



# GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

*INFANT*

WONDERS OF NATURE

WEEK 1 • DAY 5



## **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, gather different types of leaves, bark, rocks, etc. outside to explore and touch. Talk about what is living and non-living.

**LEARNING SKILLS** Exploring living and non-living things

**MATERIALS** (Gather ahead of time) Leaves, rocks, bark, petals, etc.

## **TRANSITION**

**ACTIVITY** Before going outside, put on a jacket (depending on weather) and sunscreen. Talk about what these items do to keep us safe and healthy.

**LEARNING SKILLS** Participating in healthy practices

**MATERIALS** Jacket, sunscreen, etc.

## PROCESSING ACTIVITY

**ACTIVITY** Sort natural items to make a pattern. Allow your child to move objects around and then follow his or her lead in the sequence.

**LEARNING SKILLS** Sorting and sequencing

**MATERIALS** Variety of natural objects

## CONNECTION ACTIVITY

**ACTIVITY** Practice yoga movements with your child, outside if possible. Practice breathing in and breathing out together. You can place your baby on your chest or face each other so that he or she can mirror your actions. You can also take a yoga break and use a video to work through the movements to help parents and babies bond and unwind.

**LEARNING SKILLS** Exhibiting strength and balance through stationary movement

**MATERIALS** Parents can view a video prior to practicing yoga with their child for more ideas.

## PERSONAL CARE INTERACTIONS

**ACTIVITY** Wash hands when coming in from outside. Scrub away all the dirt. Talk about it as you wash.

**LEARNING SKILLS** Participating in healthy practices

**MATERIALS** Soap and sink



## MEALTIME

ACTIVITY	When your child is eating, talk about where the food comes from. If he or she is eating cheese, talk about the cow that produced the milk. If you breastfeed your baby, you can talk about how mommies make milk for babies just like cows make milk.
LEARNING SKILLS	Recognizing the needs of humans and animals
MATERIALS	Food or milk

## TRANSITIONS

ACTIVITY	Touch different objects. Describe them as soft, bumpy, smooth, squishy, etc. Follow your child's lead on which items he or she likes best.
LEARNING SKILLS	Communicating preferences
MATERIALS	Various household items

## OUTSIDE TIME

ACTIVITY	Go exploring. Take a long walk and look for natural items. See if you can find the following: <ul style="list-style-type: none"><li>• Tree</li><li>• Flower</li><li>• Water</li><li>• Bird</li><li>• Dog</li><li>• Rock</li><li>• Clouds</li><li>• Sun</li><li>• Fence</li></ul>
LEARNING SKILLS	Showing interest in the environment
MATERIALS	Variety of natural objects

## REST TIME

**ACTIVITY** Follow a naptime routine with your child. Count with him or her as you name items that you discovered when you were outside.

**LEARNING SKILLS** Counting and naming items

**MATERIALS** Rocking chair

## TRANSITION

**ACTIVITY** Play a rhyming game or sing a song with your child. Examples are “Row, Row, Row Your Boat,” “Five Green and Speckled Frogs” and “Head, Shoulders, Knees and Toes.” Use the link for lyrics and other fun songs.

**LEARNING SKILLS** Using elements of music

**MATERIALS** Parents can get more ideas of songs to sing by visiting Super Simple songs on YouTube.

## CHILD'S CHOICE

**ACTIVITY** Ask your child if he or she prefers one or two of his or her toys. Allow your child to choose which he or she would like to play with next.

**LEARNING SKILLS** Initiating interests

**MATERIALS** Toys at home