**GREETING**

**ACTIVITY**
Start the day with your child on a joyful note. Sing this good morning song to the tune of “Happy Birthday.” While singing, rub your child’s back as he or she lies in bed or cuddle and rock with him or her.

*Good morning to you,*
*Good morning to you,*
*I hope you slept well*
*And had sweet dreams too!*

**LEARNING SKILLS**
Forming relationships with adults

**MATERIALS**
Song lyrics

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**GATHERING ACTIVITY**

**ACTIVITY**
Ask your child to help you gather a few items from around the house for an activity. As you gather each item, build excitement for the day by asking, “What do you think we will use this for today?” Gather four washcloths, two balls of any size and a wide-mouth plastic container that the ball can sit on without falling into the container.

**LEARNING SKILLS**
Household responsibilities, knowing that everything has a place

**MATERIALS**
4 washclothes, 2 balls, wide-mouth container

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**TRANSITION**

**ACTIVITY**
Help your child understand the importance of hydration by going to the kitchen to freshen up your water bottles before the activity.

**LEARNING SKILLS**
Exploring basic needs, demonstrating healthy choices

**MATERIALS**
Water bottle
PROCESSING ACTIVITY

ACTIVITY
Sit on the floor with your little one and let your child explore the materials you collected freely. Model exploration by turning the containers over, covering a ball with the cloths and more. Describe what your child is doing aloud.

LEARNING SKILLS
Building relationships with adults, innovation, creativity

MATERIALS
Gathering Time materials

CONNECTION ACTIVITY

ACTIVITY
Curl up with your child and a book that is special to you both. As you read the book, take turns turning the page. Recognize when your child offers you a turn with a “thank you.” If you’d like to try a new story, try Fill a Bucket as read by the author Carol McCloud.

LEARNING SKILLS
Taking turns, language, literacy

MATERIALS
Favorite book or a tablet to watch Fill a Bucket

PERSONAL CARE INTERACTIONS

ACTIVITY
During diaper changes or potty time, ask your child to participate in the process by holding the new diaper or putting the lid down on the toilet. He or she is getting so big and can now do so many things for him- or herself!

LEARNING SKILLS
Self-care, independence

MATERIALS
Diaper, toilet
### MEALTIME

**ACTIVITY**  
As you are preparing meals today, provide your child with two fruit options and honor their choice by serving what he or she selects.

**LEARNING SKILLS**  
Communicating preferences, healthy eating habits

**MATERIALS**  
Fruit

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### TRANSITION

**ACTIVITY**  
Cleaning up after meals is so much better when we all do our part. Give your child a job each day to help clear the table. Add the photo to your School’s social media page using the hashtag #Icandoit.

**LEARNING SKILLS**  
Household responsibilities, independence

**MATERIALS**  
Optional: Smartphone

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### OUTSIDE TIME

**ACTIVITY**  
These games are about controlled movement. Have fun taking turns with the following options and stick with them as long as your child stays engaged.

- Run while keeping the washcloth on your head;
- Move the ball from one location to another while balancing it on the container;
- Hit the ball from the container with your hand;
- Place the washcloth on the ground and get the ball to stay on it;
- Use the washcloth as a base and ask your child to run from cloth to cloth while you try to catch him or her.

**LEARNING SKILLS**  
Gross motor skill development, balance, creativity

**MATERIALS**  
Gathering Time materials
### REST TIME

**ACTIVITY**

Before naptime, help your child calm his or her body by practicing a few yoga poses such as **warrior**, **ragdoll** and **frog**. Show your child how to take slow, calming breaths.

**LEARNING SKILLS**

Self-calming, gross motor skill development

**MATERIALS**

Yoga pose links

### TRANSITION

**ACTIVITY**

Make a little change to the song you sang this morning to start your afternoon on a joyful note.

- Good afternoon to you.
- Good afternoon to you.
- I hope you slept well
- and had sweet dreams too!

**LEARNING SKILLS**

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. Repeating activities helps your child develop relevant skills and build confidence. As your child starts to get the hang of an activity, make the activity slightly more difficult to keep him or her challenged and engaged.

**LEARNING SKILLS**

Communicating preferences

**MATERIALS**

N/A