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 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 “Goodnight Moon” by Margaret Wise Brown and illustrated by Clement Hurd or follow the read-along. Point to the named objects as you read the words, allowing your child to make the connection between text and illustrations.

LEARNING SKILLS
Attending to a picture in a text when reading with an adult

MATERIALS
Book or read-along

TRANSITION

ACTIVITY
Move like a cloud to the next activity. Talk about the clouds in the sky and how some might appear to be moving slowly and others quickly.

LEARNING SKILLS
Coordinating movement with words

MATERIALS
N/A
PROCESSING ACTIVITY

ACTIVITY
Take your infant to a window and discuss what he or she sees in the sky. Point out the clouds, for example. Say, “It’s daytime. The sun is shining.” Another time say, “It’s starting to get dark. The sky is dark blue.”

LEARNING SKILLS
Showing interest in the environment

MATERIALS
N/A

CONNECTION ACTIVITY

ACTIVITY
Sing “Twinkle, Twinkle, Little Star” with your infant. Hold your infant’s hands to teach the motions.

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are.

LEARNING SKILLS
Coordinating movement with words

MATERIALS
See next page

PERSONAL CARE INTERACTIONS

ACTIVITY
Sing the following song to the tune of “Twinkle, Twinkle, Little Star” while washing hands with your child:

Here’s my soap, here’s my water, I won’t hurry, I won’t rush
Working hard to keep hands clean, Front and back and in between
When I wash for quite a while, I will have a happy smile.

LEARNING SKILLS
Imitating basic hygiene practices

MATERIALS
N/A
Twinkle, Twinkle, Little Star

twinkle,   twinkle   little   star,

How   I   wonder   what   you   are.

Up   above   the   world   so   high,

Like   a   diamond   in   the   sky.

Repeat top part of Twinkle Twinkle Little Star
**MEALTIME**

**ACTIVITY**
Look at the food on your child’s plate and help your child count and sort by color or other characteristics. For example, provide two strawberries. Say “Count with me. One, two. The strawberries are red.”

**LEARNING SKILLS**
Participating in counting and sorting objects

**MATERIALS**
N/A

**TRANSITIONS**

**ACTIVITY**
Dim your lights, darken your space and show your child a flashlight reflection on the ceiling, possibly while singing “Twinkle, Twinkle, Little Star.” Explore light and shadows.

**LEARNING SKILLS**
Exploring objects with varying characteristics

**MATERIALS**
Flashlight

**OUTSIDE TIME**

**ACTIVITY**
It’s time for some outside yoga. Standing tall with your legs shoulder-width apart, one or two arms to the sky, depending on whether you are holding your baby, engage in star pose.

**LEARNING SKILLS**
Developing control of the body

**MATERIALS**
Yoga pose
### 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, sing the song “You Are My Sunshine.” Smile and emphasize the word “happy” as you sing.

**LEARNING SKILLS**
Showing affection and bonding with familiar adults

**MATERIALS**
N/A

### CHILD’S CHOICE

**ACTIVITY**
Help your child use a flashlight to “shine his or her light” on objects of interest in his or her room or toy area.

**LEARNING SKILLS**
Exploring objects to see how they work

**MATERIALS**
Flashlight, toys