



# GODDARD AT HOME

F.L.EX.<sup>®</sup> DAILY ACTIVITY PLANS

*TODDLER*

LEAPING INTO LITERATURE

WEEK 1 • DAY 2





## 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!  
Open your child's blinds or curtains, point to the window and say, "Let's sing good morning to our [city, town or neighborhood]."  
Good morning to you.  
Good morning to you.  
I hope you slept well  
and had sweet dreams, too!

### LEARNING SKILLS

Forms relationships with adults, recognizes familiar songs

### MATERIALS

N/A

## GATHERING ACTIVITY

### ACTIVITY

**Dance Party** - Start your day on a fun note. Select a song that your family loves and dance! Repeat this dance party any time you need a fun break.

### LEARNING SKILLS

Forms relationships with adults, gross motor skills

### MATERIALS

Music



## AM MEALTIME

ACTIVITY	<b>Please and Thank You</b> - As you serve your child a snack, have your child say or sign “thank you” and “more, please” as appropriate.
LEARNING SKILLS	Manners, language development
MATERIALS	N/A

## CONNECTION ACTIVITY

ACTIVITY	<b>Twinkle, Twinkle, Little Star</b> - Bring your child to your lap to sing “Twinkle, Twinkle, Little Star” two to three times. As you sing, use these motions: Twinkle, twinkle, little star [gently tickle your child from head to toe], How I wonder what you are [touch your child’s nose when saying “you”]. Up above the world so high, [hold arms way up high] Like a diamond in the sky. [make a diamond shape with your hands] Twinkle, twinkle, little star [gently tickle your child from head to toe], How I wonder what you are [touch your child’s nose when saying “you”].
LEARNING SKILLS	Forms relationships with adults, recognizes familiar songs, language development
MATERIALS	N/A

## PROCESS ACTIVITY

ACTIVITY	<b>Blocks and Books</b> - Bring your child to the floor with you and play with blocks and books. Show your child how to stack the blocks and books together, then follow your child’s lead. When the structure falls over, encourage your child to rebuild it.
LEARNING SKILLS	Hand-eye coordination, risk-taking, cause and effect, persistence
MATERIALS	Blocks, books



## PERSONAL CARE INTERACTIONS

ACTIVITY	While you are washing your hands after changing diapers, before and after eating and after playing outside, sing a handwashing song to the tune of “Row, Row, Row Your Boat”: Wash, wash, wash your hands. Soap will make them clean! Scrub the germs till they wash off. Germs go down the drain.
LEARNING SKILLS	Self-care, independence, recognition of familiar songs, language development
MATERIALS	N/A

## TRANSITION

ACTIVITY	Pack a book picnic. Tell your child it is time to get ready to go outside. Ask your child to select books, put the books in the bag and grab a blanket.
LEARNING SKILLS	Follows directions
MATERIALS	Blanket, books, bag

## OUTDOOR ACTIVITY

ACTIVITY	<b>Book Picnic</b> - Lay your blanket on the grass and ask your child to remove the books from the bag. Look at and read the books while enjoying the sunshine and fresh air. Point to the words are you reading, then have your child turn the pages.
LEARNING SKILLS	Engages with literature
MATERIALS	Blanket, books, bag



## TRANSITION

ACTIVITY	<b>Count Your Steps</b> - As you head back into the house after your book picnic, count how many steps it takes you to get inside.
LEARNING SKILLS	Counting
MATERIALS	N/A

## LUNCH

ACTIVITY	<b>Plate Choice</b> - As you prepare for lunch, give your child the choice of two different plates and honor his or her choice by serving lunch on that plate.
LEARNING SKILLS	Communicates preferences
MATERIALS	N/A

## NAPTIME

ACTIVITY	Help your child calm his or her body by practicing a few yoga poses. Show your child how to take slow, calming breaths. Ask your child to select a book, then gently rock your child while you read the book.
LEARNING SKILLS	Self-calming, gross motor skills, engages with books
MATERIALS	Yoga pose images, book



## TRANSITION

ACTIVITY	As your child wakes up, sit with your child and read a few books of his or her choosing.
LEARNING SKILLS	Communicates preferences, engages with literature
MATERIALS	Books

## CHILD'S CHOICE

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