GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

SPORTS AND GAMES

WEEK 2 • DAY 1
### Greeting

**Activity**

Let's set the stage for a great day. When greeting your child with a warm smile, cuddle him or her and sing “You Are My Sunshine.”

*You are my sunshine,*  
*My only sunshine,*  
*You make me happy when skies are gray,*  
*You’ll never know, dear, how much I love you.*  
*Please don’t take my sunshine away.*

**Learning Skills**

Forming relationships with adults

**Materials**

Song lyrics

### Gathering Activity

**Activity**

Warm up your bodies with some ball yoga. Help your child practice the following poses with a ball:

- Table pose - balance ball on stomach;
- Cat pose - balance ball on back;
- Downward-facing dog - hold ball between feet.

**Learning Skills**

Gross motor skill development

**Materials**

Ball
AM MEALTIME

ACTIVITY
Encourage your child to say and sign “eat.” While preparing the snack, ask your child, “Are you ready to eat?” As your child is having his or her snack ask, “Are you eating?” “What are you eating?” etc. Each time you say “eat,” use the sign and encourage your child to use it as well.

LEARNING SKILLS
Fine motor skill development, language development

MATERIALS
Sign for “eat”

CONNECTION ACTIVITY

ACTIVITY
Sit on the carpet with your child, touch your feet to his or hers and spread your legs. Roll a ball back and forth. When it is your turn to roll the ball back to your child, prompt him or her to say or sign “please.” Do the same when it is your turn to receive the ball. This is a fun way to practice taking turns and requesting a toy from one another.

LEARNING SKILLS
Forming relationships with adults, hand-eye coordination

MATERIALS
Ball

PROCESS ACTIVITY

ACTIVITY
In your child’s room or playroom, gather one ball, one stuffed animal and one block on the carpet and invite your child to join you. Let him or her take the lead by selecting one of the objects. Describe the item your child selected, then ask, “Can you find another?” When your child brings you a similar item, describe how that item is similar to or different from the original, e.g., “That is a ball. You found another ball. They are both round. This ball is smaller and this one is bigger.”

LEARNING SKILLS
Classification, following directions

MATERIALS
Balls, stuffed animals, blocks
## PERSONAL CARE INTERACTIONS

| ACTIVITY | During diaper changes today, ask your child to find various body parts, e.g., “Where are your eyes?” “Where is your nose?” “Where are your ears?” “Where is your hair?” |
| LEARNING SKILLS | Body-part identification |
| MATERIALS | N/A |

## TRANSITION

| ACTIVITY | When moving from one activity to the next or from one room to the next, play follow the leader. Ask your child to “walk like this!” |
| LEARNING SKILLS | Gross motor skill development, following directions |
| MATERIALS | N/A |

## OUTDOOR ACTIVITY

| ACTIVITY | Use a ball your child can easily hold with one hand and play catch. |
| LEARNING SKILLS | Gross motor skill development, hand-eye coordination, developing balancing skills |
| MATERIALS | Ball |
### Transition

**ACTIVITY**
Tell your child it is time for lunch. Ask, “What do we need to do before we eat?” Encourage your child to find the sink. Ask, “What do we need to wash our hands?” Then sing a favorite song while you scrub.

**LEARNING SKILLS**
Self-help, independence, routine recall, language development

**MATERIALS**
Sink, soap, water, song

### Lunch

**ACTIVITY**
For lunch, serve something that requires a spoon or fork. Help your child to feed him- or herself.

**LEARNING SKILLS**
Fine motor skill development, independence, persistence, problem-solving

**MATERIALS**
Lunch, spoon

### Naptime

**ACTIVITY**
Before naptime, help your child calm his or her body by reading one or two books of your child’s choice, then cuddle or rock while singing “Good Night, Sleep Tight.”

*Good night, sleep tight,*  
*Don’t let the bedbugs bite.*  
*Wake up bright*  
*In the afternoon [morning] light*  
*To do what’s right*  
*With all your might.*

**LEARNING SKILLS**
Forming relationships with adults, engaging with literature, calming self

**MATERIALS**
Books, song lyrics
TRANSITION

ACTIVITY
As your child wakes up from his or her nap, while either cuddling or changing his or her diaper, make up a song to review the fun you had together this morning to the tune of “Happy Birthday.”

Today I had fun with you,
Today I had fun with you,
Today I had fun [insert morning activity] with you,
Today I had fun with you!

Sing this multiple times, naming something new each time.

LEARNING SKILLS
Language development, event recall, forming relationships with adults

MATERIALS
Song lyrics

CHILD’S CHOICE

ACTIVITY
Review the activities from this morning with your child and ask what he or she wants to do. Activity repetition is important for skill and confidence building.

LEARNING SKILLS
Communicating preferences

MATERIALS
N/A