



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

ANIMAL ADVENTURES

WEEK 1 • DAY 1





GREETING

ACTIVITY

Good Morning - Let's set the stage for a great day! Greet your child, cuddle with him or her and sing the following song to the tune of "Happy Birthday":
Good morning to you.
Good morning to you.
I hope you slept well
and had sweet dreams, too!

LEARNING SKILLS

Forms relationships with adults

MATERIALS

N/A

GATHERING ACTIVITY

ACTIVITY

Bear Den - With blankets, pillows and chairs, create a bear den for you and your child. Gather a few stuffed bears from your child's room and place them inside the den. Play with the bears, talk about their physical features and explain that bears live in dens. Use a bear to tickle your child as you sing "Head, Shoulders, Knees and Toes."

Leave the den up so your child can play in it throughout the day.

LEARNING SKILLS

Recognizes familiar songs and body parts

MATERIALS

Blankets, pillows, chairs, stuffed bears



AM MEALTIME

ACTIVITY	Food Names - Bring your child to the table or place your child in a high chair. Provide your child with a plate and a snack on a paper towel. Encourage your child to pick up the pieces of food from the paper towel and put them on the plate to serve himself or herself. Encourage your child to name the food as he or she picks it up.
LEARNING SKILLS	Fine motor skills, self-help, cognitive and language development
MATERIALS	Plate, napkin, food

CONNECTION ACTIVITY

ACTIVITY	Animal Stories - Gather one to three animal-themed books. As you read them to your child, practice animal sounds together, identify the colors of the animals and discuss where those animals live.
LEARNING SKILLS	Engagement with books, knowledge of living creatures
MATERIALS	Animal-themed books

PROCESS ACTIVITY

ACTIVITY	Animal Release - Tape several plastic toy animals to a baking sheet with masking tape. Have your child work to remove all the animals from the tape. Once your child has released all the animals, you can tape them back again for more fun. If you do not have plastic toy animals, you can use other items such as blocks, teethers or utensils.
LEARNING SKILLS	Fine motor manipulation, hand-eye coordination
MATERIALS	Baking sheet, masking tape, toy animals



PERSONAL CARE INTERACTIONS

ACTIVITY	Five Little Ducks - During diaper changes today, sing “Five Little Ducks” with your child.
LEARNING SKILLS	Forms relationships with adults, recognizes familiar songs
MATERIALS	“Five Little Ducks” lyrics

TRANSITION

ACTIVITY	Let’s Go Outside - Let your child know that it is time to go outside. Ask your child what we need to put on before we go outside and where his or her shoes and coat are. Encourage your child to find these items.
LEARNING SKILLS	Self-help skills
MATERIALS	Shoes, coat

OUTDOOR ACTIVITY

ACTIVITY	Animal Workout - While getting some fresh air today, move your bodies as animals do. For example, stomp like an elephant, walk on all fours like a cat, stretch your arm like a giraffe stretches its neck or gallop like a horse. Establish a pattern of animal movements and repeat the sequence two to three times. As you mimic the animal movements, ask your child, “What sound does this animal make?” Make the noise with him or her.
LEARNING SKILLS	Gross motor skills, cognitive development, knowledge of living creatures
MATERIALS	N/A



TRANSITION

ACTIVITY	Animal Walk - Let your child know that it is time to go inside. Ask, "Which animal would you like to walk like as we go inside?" If your child is not speaking yet, suggest one.
LEARNING SKILLS	Gross motor skills, cognitive development
MATERIALS	N/A

LUNCH

ACTIVITY	How Do Animals Talk? - During lunch, discuss some animals you talked about this morning and the sounds they make with your child.
LEARNING SKILLS	Recalls previous knowledge
MATERIALS	N/A

NAPTIME

ACTIVITY	Before naptime, help your child calm his or her body by practicing a few yoga poses, such as the dog, cat, snake or butterfly poses. Show your child how to take slow, calming breaths.
LEARNING SKILLS	Self-calming, gross motor skills
MATERIALS	Yoga pose images



TRANSITION

ACTIVITY	Make a little change to the song you sang this morning. Good afternoon to you. Good afternoon to you. I hope you slept well and had sweet dreams, too!
LEARNING SKILLS	Forms relationships with adults
MATERIALS	N/A

CHILD'S CHOICE

ACTIVITY	Review the activities from this morning with your child and ask your child what he or she wants to do.
LEARNING SKILLS	Communicates preferences
MATERIALS	N/A