GODDARD
AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

INFANT

SPORTS AND GAMES

WEEK 4 • DAY 1
# INFANT - SPORTS AND GAMES

## GREETING

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

**LEARNING SKILLS**
Responding with emotion to stimulus

**MATERIALS**
N/A

## GATHERING TIME

**ACTIVITY**
Once personal-care needs are met and you and your child are ready to start the day, read *Giraffes Can’t Dance* by Giles Andreae or listen to the read-along. Demonstrate how to hold the book, turn the pages and point to the pictures that correspond with the words in the book.

**LEARNING SKILLS**
Demonstrating beginning book-handling skills

**MATERIALS**
Book or read-along

## TRANSITION

**ACTIVITY**
Throw a ball of your choice into a basket (wastepaper basket, bucket or anything available) before the next activity.

**LEARNING SKILLS**
Using fingers and hands to accomplish actions

**MATERIALS**
Basket, ball
**PROCESSING ACTIVITY**

**ACTIVITY**
Place a wide, round, plastic or aluminum mixing bowl on the floor. Provide lightweight plastic balls and have your infant drop the balls in the bowl. Point out how the balls move around the bowl and from one side to another. Encourage your infant to fill the bowl and empty it.

**LEARNING SKILLS**
Exploring the motion of objects

**MATERIALS**
Plastic or aluminum mixing bowl, plastic balls

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**CONNECTION ACTIVITY**

**ACTIVITY**
Sit facing or behind your infant as necessary and roll a large ball so that it lands right in front of him or her. Encourage your child to reach out and push the ball back to you. Sing the following lyrics to the tune of “Jingle Bells” and insert your child’s name in the second line.

Roll the ball, roll the ball, roll it back to me.
[Sarah] you can roll the ball, roll it back to me.

**LEARNING SKILLS**
Responding to music

**MATERIALS**
Ball

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**PERSONAL CARE INTERACTIONS**

**ACTIVITY**
While helping your infant get dressed, engage in a conversation about what types of clothing are needed for play. “Let’s wear something comfortable and soft so we can move and play,” or “We might need a sweater today since it is a bit chilly.”

**LEARNING SKILLS**
Using the comfort of familiar experiences to explore new experiences

**MATERIALS**
Clothing
## MEALTIME

**ACTIVITY**
Talk about the shapes you have played with today. “Are there similar shapes on your plate? I see circles. They are round, just like the balls we played with.”

**LEARNING SKILLS**
Using new vocabulary in everyday speech

**MATERIALS**
Lunch items

## TRANSITIONS

**ACTIVITY**
Experiment with deliberate and intentional movements of your choice, using descriptive language, such as “Let’s take big steps” or “Let’s march.”

**LEARNING SKILLS**
Recognizing and exploring movement

**MATERIALS**
N/A

## OUTSIDE TIME

**ACTIVITY**
Take a large blanket outside. Roll a ball away from your child. Encourage him or her to crawl after the ball. After he or she reaches the ball, call to your infant to “come back” to you.

**LEARNING SKILLS**
Controlling and coordinating movement of the body

**MATERIALS**
Blanket, ball
## REST TIME

**ACTIVITY**
Follow a consistent rest routine with your baby. Talk with your child about the day’s activities as you lull him or her to sleep.

**LEARNING SKILLS**
Responding to sensory stimulus

**MATERIALS**
N/A

## TRANSITION

**ACTIVITY**
As you transition to the next activity, dance with your infant and use descriptive language to describe your movements.

**LEARNING SKILLS**
Exhibiting strength and balance when moving from place to place

**MATERIALS**
N/A

## CHILD’S CHOICE

**ACTIVITY**
Provide support as your infant chooses a toy. Say, “You chose the [rattle, ball, etc.], [Joshua].”

**LEARNING SKILLS**
Making simple choices

**MATERIALS**
Variety of handheld toys