GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

CONSTRUCTING FUN

WEEK 4 • DAY 4
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**
Before inviting your child to play with you, create an emotion cube. Draw emotion faces or print pictures of yourself or other family members showing emotions such as happy, sad, mad, silly, frustrated or scared, then glue or tape one picture to each side of the cube. Bring your child to the carpet with you, show him or her the cube and look at and discuss all the pictures. Then take turns rolling the cube. Ask your child, “What does this face mean?” “Can you show me your [insert emotion] face?” Then demonstrate the face.

For older children, ask, “What makes you feel [insert emotion]?” For younger children, ask this question and provide potential responses for him or her, e.g., “What makes you feel sad?” “Do you feel sad when mommy says it is time to go inside and you don’t want to go?”

**LEARNING SKILLS**
Forming relationships with adults, language development, cognitive development, social-emotional skill development

**MATERIALS**
Cube tissue box, pictures of different emotions, glue or tape
### Transition

**Activity**
As you move from one activity or space to another today, sing one of your child’s favorite songs or nursery rhymes.

**Learning Skills**
Language development, recognizing familiar songs, following directions

**Materials**
N/A

### Processing Activity

**Activity**
Wrap a few empty cracker boxes, cereal boxes, yogurt cups, oatmeal cylinders, etc. in wrapping paper, print facing to the inside. Provide your child with some crayons or colored pencils to decorate them. To make the boxes sturdier, stuff them with newspaper. Once your child is finished coloring, use these boxes along with blocks, cars and animals to build, play and imagine!

**Learning Skills**
Fine motor skill development, creative expression, imaginative play, engineering

**Materials**
Cracker boxes, cereal boxes, wrapping paper, crayons, colored pencils, blocks, cars, animals

### Connection Activity

**Activity**
Using chairs, pillows and blankets, create a cozy fort. Ask your child to pick some books for you to read together in the fort!

**Learning Skills**
Forming relationships with adults, engaging with literature, cognitive development, language development

**Materials**
Chairs, pillows, blankets, books
### PERSONAL CARE INTERACTIONS

**ACTIVITY**
After diaper changes or using the potty today, place your child standing on the floor and have them help pull up his or her own pants.

**LEARNING SKILLS**
Self-help, independence, motor-skill coordination

**MATERIALS**
Pants

### MEALTIME

**ACTIVITY**
During lunch, ask your child, “What made you happy today?” and “What made you sad today?” For children not yet speaking, ask these questions, leave space for them to babble a response, then say, “Oh yes, playing [insert activity] did make you happy!” or “I remember when you fell down outside. That did make you sad.”

**LEARNING SKILLS**
Forming relationships with adults, language development, event recall, emotional identification

**MATERIALS**
N/A

### TRANSITION

**ACTIVITY**
Announce that it is time to go outside. Ask your child, “What do we need on our feet to go outside?” Encourage him or her to find their shoes and bring them back to you.

**LEARNING SKILLS**
Self-help skills, independence, routine recall

**MATERIALS**
Shoes
### OUTSIDE TIME

#### ACTIVITY
Take your blocks and a ball outside for some bowling. Together, create a structure with the blocks and encourage your child to roll the ball, knocking down as many blocks as possible. Continue building a variety of structures and enjoy knocking them down.

#### LEARNING SKILLS
Motor planning, cause and effect

#### MATERIALS
Blocks, ball

### REST TIME

#### ACTIVITY
Before naptime, help your child calm his or her body by practicing a few yoga poses, such as warrior, downward-facing dog and butterfly. Show your child how to take slow, calming breaths.

#### LEARNING SKILLS
Self-calming, gross motor skill development

#### MATERIALS
Yoga poses

### 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