GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

MUSICAL MOVEMENT

WEEK 2 • DAY 2
# GODDARD AT HOME: F.L.EX.® DAILY ACTIVITY PLANS
## INFANT - MUSICAL MOVEMENT

### GREETING

**ACTIVITY**
Meet your baby with a warm smile and make eye contact with them before taking your child from their sleep space. Talk to her or him about their night and what you do as you prepare for the day. Responds with emotion to stimulus

**LEARNING SKILLS**
Responds with emotion to stimulus

**MATERIALS**
N/A

### GATHERING TIME

**ACTIVITY**
Stretch with your baby. If they are mobile, you can follow your child’s lead and work on turn-taking. Try this video together. If your baby is not mobile, try some stretches with his or her arms and legs moving up and down, out and in, bent and straight and crossing the midline. You can also use this video for some ideas.

**LEARNING SKILLS**
Demonstrates strength and balance

**MATERIALS**
Mobile and non-mobile infant video samples

### TRANSITION

**ACTIVITY**
After gathering time, hold your child in a standing position, following along with the motions as you sing this song:

“Bounce, bounce, bounce and stop.
Bounce, bounce, bounce and stop.
Bounce, bounce, bounce and stop.
Bounce [baby’s name] up on top.”

Lightly bounce your child when the song says bounce, stopping when it says stop, and lifting baby above your head when the song says “up on top”.

**LEARNING SKILLS**
Develops body control

**MATERIALS**
Sing the song to the tune of “Skip to my Lou.”
## PROCESSING ACTIVITY

**ACTIVITY**
Take out pots, pans and bowls from the kitchen and fill them with different amounts of water. Next, tap the pot, pan or bowl with a safe kitchen utensil (like a spoon) and allow your child to try too. Try matching the tone and volume of the sound with your own singing and encourage your baby to try it too.

**LEARNING SKILLS**
Responds to music

**MATERIALS**
Bowls, pots, pans, water, spoons

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## CONNECTION ACTIVITY

**ACTIVITY**
Paint or draw to your favorite songs! Share a piece of paper with your child and place your hand over their hand that is holding the paint brush or crayon. Listen to the song and move the paint brush or crayon to the rhythm and tempo.

**LEARNING SKILLS**
Uses tools to produce music

**MATERIALS**
Paint, paper, crayons, markers or other items

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## PERSONAL CARE INTERACTIONS

**ACTIVITY**
Make eye contact with your baby when changing their diaper, and sing, “If You’re Happy and You Know It.” You can try out new verses.
- If you’re sad … make a frown.
- If you’re cranky … shout out waa!
- If you’re excited … wave your arms.
- If you’re sleepy … give a yawn.

**LEARNING SKILLS**
Demonstrates emotions

**MATERIALS**
Sing the song to the tune of “If You’re Happy and You Know It”
## Mealtime

**Activity**
During mealtime, sing, “Apples and Bananas” and make each vowel sound. You can also change up the lyrics to what your child is eating.

**Learning Skills**
Responds to changes in language

**Materials**
Sing the song to the tune, “Apples and Bananas”

## Transitions

**Activity**
Listen to music while encouraging your baby to move across the playmat, floor or room, by rolling, crawling, scooting or walking. The baby can use different movements depending on their abilities. Use a fast song and a slow song and practice moving at that speed.

**Learning Skills**
Uses creative movement with music

**Materials**
Music, fast and slow tempos

## Outside Time

**Activity**
Bring a blanket, instruments and music outside with your baby. Sit with your little one and play along to the music with your instruments. Shake your instruments in time with the music. This can be a good time for some independent play too.

**Learning Skills**
One-to-one correspondence and rhythm

**Materials**
Blanket, music source, instruments
**REST TIME**

**ACTIVITY**
Sing your favorite lullaby with your baby before rest time.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

**TRANSITION**

**ACTIVITY**
Play in front of a mirror with your baby. Make different sounds, faces and enjoy moving close or far away. Giggle with your little one to help with challenging transitions. She or he will be mesmerized by their own image.

**LEARNING SKILLS**
Recognize themselves

**MATERIALS**
Mirror

**CHILD’S CHOICE**

**ACTIVITY**
Have your baby help with laundry! Well, maybe it is not so helpful, but he or she will love playing with all of the different textures, colors and prints. If your laundry is fresh out of the dryer, you can talk about the smell and the temperature.

**LEARNING SKILLS**
Explores senses

**MATERIALS**
Laundry