## Greeting

**ACTIVITY**
Greet your baby with a warm smile and make eye contact with your little one before taking them 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 stimulus

**MATERIALS**
N/A

## Gathering Time

**ACTIVITY**
After meeting personal-care needs, you and your child are ready to start the day. Snuggle up with your infant with a story. Read *We Are What We Eat: Holistic Thinking Kids*.

**LEARNING SKILLS**
Focuses on pictures when reading with an adult

**MATERIALS**
*We Are What We Eat: Holistic Thinking Kids* free e-book

## Transition

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

**LEARNING SKILLS**
Participates in healthy practices

**MATERIALS**
Jacket, sunscreen
PROCESSING ACTIVITY

ACTIVITY
Sort vegetables to make a pattern of color, texture or size. Allow your child to touch the vegetables and then follow their lead in the sequence.

LEARNING SKILLS
Sorting and sequencing

MATERIALS
Two or three root vegetables

CONNECTION ACTIVITY

ACTIVITY
Take a picture of you and your child out in nature. Take photos in front of different trees, flowers and other places. Then, show the pictures to them before you go outside the next time to remind your little one what the outdoors looks like.

LEARNING SKILLS
Understands ideas through pictures

MATERIALS
Camera

PERSONAL CARE INTERACTIONS

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

LEARNING SKILLS
Participates in healthy practices

MATERIALS
Soap and sink
### MEALTIME

**ACTIVITY**

When your child is eating their food, use descriptive language to talk about that food and where it comes from. For example, if you are feeding your infant carrots, describe the color and the smell of the carrots, and that they grow in the ground.

**LEARNING SKILLS**

Use the senses to explore and learn from the environment

**MATERIALS**

Food

### TRANSITIONS

**ACTIVITY**

Touch different objects. Describe the texture, such as soft, bumpy, smooth or squishy. Follow your child’s lead on which items they like 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 things:

- Trees with leaves;
- Trees without leaves;
- Flowers of different colors;
- Different kinds of leaves such as flat, prickly, small, large, green and yellow.

**LEARNING SKILLS**

Shows interest in the environment

**MATERIALS**

Variety of natural objects
## REST TIME

**ACTIVITY**
Follow a naptime routine with your child. Identify colors of flowers, plants and leaves that you explored outside and inside. Talk about the different vegetable colors that you and your child explored earlier in the day.

**LEARNING SKILLS**
N/A

**MATERIALS**
Rocking chair

## TRANSITION

**ACTIVITY**
Play a rhyming game or song with your child. Examples are, “Are You Hungry,” and “Hot Cross Buns.” Use the link for lyrics and other fun songs.

**LEARNING SKILLS**
Uses elements of music

**MATERIALS**
YouTube - Songs about Food

## CHILD’S CHOICE

**ACTIVITY**
Ask if your child prefers one or two of her or his toys. Allow your little one to choose which toys to play with. If available, share plastic gardening toys such as shovels, watering cans, plastic pots or even seed packets, with supervision.

**LEARNING SKILLS**
Initiating interests

**MATERIALS**
Toys, gardening items