### 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 them.

**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

### Gathering Activity

**Activity**
Snuggle up with your child and, with your arms around them, snap your fingers or clap your hands. As you make these sounds, begin to sing a favorite song. Music is everywhere!

**Learning Skills**
Forming relationships with adults, rhythm exploration

**Materials**
N/A

### Transition

**Activity**
Ask your child, “Would you like to make your own musical instrument?” Take him or her to the kitchen, open some cabinets with pots, pans and plastic containers and say, “Let’s see what kind of music we can make with all of this!”

**Learning Skills**
Sensory exploration

**Materials**
Kitchen items
**PROCESSING ACTIVITY**

**ACTIVITY**
Using plasticware with lids or empty water bottles, help your child use a funnel to add rice or water to a container. Experiment with different amounts of rice or water to make different sounds.

**LEARNING SKILLS**
Fine motor skill development, sensory exploration

**MATERIALS**
Rice, water, funnel, empty water bottle or container

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**CONNECTION ACTIVITY**

**ACTIVITY**
Play different music and dance with your child. In the playlist, include a slow song, a fast song, a song with low tones and more. End with a lullaby-type slow song to return the energy level to normal. Not a dancer? Try Greg and Steve’s music with movements for children.

**LEARNING SKILLS**
Music experiences

**MATERIALS**
Music playlist, music device, speakers

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**PERSONAL CARE INTERACTIONS**

**ACTIVITY**
As you wash hands with your child, sing a quick song. Model washing the backs of your hands and between your fingers.

**LEARNING SKILLS**
Self-care, independence, healthy habits, language development

**MATERIALS**
Sink, water, soap, song lyrics
### MEALTIME

**ACTIVITY**
While preparing water for meals today, help your child add some fruit to the water in his or her sippy cup. Ask if he or she can taste a difference and discuss how drinking water is part of keeping their body healthy.

**LEARNING SKILLS**
Fine motor skill development, development of healthy habits

**MATERIALS**
Fruit, water, sippy cup

### TRANSITION

**ACTIVITY**
Ask your child to hold hands. Rub the backs of his or her hands with your thumbs. Talk about how clean his or her hands feel. Now ask your child to step on your feet. Move toward the door to head outside with your child still on your feet.

**LEARNING SKILLS**
Forming relationships with adults

**MATERIALS**
N/A

### OUTSIDE TIME

**ACTIVITY**
Take the music outdoors and play FREEZE! Play music and have the family move about the play space. When you pause the music, everyone will freeze. Stop the music at various intervals and then some predictable intervals. If your device allows you to play music at various speeds, have fun with slower and faster speeds.

**LEARNING SKILLS**
Music experiences, self-regulation

**MATERIALS**
Music playlist, music device, speakers
REST TIME

ACTIVITY
Before naptime, help your child calm his or her body by practicing a few yoga poses, such as downward-facing dog, cobra and child’s pose. 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