



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS
TODDLER

EXPLORING WITH EXPERIMENTS

WEEK 1 • DAY 4





GREETING

ACTIVITY

Good Morning - Let's set the stage for a great day! When greeting your child and getting him or her out of bed, 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 outside and say, "Let's sing good morning to our city/town/neighborhood."

Good morning to you,
Good morning to you,
I hope you slept well
And had sweet dreams too!

LEARNING SKILLS

Forming relationships with adults, recognizing a familiar song

MATERIALS

N/A

GATHERING ACTIVITY

ACTIVITY

Morning Yoga - Gather with your child on the carpet and review some of the yoga poses you have been practicing before naptime. Remind your child to practice his or her calm, slow breathing. After yoga, sing a few of your child's favorite songs or nursery rhymes.

LEARNING SKILLS

Gross motor skill development, self-calming, forming relationships with adults

MATERIALS

Yoga poses



AM MEALTIME

ACTIVITY

Crunchy vs. Soft – For snack today, provide your child with something crunchy such as a cracker, graham cracker, dry cereal or apples and something soft such as blueberries, strawberries or bananas. As your child bites into the foods, label them as “crunchy” or “soft.” Talk about how the sound is loud or quiet and tap the food on the table to hear the difference there, too.

LEARNING SKILLS

Feeding self, understanding and exploring physical properties

MATERIALS

Crunchy foods and soft foods

CONNECTION ACTIVITY

ACTIVITY

Baby Picture – Cuddle up with your child on the couch or in a chair and share pictures with him or her from birth up until now. Talk about how you have cared for him or her. Talk about what you enjoy about being his or her parent. Point out people in pictures that love your child.

LEARNING SKILLS

Forming relationships with adults

MATERIALS

Baby pictures

PROCESS ACTIVITY

ACTIVITY

Ramp Play – Ramp play with cars is always a toddler favorite. Use a piece of a cardboard box, a large book or a baking sheet propped up by blocks, books, a chair, a couch, etc. Be creative with what you have! Once things are set up, show your child how to roll items down the ramp. You can play alongside your child or allow your child to play independently for as long as he or she desires.

Think about creating multiple ramps varying in height.

LEARNING SKILLS

Learning cause and effect, exploring properties of gravity

MATERIALS

Cardboard, books, baking sheet, blocks, cars, couch, chair



PERSONAL CARE INTERACTIONS

ACTIVITY	While washing hands after diaper changes, before and after eating and after playing outside, sing a hand-washing song, such as the following: Twinkle, twinkle, little star, Look how clean my two hands are. Soap and water, wash and scrub, Get those germs off rub-a-dub. Twinkle, twinkle, little star, Look how clean my two hands are.
LEARNING SKILLS	Self-care, learning independence, recognizing familiar songs, language development
MATERIALS	Song lyrics

TRANSITION

ACTIVITY	Experiment Prep – Share with your child that you are about to go outside to see what will happen when you place items in a bowl of water. Gather a few household items, lay them in front of your child and allow him or her to choose the items to test. For older children, allow them to find some items from around the house. Have your child help carry the items outside.
LEARNING SKILLS	Following directions, communicating preferences
MATERIALS	Household items

OUTDOOR ACTIVITY

ACTIVITY	Sink or Float – Take your child outside with a large bowl half full of water. Gather a few household items such as a rubber ducky, plastic spoon, sponge, paper towel or toy car. Be sure to select a few items that will sink and a few that will float. Have your child place the items in the water and ask him or her, “What happened?” Help him or her label sinking and floating. Allow your child to continue to play with the items in the water for as long as he or she is interested.
LEARNING SKILLS	Following directions, sensory exploration, exploring properties of water
MATERIALS	Bowl, water, household items



TRANSITION

ACTIVITY	Nature Collection – Share with your child that it is time to clean up and go inside. Pour out the water from the bowl, if there is any left, and ask your child to gather a few items from nature such as grass, leaves, twigs, etc. and place them in the bowl. NOTE: These items will be used for art tomorrow.
LEARNING SKILLS	Following directions, fine motor skill development
MATERIALS	N/A

LUNCH

ACTIVITY	Wet or Dry – During lunch, help your child touch the water in his or her cup. Tell him or her that it is wet. Then help him or her touch the items on his or her plate that are dry and label them as dry. Go back and forth touching the wet and dry items, and encourage your child to say “wet” and “dry.”
LEARNING SKILLS	Exploring physical properties
MATERIALS	Water, dry food items

NAPTIME

ACTIVITY	Before nap, help your child calm his or her body for rest by practicing a few yoga poses (e.g., dog, cat, snake). Show your child how to take slow, calming breaths.
LEARNING SKILLS	Self-calming, gross motor skill development, engaging with a book
MATERIALS	Yoga-pose images, book



TRANSITION

ACTIVITY	Post-Nap Stretch – After he or she wakes up, help your child get his or her body moving with some stretches and muscle warm-ups (e.g., reach up then touch toes, twist body, arm circles, bunny hops).
LEARNING SKILLS	Gross motor skill development, balancing skills, following directions
MATERIALS	N/A

CHILD'S CHOICE

ACTIVITY	Review the activities from the morning with your child (Yoga, Baby Pictures, Ramp Play and Sink or Float) and ask, “What would you like to do?”
LEARNING SKILLS	Communicating preference
MATERIALS	N/A