GODDARD AT HOME
F.L.EX.® DAILY ACTIVITY PLANS
INFANT
UNDERWATER LIFE
WEEK 5 • DAY 1
GREETING

ACTIVITY
Greet your baby with a warm smile and make eye contact with them before taking them from their sleep space. Talk to your child about their 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 The Pout-Pout Fish by Deborah Diesen or follow the read-along. Look at the pictures and describe what you see to your child.

LEARNING SKILLS
Demonstrating interest in pictures and text

MATERIALS
Book or read-along

TRANSITION

ACTIVITY
Demonstrate the sign for “fish” as you pretend to swim to different areas around your home.

LEARNING SKILLS
Coordinating body movement

MATERIALS
See image

Enrichment provided by Time to Sign™
PROCESSING ACTIVITY

ACTIVITY
Place scarves or tissue paper in a basket or container on the floor to make a pretend body of water. Hide various ocean-related items under the “water” in the container. Invite your child to go fishing. Ask your baby, “What are we going to find?” Encourage them to find one of the objects and talk about it with them. “What did we find? It’s a fish!” Name and describe each item that comes out of the container.

LEARNING SKILLS
Engaging with an object in more than one way

MATERIALS
Scarves or tissue paper, bin or basket, small toys

CONNECTION ACTIVITY

ACTIVITY
Using a beach ball or exercise ball, deflate it slightly and place your baby on top of the ball, tummy-side down. Support your baby by holding his or her hips or thighs and gently and carefully roll and rock your baby from front to back and side to side. With practice, your baby will strengthen his or her arm, leg, neck and tummy muscles.

LEARNING SKILLS
Engaging in daily activities that promote good health

MATERIALS
Beach ball

PERSONAL CARE INTERACTIONS

ACTIVITY
Encourage your baby to assist you in the handwashing routine. Have your child help turn on the water, get child-safe soap and dry hands.

LEARNING SKILLS
Imitating and practicing basic hygiene practices

MATERIALS
N/A
### MEALTIME

| ACTIVITY | Provide background “music” like ocean waves, rushing water and rivers from a free app such as Naturespace and listen to the sounds while you eat. |
| LEARNING SKILLS | Responding to sounds in the environment |
| MATERIALS | Background music |

### TRANSITIONS

| ACTIVITY | Using a few of the same scarves you used earlier, move with your scarf to the next activity as waves in the ocean or rushing water in a river. As water moves fast and slow, move your scarf with your baby in the same way, slowly and quickly. |
| LEARNING SKILLS | Exploring the motion of objects |
| MATERIALS | Scarves |

### OUTSIDE TIME

| ACTIVITY | Take a walk outside. Look for water or signs of water, including puddles, fountains and bodies of water. Talk about what you see. |
| LEARNING SKILLS | Showing 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 him or her to sleep.

LEARNING SKILLS
Responding to sensory stimulus

MATERIALS
N/A

TRANSITION

ACTIVITY
Chant the following poem before moving to the next activity.
Five little fishies swimming in a pool (wiggle five fingers)
The first one said, “The pool is cool” (wrap arms around body)
The second one said, “The pool is deep” (use a voice deep)
The third one said, “I want to sleep” (rest head on hands)
The fourth one said, “Let’s dive and dip” (dip and dive hand)
The fifth one said, “I spy a ship” (peer out under hand)
The fisherman’s boat comes, line goes “kersplash” (throw a fishing pole line)
and away the fish dash. (wiggle fingers away)

LEARNING SKILLS
Responding to music, art and stories

MATERIALS
N/A

CHILD’S CHOICE

ACTIVITY
Provide a variety of underwater-life toys, using what you have – plastic marine life, books related to water, etc. – and let your baby make some choices.

LEARNING SKILLS
Demonstrating preference for specific objects and people

MATERIALS
Toys or books