GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

CONSTRUCTING FUN

WEEK 2 • DAY 4
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
With your child, sing “Five Little Monkeys Jumping on the Bed.” While singing about monkeys jumping, hold hands with your child or hold him or her in your arms and jump up and down.

Five little monkeys jumping on the bed, One fell off and bumped his head,
Momma called the doctor and the doctor said, “No more monkeys jumping on the bed.”
Four little monkeys jumping on the bed, One fell off and bumped his head,
Momma called the doctor and the doctor said, “No more monkeys jumping on the bed.”
Three little monkeys jumping on the bed, One fell off and bumped his head,
Momma called the doctor and the doctor said, “No more monkeys jumping on the bed.”
Two little monkeys jumping on the bed, One fell off and bumped his head,
Momma called the doctor and the doctor said, “No more monkeys jumping on the bed.”
One little monkey jumping on the bed, One fell off and bumped his head,
Momma called the doctor and the doctor said, “No more monkeys jumping on the bed.”

LEARNING SKILLS
Forming relationships with adults, gross motor skill development, recognition of familiar songs, language development

MATERIALS
Song lyrics
AM MEALTIME

ACTIVITY
During snack time, point out and talk about the shapes of the food on your child’s plate. Encourage him or her to name the shapes as well.

LEARNING SKILLS
Language development, recognizing shapes

MATERIALS
Snack foods

CONNECTION ACTIVITY

ACTIVITY
Sing “Rock-a-bye Baby” with your child. Hold your child in your arms and rock him or her back and forth as you sing. Hand your child a baby doll or stuffed animal to rock while you sing the song again.

Rock-a-bye, baby, in the treetop.  
When the wind blows, the cradle will rock.  
When the bough breaks, the cradle will fall.  
And down will come baby, cradle and all.

LEARNING SKILLS
Forming relationships with adults, object permanence

MATERIALS
Song lyrics, baby doll or stuffed animal

PROCESS ACTIVITY

ACTIVITY
Gather household items such as empty cracker and cereal boxes, toilet paper rolls, paper towel rolls, plastic cups and plastic bowls. With your child, try to build the tallest tower you can. When it falls over, encourage your child to rebuild.

Take a picture of you and your child with your tower and share it with your Goddard School on Facebook using the hashtags #goddardathome and #buildingchallenge.

LEARNING SKILLS
Fine motor skill development, learning cause and effect, persistence, problem-solving, cognitive development

MATERIALS
Puzzles
PERSONAL CARE INTERACTIONS

ACTIVITY
While you are washing your hands after changing diapers, before and after eating and after playing outside, sing “Itsy Bitsy Spider.”

*The itsy bitsy spider climbed up the water spout,*  
*Down came the rain and washed the spider out,*  
*Out came the sun and dried up all the rain,*  
*And the itsy bitsy spider climbed up the spout again.*

LEARNING SKILLS    Self-help, independence, language development
MATERIALS          Sink, soap, water

TRANSITION

ACTIVITY
Share with your child that it is time to go outside. Ask him or her to help you gather the blocks and help carry them outside.

LEARNING SKILLS    Following directions, gross motor skill development
MATERIALS          Blocks

OUTDOOR ACTIVITY

ACTIVITY
Bring a blanket and some blocks outside for some creative building time in the fresh air and sunshine.

LEARNING SKILLS    Fine motor skill development, learning cause and effect, persistence, problem-solving, cognitive development
MATERIALS          Blocks, blanket
### Transition

**Activity**
While preparing lunch, provide your child with crayons and an empty cardboard box. Allow your child to color to his or her heart’s content.

**Learning Skills**
Using writing utensils, fine motor skill development

**Materials**
Cardboard box, crayons

### Lunch

**Activity**
As you prepare for lunch, give your child the choice of two different cups and honor his or her choice by pouring his or her water or milk in it.

**Learning Skills**
Communicating preferences

**Materials**
Two cups, water or milk

### 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.”

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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!
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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