**GREETING**

**ACTIVITY**

This morning, greet your child from a new location. Try sitting on the floor, crawling into the bed or sitting at his or her feet. This starts your child’s day with a sweet surprise.

**LEARNING SKILLS**

Forming relationships with adults

**MATERIALS**

N/A

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**GATHERING ACTIVITY**

**ACTIVITY**

Bring your child to a chair or the couch to snuggle and read *The Very Hungry Caterpillar* by Eric Carle. After reading, take a brief walk outside to find a leaf. If you can’t find leaves, search for an item from the story in your refrigerator.

**LEARNING SKILLS**

Forming relationships with adults

**MATERIALS**

*The Very Hungry Caterpillar* by Eric Carle, leaves

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**AM MEALTIME**

**ACTIVITY**

Enjoy a pickle or a fruit from today’s story, such as a pear, a plum, an orange or a strawberry.

**LEARNING SKILLS**

Develop healthy eating habits

**MATERIALS**

Pear, plum, orange, strawberry, pickle
**CONNECTION ACTIVITY**

**ACTIVITY**

After reading *The Very Hungry Caterpillar*, find an object from the book, such as a leaf, an orange or an apple, and then investigate the object. If you are using a leaf, look at it closely, trace the veins or compare two different leaves. Let your child smell the leaf, tear it in half and smell it again.

**LEARNING SKILLS**

Building observation skills, gaining an understanding of common objects

**MATERIALS**

Leaves, oranges, apples

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**PROCESS ACTIVITY**

**ACTIVITY**

Gather soft objects, such as large stuffed animals, pillows or soft balls, and place them in a line with a few feet in between each one. Cover the items with blankets or towels. Encourage your child to crawl and climb over each item just like a caterpillar would.

BONUS ACTIVITY! Enjoy this extra activity as The Goddard School presents Root for Earth. In honor of Earth Day, your child can sort and match your family’s socks by color, size and shape. During this play, you can talk to your child about care of clothing and preservation of water. Maybe you could experiment with drying socks outside to preserve energy and let the sun dry your socks.

*Please send a photo of your child participating in this activity to pr@goddardsystems.com. Please include your child’s name, Goddard School and age, and write a short description of what your child is doing in the picture.*

**LEARNING SKILLS**

Motor planning, persistence, Cognitive development, matching skills, cause and effect

**MATERIALS**

Blocks, animals
PERSONAL CARE INTERACTIONS

ACTIVITY
Soaps often have food scents. As you and your child wash your hands, take time to smell the soap. Is this a familiar scent? Talk about where your child might have smelled the aroma before.

LEARNING SKILLS
Self-help skills, hygiene, independence, recalling familiar information

MATERIALS
Sink, water, soap

TRANSITION

ACTIVITY
As you get ready to go outside, name things you can find to smell, such as the flowers, the grass and even the rain.

LEARNING SKILLS
Language development, cognitive development

MATERIALS
N/A

OUTDOOR ACTIVITY

ACTIVITY
While you are playing outside together, follow your child’s lead. Describe what they are doing, which builds his or her vocabulary. Describe what your child is touching, how it might feel and how your child is moving his or her body.

LEARNING SKILLS
Communicating preferences, language development

MATERIALS
N/A
### Transition

**Activity**
Tell your child that you are getting ready to go back inside. Make getting to the door a game. Take giant steps, or race your child to the door.

**Learning Skills**
Gross motor development, follows directions

**Materials**
N/A

### Lunch

**Activity**
Using a one- or two-cup measuring cup, ask your child to pour the water for all the family members to drink.

**Learning Skills**
Fine motor skills, hand-eye coordination

**Materials**
Measuring cup, water, cups

### Naptime

**Activity**
While tucking your little one in today, draw today’s book references on your child’s back or the back of your child’s hand. Try outlining the leaf. As you draw, recall the leaf conversation from earlier in the day.

**Learning Skills**
Self-regulation skills, forming relationships with adults, event recall

**Materials**
N/A
### Transition

**Activity**

Wake your child up in the same spot where you woke him or her up this morning. As you are cuddling with your child or changing his or her diaper, share one of your favorite moments of the day.

**Learning Skills**

Forming relationships with adults, recalling events, language development

**Materials**

N/A

### Child’s Choice

**Activity**

Review the activities from this morning with your child, and ask what he or she wants to do. Repeating activities helps your child develop the relevant skills and build confidence. As your child starts to get the hang of an activity, make the activity slightly more difficult to keep your child challenged and engaged.

**Learning Skills**

Communicating preferences

**Materials**

N/A