



# GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS  
*TODDLER*

WONDERS OF NATURE

WEEK 1 • DAY 5



## 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

Song lyrics

## GATHERING ACTIVITY

### ACTIVITY

**Picture Walk** - Take a walk around your house together and look at all the pictures on the walls. Talk about who the people are and what they are doing. Ask your child to point out familiar people and encourage him or her to say names. You can do this with a photo album as well.

### LEARNING SKILLS

Language development, recalling information

### MATERIALS

Pictures



## AM MEALTIME

ACTIVITY	<b>Colors</b> – During snack, focus on the colors of the food on your child’s plate. Ask, “Where is something red?” “Show me something blue?” etc.
LEARNING SKILLS	Cognitive development, following directions
MATERIALS	Snack food

## CONNECTION ACTIVITY

ACTIVITY	<b>Cuddle and Read</b> – Have your child select a few books to read together. Take turns turning the pages, and be sure to point out any natural items in the pictures (birds, trees, grass, clouds, etc.). Name these items and encourage your child to say their names too.
LEARNING SKILLS	Forming relationships with adults, engaging with literature, taking turns, language development
MATERIALS	Books

## PROCESS ACTIVITY

ACTIVITY	<b>Nature Art</b> – At the table or highchair, provide your child with a piece of paper and the items from nature he or she collected yesterday (leaves, grass, twigs, etc.). Lightly drizzle glue all over the paper and allow your child to place the nature items wherever he or she likes. If you don’t have glue but you have paint, place a piece of paper inside a plastic container with a lid, place a few dollops of paint on the paper, place the nature items on the paper, close the lid and allow your child to shake, shake, shake! Open up the container, brush all the nature items off the paper and see what was created.
LEARNING SKILLS	Fine motor development, sensory exploration, creative expression
MATERIALS	Paper, glue, items from nature, paint, plastic container with lid

## PERSONAL CARE INTERACTIONS

ACTIVITY	<p><b>Itsy Bitsy Spider</b> – During diaper changes today, playfully sing “Itsy Bitsy Spider.”</p> <p>The itsy bitsy spider climbed up the waterspout (walk your fingers up from your child’s toes to head).</p> <p>Down came the rain and washed the spider out (run your fingers down your child from his or her head to toes).</p> <p>Out came the sun and dried up all the rain</p> <p>So the itsy bitsy spider climbed up the spout again (walk your fingers up from your child’s toes to head).</p>
LEARNING SKILLS	Self-care, building independence, recognizing familiar songs, language development
MATERIALS	Song lyrics

## TRANSITION

ACTIVITY	<p><b>Animal Walk</b> – Tell your child it is time to go outside! Encourage him or her to move to the door like an animal you might see in your backyard (e.g., flap arms like a bird, hop like a frog or bunny, walk on all fours like a dog).</p>
LEARNING SKILLS	Gross motor skill development
MATERIALS	N/A

## OUTDOOR ACTIVITY

ACTIVITY	<p><b>Backyard Scavenger Hunt</b> – Show your child all the wonders of nature that are in your own backyard with a scavenger hunt. Ask your child to find the following items and support him or her as needed: flowers, grass, green clover, tree, tree bark, leaves, spiderweb, ant, bug, rock, bird, cloud, dirt, etc. Add things to the list that highlight your unique backyard.</p>
LEARNING SKILLS	Following directions, exploring nature, language development
MATERIALS	Backyard



## TRANSITION

ACTIVITY	<b>Nature Collection</b> – Tell your child it is time to go inside. Give him or her an empty recyclable plastic bottle. Ask him or her to collect three items to take inside. Once inside, put the cap on the bottle and take a closer look at what your child collected.
LEARNING SKILLS	Fine motor skill development, following directions
MATERIALS	Plastic bottle

## LUNCH

ACTIVITY	<b>Nature Observation</b> – Set up lunch near a window today and discuss what you can see. Point out items such as grass, clouds, sun, birds, trees, etc. Encourage your child to find items as well and to say their names.
LEARNING SKILLS	Engaging in conversation, language development
MATERIALS	Window view

## NAPTIME

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

## TRANSITION

ACTIVITY	<b>Dream Chat</b> - As your child wakes up from nap, while either cuddling or changing his or her diaper, ask if he or she had any dreams while sleeping. Even if your child is not talking yet, ask these questions and leave space for him or her to babble a response.
LEARNING SKILLS	Language development, engaging in conversation
MATERIALS	N/A

## CHILD'S CHOICE

ACTIVITY	Review with your child the activities from the morning (Picture Walk, Cuddle and Read, Nature Art and Backyard Scavenger Hunt) and ask, "What would you like to do?"
LEARNING SKILLS	Communicating preference
MATERIALS	N/A