**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**
Sing “Pat-a-Cake” with your child, and sing about baking a cake for each person in your family.

Pat-a-cake, pat-a-cake, baker’s man!
Bake me a cake as fast as you can,
Pat it and prick it and mark it with a “b”
And put it in the oven for Billy* and me

Make it with chocolate, make it with cream,
Make it the prettiest you’ve ever seen
Pat-a-cake, pat-a-cake, baker’s man
Bake me a cake as fast as you can!

*Insert names of family members.

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

**MATERIALS**
Song lyrics
**AM MEALTIME**

**ACTIVITY**
During snack time, experiment with water. Provide two open cups, one filled a third of the way with water. Also, have a spoon available. Ask, “How can we move water?” Show your child how water can be poured from one cup to the other and how to use the spoon.

**LEARNING SKILLS**
Exploring the properties of water, learning cause and effect

**MATERIALS**
Two cups, spoon, water

**CONNECTION ACTIVITY**

**ACTIVITY**
Make your own bubble solution. Together, mix ½ cup dishwashing liquid, 2 cups water and 2 teaspoons sugar. Help your child mix the solution, then pour it into an old bubble bottle or any other small container. Show your toddler how to blow air on the bubble wand and take turns blowing. Model saying and signing “please” when requesting the bubble wand from your child.

**LEARNING SKILLS**
Forming relationships with adults, hand-eye coordination, following directions, learning cause and effect

**MATERIALS**
Dishwashing liquid, water, sugar, bubble container

**PROCESS ACTIVITY**

**ACTIVITY**
Grab a colander from the kitchen and some dry spaghetti. Show your child how to put the spaghetti through the holes. Support him or her as your child masters this delicate skill. Encourage him or her to “keep trying – you almost got it!”

**LEARNING SKILLS**
Fine motor manipulation, persistence

**MATERIALS**
Colander, spaghetti
### PERSONAL CARE INTERACTIONS

**ACTIVITY**

During diaper changes today, sing the “Apples and Bananas” song.

* I like to eat, eat, eat apples and bananas
* I like to eat, eat, eat apples and bananas
* I like to eat, eat, eat apples and bananas
* And I like to eat, eat, eat apples and bananas

**LEARNING SKILLS**

Forming relationships with adults, recognizing familiar songs, language development

**MATERIALS**

“Apples and Bananas” lyrics

### TRANSITION

**ACTIVITY**

As you are preparing to go outside, take a moment to look out the window with your child. Point to the sky and ask, “What does the sky look like?” “Is the sun shining down?” or “Do you see clouds?” After describing the weather, ask, “Do you think we can go outside?”

**LEARNING SKILLS**

Weather observation, language development

**MATERIALS**

N/A

### OUTDOOR ACTIVITY

**ACTIVITY**

Prepare small amounts of spaghetti, peas and cooked carrots. Place these items in three separate bowls and take them outside with a baking sheet. Show each item to your child and talk with him or her about color, texture, smell and taste. Encourage your child to explore all the foods and mix and mush them up!

**LEARNING SKILLS**

Sensory exploration, fine motor skill development

**MATERIALS**

Cooked spaghetti, peas, cooked carrots, three bowls, baking sheet
**ACTIVITY**

While you are preparing lunch, keep your child busy by “hiding” cooking utensils in plain sight around the kitchen and the adjoining room. Ask your child to find and bring all the wooden spoons, spatulas and tongs back to you.

**LEARNING SKILLS**

Independence, following directions, cognitive development

**MATERIALS**

Wooden spoons, spatulas, tongs

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**ACTIVITY**

Prepare a smoothie to go with lunch today. Lay out all the ingredients and ask your child to help you put them in the blender. Talk about the fruits and vegetables you are using; talk about their colors, shapes, sizes, whether they are frozen or fresh and how they grow. Be sure to encourage your child to take a few bites before blending for quality control!

Recipe:
- Banana
- Plain yogurt
- Frozen berries
- Milk of choice
- Spinach or kale
- Optional: Nut butter of choice

**LEARNING SKILLS**

Cognitive development, hand-eye coordination

**MATERIALS**

Blender, banana, frozen berries, spinach or kale, plain yogurt, milk, nut butter (optional)

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**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