



# 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 PO!" together.

### LEARNING SKILLS

Form relationships with adults, knowledge of living creatures

### MATERIALS

Bubbles, "[Bubble Bubble PO!](#)"



## AM MEALTIME

ACTIVITY	<b>Water Talk</b> - 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	<b>Duo Painting</b> - 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	<b>Sensory Bag</b> - 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	<b>Clean Up</b> - 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	<b>Fruit Choices</b> - 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