GREETING

ACTIVITY
Greet your baby with a warm smile and make eye contact with your little one before taking your baby from his or her sleep space. Talk to your child about his or her 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 and are ready to start the day, begin by reading *The Very Hungry Caterpillar* by Eric Carle. Allow your baby to hold the book and turn the pages independently.

LEARNING SKILLS
Demonstrates interest in books that have color, pattern, and contrast

MATERIALS
*Book or Read aloud here*

TRANSITION

ACTIVITY
Using colorful scarves or other pieces of fabric, encourage your baby to move her or his wings like a butterfly. This can be done outside or inside. As an option, you can provide instrumental background music of varied tempos for you and your child to move to.

LEARNING SKILLS
Explores the motion of objects

MATERIALS
Scarves, dish towels, other pieces of fabric, music, optional
### PROCESSING ACTIVITY

**ACTIVITY**
While outside, encourage your baby to look at and touch a tree. Use descriptive language, such as tall, rough, bumpy, smooth, big, brown and green to describe what the two of you are seeing and feeling.

**LEARNING SKILLS**
Uses the senses as a primary means to explore and learn from the environment

**MATERIALS**
N/A

### CONNECTION ACTIVITY

**ACTIVITY**
Try the butterfly yoga pose with your little one. Sit on the floor, bring the soles of your feet together, as much as possible, hold onto your feet with both hands and gently move your knees up and down, like butterfly wings. You can do this facing each other or have your little one sit on your lap while you try the pose together.

**LEARNING SKILLS**
Develops control of the body

**MATERIALS**
Pose visual

### PERSONAL CARE INTERACTIONS

**ACTIVITY**
During diaper changing time, talk to your child about what you have already done today and what you are going to do next.

**LEARNING SKILLS**
Anticipates the next step of a familiar routine or activity

**MATERIALS**
N/A
# Mealtime

**Activity**
During mealtime sit close to your baby and make faces and sounds as you talk about the food being yummy, warm, delicious and good for a growing baby. Make a connection from today’s story on healthy food choices.

**Learning Skills**
Participates in experiences related to healthy food choices

**Materials**
N/A

# Transition

**Activity**
Move like a bug from one activity to the next, making clicking sounds like a beetle, buzzing sounds like a bee, or you can quietly crawl like a ladybug.

**Learning Skills**
Relays experience from one setting to another

**Materials**
N/A

# Outside Time

**Activity**
Take a blanket outside and provide opportunities for outdoor tummy time with your younger infant. For older infants or toddlers, encourage crawling on the blanket or watching the clouds above. What do you see? What do you hear? You can even tell your child what you see and point. Your baby can follow your finger with his or her eyes to further engage with the world.

**Learning Skills**
Shows interest in the natural world

**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
Try singing this song to the tune of “The Itsy Bitsy Spider” with your baby and make up a fun finger play to go with the words.

“The little fuzzy caterpillar,
Curled up on a leaf.
Spun her little chrysalis,
and then she fell fast asleep.
While she was sleeping,
She dreamed that she could fly.
And later when she woke up,
she was a butterfly.”

### LEARNING SKILLS
Demonstrates an understanding of the basic elements of music and movement

### MATERIALS
N/A

## CHILD’S CHOICE

### ACTIVITY
Provide a selection of familiar books for your child to choose from and read their selected book.

### LEARNING SKILLS
Makes simple choices

### MATERIALS
N/A