.
LEARNING SKILLS	Observing movement
MATERIALS	Bottle or cup

TRANSITIONS

ACTIVITY	Count the number of toys that are out with your child as you pull out new items for play.
LEARNING SKILLS	Counting
MATERIALS	Toys

OUTSIDE TIME

ACTIVITY	Explore the grass with your child. Rub grass between your hands and smell the fresh scent. Encourage your child to smell it too.
LEARNING SKILLS	Showing interest in the environment
MATERIALS	Grass area



REST TIME

ACTIVITY	Follow a naptime routine with your child. Before nap, talk about what he or she saw, heard, smelled, tasted and touched.
LEARNING SKILLS	Showing a response to adults talking
MATERIALS	Rocking chair

TRANSITION

ACTIVITY	When your child is playing in a stationary chair or play station, tickle his or her toes without your child seeing you doing it. Ask him or her, "What happened?" or "What did that feel like?"
LEARNING SKILLS	Responding to adult actions
MATERIALS	Stationary equipment

CHILD'S CHOICE

ACTIVITY	Share a snuggle with your child. Then follow his or her lead on what is interesting. You could read a book, jump up and down or pull out all the blocks!
LEARNING SKILLS	N/A
MATERIALS	N/A