GODDARD
AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

MUSICAL MOVEMENT

WEEK 2 • DAY 2
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
Sitting with your child on your lap, sing “The Wheels on the Bus.”

The wheels on the bus
Go ‘round and ‘round,
‘Round and ‘round,
The wheels on the bus
Go ‘round and ‘round,
All through the town.

The wipers on the bus
Go swish, swish, swish…

The people on the bus
Go up and down…

LEARNING SKILLS
Forming relationships with adults, recognizing familiar songs, language development

MATERIALS
Song lyrics
**AM MEALTIME**

**ACTIVITY**
During breakfast, share with your child the plan for the day. Talk about the fun activities you are going to do together and ask if there is anything special he or she wants to do.

**LEARNING SKILLS**
Forming relationships with adults, developing language skills

**MATERIALS**
N/A

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**CONNECTION ACTIVITY**

**ACTIVITY**
Pull out a variety of plastic containers in all different sizes and turn them upside down on the floor. Invite your child to bang on the tops with you like drums. Play a simple pattern for your child to mimic and just have fun!

**LEARNING SKILLS**
Forming relationships with adults, learning rhythm, hand-eye coordination

**MATERIALS**
Plastic containers

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**PROCESS ACTIVITY**

**ACTIVITY**
At the table with your child, show him or her three empty plastic water bottles and one cup each of oatmeal, popcorn kernels and rice. Together, pour each material into its own bottle. Seal the bottles tightly and have fun shaking! Point out for your child how each material makes a different sound. “Listen, the popcorn kernels are loud and the oatmeal is quiet.”

**LEARNING SKILLS**
Sound experimentation, hand-eye coordination, rhythm

**MATERIALS**
Three bottles, 1 cup popcorn kernels, 1 cup oatmeal, 1 cup rice
### PERSONAL CARE INTERACTIONS

**ACTIVITY**
While you are washing your hands after changing diapers, before and after eating and after playing outside, touch and count your child’s fingers.

**LEARNING SKILLS**
Self-help, independence, counting

**MATERIALS**
Sink, soap, water

### TRANSITION

**ACTIVITY**
When cleaning toys up, ask your child to clean up categories of toys (e.g., pick up all the blue blocks, yellow blocks, books, cars, etc.).

**LEARNING SKILLS**
Categorization, independence, following directions

**MATERIALS**
Toys

### OUTDOOR ACTIVITY

**ACTIVITY**
Take the instruments you made outside to shake along to the beat as you dance. On your phone or tablet, play some of your child’s favorite songs and some of yours. Have fun dancing and laughing!

**LEARNING SKILLS**
Gross motor skill development, traveling skills, rhythm

**MATERIALS**
Instruments, phone or tablet, music
**TRANSITION**

**ACTIVITY**
Tell your child that it is time to go inside. Using your instruments, make a simple beat to march to and show your child how to step to the beat.

**LEARNING SKILLS**
Gross motor skill development, rhythm

**MATERIALS**
Instruments

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**LUNCH**

**ACTIVITY**
As lunch comes to an end, have your child help clean up the table. If your child is not walking yet, have him or her place the utensils and cup onto his or her plate or hand you the items. If your child is walking, have him or her carry items from the table to the counter or sink.

**LEARNING SKILLS**
Independence, self-help

**MATERIALS**
Plate, utensils, cup

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**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**

Help your child wake up from his or her nap with some fun as you sing about and dance with a teddy bear.

*Teddy bear, teddy bear, turn around,*
*Teddy bear, teddy bear, touch the ground,*
*Teddy bear, teddy bear, reach up high,*
*Teddy bear, teddy bear, touch the sky,*
*Teddy bear, teddy bear, bend down low,*
*Teddy bear, teddy bear, touch your toes!*

**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