GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

WATERPLAY WONDERS

WEEK 1 • DAY 3
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

Bubble Fun – Lie on the floor with your child, and blow bubbles into the air. Encourage your child to reach up and pop the bubbles. Imagine with your child that this is how fish live in the water and this is how they see air bubbles under the water.

Sing “Bubble Bubble POP!” together.

LEARNING SKILLS

Form relationships with adults, knowledge of living creatures

MATERIALS

Bubbles, “Bubble Bubble POP!”
### AM MEALTIME

**ACTIVITY**

**Water Talk** - At snack time, give your child a cup of water. Tell your child the cup has water in it, and encourage your child to say and sign the word “water.”

**LEARNING SKILLS**

Language development

**MATERIALS**

A cup of water, ASL sign for water

### CONNECTION ACTIVITY

**ACTIVITY**

**Duo Painting** - Sit with your child at a table to engage in side by side painting to create a masterpiece together! While painting describe for your child the actions and colors you are both using. Share with them the fun you are having and ask what they are enjoying!

**LEARNING SKILLS**

Fine motor, form relationships with adults, balancing needs and rights of self with others

**MATERIALS**

Paper, paint, paint brushes

### PROCESS ACTIVITY

**ACTIVITY**

**Sensory Bag** - Pour water into a large Ziplock bag until it is a third to half full of water, add some food coloring and then add a few teaspoons of oil. As you seal the bag, try to remove as much air as possible, and then place a piece of tape over the top edge. You can let your child play with it, tape it to the tray of the high chair, tape it to an activity table or tape it to a window or a glass door so your child can observe how the water and oil interact.

**LEARNING SKILLS**

Sensory play, knowledge of the properties of water, cause and effect

**MATERIALS**

A Ziplock bag, water, oil, food coloring, masking tape
PERSONAL CARE INTERACTIONS

ACTIVITY
While washing your hands after diaper changes, before and after eating and after playing outside, take a moment to point out all the bubbles the soap is making. Show your child how to make more bubbles by rubbing his or her hands together.

LEARNING SKILLS
Self-care, independence, cause and effect

MATERIALS
Water, soap, sink

TRANSITION

ACTIVITY
Car Wash Preparation - Talk with your child about the upcoming car wash activity. Show your child how you are creating the soapy water solution. Point out the bubbles. Let your child help carry the materials outside.

LEARNING SKILLS
Self-help

MATERIALS
Toy cars, a bowl of soapy water, rags

OUTDOOR ACTIVITY

ACTIVITY
Car Wash - Take a bowl of soapy water and rags outside and clean your child’s tricycle, scooter or toy cars together for a fun car wash!

LEARNING SKILLS
Self-help, follows directions, recognition of familiar songs

MATERIALS
Large bowl, soapy water and toys to wash
### Transition

#### Activity
Clean Up - While cleaning up the car wash, sing the clean-up song your child sings at The Goddard School.

Clean up, clean up, everyone, everywhere.
Clean up, clean up, everyone do your share!

#### Learning Skills
Self-help, follows directions, recognition of familiar songs

#### Materials
N/A

### Lunch

#### Activity
Fruit Choices - As you prepare lunch, give your child the choice of two different fruits, and honor his or her choice by serving that fruit with lunch.

#### Learning Skills
Communicates preferences

#### Materials
Two different fruits

### Naptime

#### Activity
Before nap time, help your child calm his or her body by practicing a few yoga poses, such as the mountain, boat or dog 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!
Open your child’s blinds or curtains, point to the window and say, “Let’s sing good afternoon to our [city, town or neighborhood].”
Good afternoon to you.
Good afternoon to you.
I hope you slept well
and had sweet dreams, too!

**Learning Skills**
Communicates preferences, engages with literature

**Materials**
Books

### Child’s Choice

**Activity**
Review the activities from this morning (e.g., Bubble Fun, Duo Painting, Sensory Bag, Car Wash) with your child and ask what he or she would like to do.

**Learning Skills**
Communicates preferences

**Materials**
N/A