



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

EXPLORING WITH EXPERIMENTS

WEEK 3 • DAY 4



GREETING

ACTIVITY Greet your baby with a warm smile and make eye contact with your little one before taking him or her from their sleep space. Talk to your child 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 Once you have met your baby's personal care needs, you are ready to start the day. Hold your baby and look at pages in *Touch and Feel: Farm*, *Touch and Feel: Animals* or *Baby Touch and Feel* all by DK Publishing, or you can use another textured storybook. Encourage him or her to touch the different textures on the page. Say, "You're touching the baby chick. It's so soft."

LEARNING SKILLS Explores objects with varying characteristics

MATERIALS Any textured book

TRANSITION

ACTIVITY Try this fun little rhyme as you transition from one activity to the next, following along with the motions:
"Two Little Feet (A Movement Rhyme)
"Two little feet go tap, tap, tap.
Two little hands go clap, clap, clap."

LEARNING SKILLS Engages in songs that involve different movement



PROCESSING ACTIVITY

ACTIVITY

Secure contact paper to a flat surface with the sticky side facing out. Place objects, such as balls, rattles or rings on the contact paper, and have the infant pull the objects off and stick them back on.

BONUS! Enjoy an activity as Goddard presents, Root for Earth. In honor of Earth Day, bring out some fun clothes for dress up time. Reuse old dresses, ties, shirts and suits with your little one. Let them try to put their arms through sleeves and try to pull pants on their legs. Make up a fun story about what you might do wearing these clothes.

*Share a photo of you and your child doing this activity with us at **PR@goddardsystems.com**. Please include your child's name, age and which Goddard School location your child attends. We may use your photo in our media outreach, including broadcast, print, and electronic news media and Goddard's national social media pages.*

LEARNING SKILLS

Participates in simple investigations of matter

MATERIALS

Contact paper, different objects, extra or old clothes for dress-up

CONNECTION ACTIVITY

ACTIVITY

Provide a few pieces of paper of different textures, such as aluminum foil, regular paper, construction paper and sandpaper, and allow your infant to explore the textures. Use descriptive language to talk about what your infant is feeling and seeing, such as "This paper feels rough," "This paper is so crinkly," "This paper feels smooth."

LEARNING SKILLS

Explores objects and textures

MATERIALS

Paper of different textures

PERSONAL CARE INTERACTIONS

ACTIVITY	Place photos of familiar objects close to the changing area for the infant to look at during diaper change. As you are changing the diaper, call the infant's attention to things in the pictures. Say, "Do you see the toys in the picture? I see a ball, a truck and a rattle."
LEARNING SKILLS	Uses the senses as a primary means to explore and learn
MATERIALS	Photos of familiar objects

MEALTIME

ACTIVITY	When introducing a new food, use language like the following, "We have something new to try. I wonder if you will like it?" Observe your child's response and give words to your baby's reactions. "It looks like you like it. You are smiling and look happy."
LEARNING SKILLS	Participates in experiences related to healthy food choices
MATERIALS	A new food item

TRANSITION

ACTIVITY	Do some predictions at home. Use phrases like, "I wonder what we are going to do next?" "Yes, I saw you look toward the door. We are going outside." Working on predictions like this with children provides a foundation for scientific thinking, such as forming predictions and hypotheses.
LEARNING SKILLS	Knows the sequence of familiar routines
MATERIALS	N/A

OUTSIDE TIME

ACTIVITY	Take your baby outside and show him or her some plants, ensuring that plants are nontoxic and safe for children. Talk about what they see. Describe each plant. "Here's a yellow flower. These leaves are long and skinny. These leaves are smooth."
LEARNING SKILLS	Participates in simple investigations of earth materials, processes and cycles
MATERIALS	N/A

REST TIME

ACTIVITY	Follow a consistent rest routine with your baby. Talk with your child about the day's activities as you lull your little one to sleep.
LEARNING SKILLS	Responds to a sensory stimulus
MATERIALS	N/A

TRANSITION

ACTIVITY	After rest time, play soft music while swaying back and forth with your infant. This can be done sitting on the floor or standing and holding your baby.
LEARNING SKILLS	Shows affection and bonding with familiar adults
MATERIALS	N/A



CHILD'S CHOICE

ACTIVITY	Provide a few of your child's toys that make noise, like rattles and texture books. Allow your infant to explore the toys. Talk to your baby about what happens when she or he shakes them or crinkles them.
LEARNING SKILLS	Explores cause and effect
MATERIALS	Child's toys, rattle, texture book