GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

GARDENS GALORE

WEEK 2 • DAY 3
**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

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**GATHERING ACTIVITY**

**ACTIVITY**

Gather several paired items from around the house such as socks, gloves, shoes and slippers. For younger children, place one item from each pair to the left of your child and the other to the right. Pick up one item at a time, show it to your child and ask, “Where is the other?” For older children, place one item from the pair around the room and the others in front of your child. Hold up one item at a time and ask, “Where is the other?”

**LEARNING SKILLS**

Matching, following directions

**MATERIALS**

Several object pairs
AM MEALTIME

ACTIVITY
With the snack today, serve fruit and discuss how fruits have seeds. Cut open an apple in front of your child and point out the seeds. Place several seeds into a baggie or small clear container for your child to explore. Do the same with an orange. Share your observations about the fruit with him or her, e.g., “Fruit has seeds,” “Seeds are small,” “These seeds are dark brown, and these seeds are tan.”

LEARNING SKILLS
Cognitive development, physical-property exploration

MATERIALS
Apple, orange, plastic bag or small clear container

CONNECTION ACTIVITY

ACTIVITY
Play peek-a-boo with your child’s favorite blanket. Take turns placing the blanket over your face and your child’s. Have fun and enjoy all the giggles!

LEARNING SKILLS
Forming relationships with adults, object permanence

MATERIALS
Blanket

PROCESS ACTIVITY

ACTIVITY
Gather a few puzzles and help your child put them together a few times.

LEARNING SKILLS
Persistence, problem-solving, fine motor skill development, cognitive development

MATERIALS
Puzzles
### PERSONAL CARE INTERACTIONS

| ACTIVITY | During diaper changes today, practice body-part identification by saying “I love your hair. Where is your hair?” “I love your belly. Where is your belly?” etc. |
| LEARNING SKILLS | Body-part identification |
| MATERIALS | N/A |

### TRANSITION

| ACTIVITY | While preparing to go outside, ask your child to look at the sky and ask, “What’s the weather like outside?” “Do you see the sun?” “Do you see clouds?” etc. For a child who is not talking yet, ask these questions and leave space for him or her to babble a response and then give the answer. |
| LEARNING SKILLS | Building understanding of surroundings, language development |
| MATERIALS | N/A |

### OUTDOOR ACTIVITY

| ACTIVITY | While outside, have some fun playing in the dirt by starting a garden or planting some flowers. Provide dirt, either in a pot or flower bed, for your child to explore. Talk about how it looks and feels. Show him or her how to dig a hole with his or her hands and then place a seed inside. |
| LEARNING SKILLS | Fine motor skill development, sensory exploration, exploring physical properties |
| MATERIALS | Dirt, seeds |
**TRANSITION**

**ACTIVITY**

To give yourself some focused time to prepare lunch, take a quick minute to prepare a “clean mud pie” sensory bag for your child. Fill a plastic bag halfway with dirt and water. As you seal the bag, try to remove as much air as possible. Briefly talk with your child about how the mud and water are mixing. Tell him or her, “When dirt and water mix, that is called MUD!” Then allow your child to explore the clean mud pie independently.

*NOTE: A plastic bottle can be used in place of a baggie, and flour or oatmeal can be used in place of dirt.*

**LEARNING SKILLS**

Observing physical properties, sustaining independent play, making scientific observations

**MATERIALS**

Plastic bag or bottle; dirt, flour or oatmeal; water; tape

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**LUNCH**

**ACTIVITY**

At the end of lunch, ask, “Are you done eating?” Encourage your child to say and sign “all done.”

**LEARNING SKILLS**

Language development

**MATERIALS**

“All done” sign

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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**

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

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**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