GODDARD
AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

GARDENS GALORE

WEEK 4 • DAY 3
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
Invite your child to the carpet with you for seed-growing yoga.
- **Child’s pose** represents planting a seed;
- **Extended child’s pose** represents growing into a flower bud;
- **Mountain pose** represents water and sunshine;
- **Tree pose** represents blossoming into a flower;
- **Butterfly pose** represents a butterfly enjoying the beautiful flower.

LEARNING SKILLS
Balancing, coordination, following directions

MATERIALS
Yoga poses

TRANSITION

ACTIVITY
While cleaning up toys today, focus on cleaning one type of toy at a time. Say, “Let’s put all of the books away,” “Clean up all of the stuffed animals;” “Put all of the blue blocks in the box, then the green,” etc.

LEARNING SKILLS
Responsibility, following directions, cognitive development

MATERIALS
Toys
**PROCESSING ACTIVITY**

**ACTIVITY**

Before bringing your child to the table, prepare a few cups with a small amount of water and a few vegetable scraps, such as green or spring onion ends, the end of a celery bunch, cabbage or romaine lettuce. When everything is prepared, announce to your child that you will be starting a garden together! Show your child the vegetable ends. Feel and smell each one and discuss them. Show your child how to place the root end of each vegetable into the cup of water. Ensure just the lower portion of the vegetable is submerged. Talk about how the vegetables will drink up the water and grow roots. Share that in a few days, when the roots grow longer, you will be planting these vegetable starters in your backyard.

If you do not have any of these vegetable scraps, lay down a large towel on an uncarpeted area. Provide a baking pan or large plastic container, dry oatmeal, measuring cups, funnels and spoons for your child to explore. As play begins, joyfully describe what your child is doing and then allow for independent play for as long as he or she is interested. You can also add some plastic bugs or animals if desired.

**LEARNING SKILLS**

Developing knowledge of living things, language development, following directions, sensory exploration, fine motor skill development

**MATERIALS**

Cups, water, vegetable scraps, large towel, baking pan or large plastic container, dry oatmeal, measuring cups, funnels, spoons

---

**CONNECTION ACTIVITY**

**ACTIVITY**

During snack, take turns feeding each other. Practice saying and signing “more, please” to request a bite and “thank you” after receiving one.

**LEARNING SKILLS**

Forming relationships with adults, language development

**MATERIALS**

Snack food, see last page for sign

*Enrichment provided by Time to Sign™*
PERSONAL CARE INTERACTIONS

ACTIVITY
During diaper changes or potty time, sing “Head, Shoulders, Knees and Toes.”

Head, shoulders, knees and toes,
Knees and toes.
Head, shoulders, knees and toes,
Knees and toes.
Eyes and ears and mouth and nose.
Head, shoulders, knees and toes,
Knees and toes.

LEARNING SKILLS
Forming relationships with adults, body-part identification, recognition of familiar songs, language development

MATERIALS
Song lyrics

MEALTIME

ACTIVITY
During lunch, ask your child to identify the food on his or her plate by color. Ask, “Where is your orange food?” “Where is your white food?” “Where is your green food?” etc.

LEARNING SKILLS
Cognitive development, language development

MATERIALS
Lunch

TRANSITION

ACTIVITY
Announce that you will be playing soccer outside together. Ask “Where is the soccer ball?” and encourage your child to retrieve the ball.

If you do not have a soccer ball, any medium-sized outdoor ball will work.

LEARNING SKILLS
Following directions

MATERIALS
Soccer ball or medium-sized outdoor ball
### OUTSIDE TIME

| ACTIVITY | Invite your child to kick a soccer ball back and forth with you. After some time, encourage your child to kick the ball around on his or her own. |
| LEARNING SKILLS | Gross motor skill development, forming relationships with adults, sustaining independent play skills |
| MATERIALS | Soccer ball |

### REST TIME

| ACTIVITY | Before naptime, help your child calm his or her body by practicing your yoga moves from earlier in the day. Show your child how to take slow, calming breaths. |
| LEARNING SKILLS | Self-calming, gross motor skill development |
| MATERIALS | See Gathering Activity for yoga positions |

### 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