GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

SPORTS AND GAMES

WEEK 2 • DAY 1
GREETING

ACTIVITY
Greet your baby with a warm smile and make eye contact with them before taking your little one from his or her sleep space. Talk to your baby about their night and what you do as you prepare for the day.

LEARNING SKILLS
Responds with emotion to a stimulus

MATERIALS
N/A

GATHERING TIME

ACTIVITY
After meeting personal care needs, you and your child are ready to start the day. Play a game of peek-a-boo with whoever is in your home. You can cover your eyes with your hands, but you can also use blankets, dolls and even paper with faces drawn on them to make it more fun and interactive.

LEARNING SKILLS
Uses senses to seek understanding

MATERIALS
Paper, markers, blankets, dolls

TRANSITION

ACTIVITY
Imagine an obstacle course in your home. Roll a ball around different objects, like across the table, down a ramp made by tilting a chair, etc. Depending on your child’s abilities, have them help roll or kick the ball.

LEARNING SKILLS
Shows interest in various activity

MATERIALS
Ball
## Processing Activity

**ACTIVITY**
Have your child play a matching game with you. If they are very young, you can match the sounds that your child makes, or their movements. Then see if your child will match your sounds and movements. Try pretending to throw a ball, or shout, “popcorn” like a vendor at a ball park.” If she or he is older, try placing the same colored items in bins or piles. Count along and see how many items you can find for each.

**LEARNING SKILLS**
Sorts and matches objects

## Connection Activity

**ACTIVITY**
Time for a video chat! Play a virtual fingerplay with a family member or friend that is far away. You can play, “Open Shut Them,” “I’m a Little Teapot,” “Five Little Monkeys,” “Where Is Thumbkin?” and others.

**LEARNING SKILLS**
Engages in reciprocal communication

**MATERIALS**
Fingerplay resources

## Personal Care Interactions

**ACTIVITY**
While changing your child’s diaper, play a fun counting game with their fingers and toes. You can play, “This Little Piggy,” or simply tickle each one as you count.

**LEARNING SKILLS**
Acts out familiar scenarios

**MATERIALS**
Word resources
### MEALTIME

**ACTIVITY**
Play a game with your baby as you eat together. You can switch off who takes a bite of their food, alternating turns. For some fun with an older child, try taking bites like different animals. For example, “Show me how a mouse takes a bite” or “How big is an elephant bite?”

**LEARNING SKILLS**
Shows comprehension of language through actions

**MATERIALS**
N/A

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### TRANSITIONS

**ACTIVITY**
Try the obstacle course again, but move your “obstacles” or the object that you maneuver around the course.

**LEARNING SKILLS**
Shows interest in various activities

**MATERIALS**
Shows interest in various activities

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### OUTSIDE TIME

**ACTIVITY**
Play hide-and-seek, but instead of playing with many people, you can play this with objects. Hide objects around the house and encourage your child to find them. If your child is not yet mobile, instead ask them where items are and see where they look. This is a great way to work on receptive language with your baby.

**LEARNING SKILLS**
Shows interest in the environment

**MATERIALS**
Toys or other easily moved items
## REST TIME

**ACTIVITY**
Follow a naptime routine with your child. Count with your child as you talk about what sports you like to play or the games that you played with them.

**LEARNING SKILLS**
Memory recall

**MATERIALS**
N/A

## TRANSITION

**ACTIVITY**
As your child wakes up from rest time or as you transition to something new, move like different types of athletes move. Pretend to be a basketball player making a slam dunk, a pitcher throwing a curveball, a football player making a touchdown or a hockey player skating on the ice. You can take your child for the ride!

**LEARNING SKILLS**
Exhibits strength and balance in movement

**MATERIALS**
N/A

## CHILD’S CHOICE

**ACTIVITY**
Batter up! Practice swinging an object to move another object, like you were swinging a baseball bat or golf club. Then, assist our child in moving objects the same way. You can use a pillow or toy sports objects to swing.

**LEARNING SKILLS**
Uses body control for movement

**MATERIALS**
Pillow, smaller balls or other objects, baby sports equipment