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
Have fun singing this remixed version of “If You’re Happy and You Know It.”

If you love your mom [dad/grandma/child’s name]
and you know it, blow a kiss.
If you love your mom [dad/grandma/child’s name]
and you know it, blow a kiss.
If you love your mom [dad/grandma/child’s name]
and you really want to show it,
If you love your mom [dad/grandma/child’s name]
and you know it, blow a kiss.
...give a hug,
...give a high five.
...do all three.

LEARNING SKILLS
Forming relationships with adults, language skill development

MATERIALS
Song lyrics
**TRANSITION**

**ACTIVITY**
As messes are made throughout the day, engage your child in cleaning. Ask them to hold the dustpan as you sweep, throw napkins and food away, etc. This is a helpful way to instill cleanliness and responsibility in your child at a young age.

**LEARNING SKILLS**
Responsibility, motor skill development, following directions

**MATERIALS**
Broom, dustpan, trash

**PROCESSING ACTIVITY**

**ACTIVITY**
It’s time to bake banana bread! Pre-measure all ingredients for the following recipe from PBS and place them into small bowls at a table. Place the whole bananas into a plastic bag and allow your child to mash them. Follow the rest of the recipe, allowing your child to pour and mix the ingredients. Discuss how some ingredients are dry and others are wet. Ask what your child observes as the ingredients are mixed.

**LEARNING SKILLS**
Following directions, fine motor skill development, observing the changes in physical properties

**MATERIALS**
Bananas, butter, milk, sugar, flour, vanilla extract, baking soda, salt, greased bread pan, oven
CONNECTION ACTIVITY

ACTIVITY
Use fruits or vegetables as painting utensils today for side-by-side painting. Just about anything you can spare can be used, such as potatoes or apples cut in half, kale leaves, celery stalks, etc. Provide some paint and paper and then show your child how to dip the food into the paint and make marks on the paper. Encourage your child to explore and create on his or her paper. Describe your actions and those of your child. Ask them to name the fruit or vegetable he or she is painting with and discuss the colors.

For an added layer of fun, cut shapes, such as a star or square, into the potato or apple to use as a stamp. Tape your child’s paper to the table to keep it from moving.

LEARNING SKILLS
Creatively expressing oneself, fine motor skill development, language development, cognitive development

MATERIALS
Fruits, vegetables, paint, paper

PERSONAL CARE INTERACTIONS

ACTIVITY
When preparing to wash hands after changing diapers or going to the potty, before and after eating and after playing outside, turn the water on and then ask your child, “What do we need?” Encourage him or her to say “soap” or point to the soap.

LEARNING SKILLS
Self-help, independence, sequential recall, language development

MATERIALS
Sink, water, soap
# GODDARD AT HOME: F.L.EX.® DAILY ACTIVITY PLANS
## TODDLER - KITCHEN MASTERS

### MEALTIME

**ACTIVITY**
Serve the banana bread you made together with lunch. Retell the process you completed together. “You mashed the bananas in the bag while I measured the ingredients,” “We each took turns mixing,” etc. Discuss the smell, texture and taste of the bread and ENJOY!

**LEARNING SKILLS**
Event recall, language development

**MATERIALS**
Previously baked banana bread

### TRANSITION

**ACTIVITY**
Share with your child that snack will be outside today! Ask them what he or she would like for snack, honor the choice and ask them to carry the snack or his or her water cup outside.

**LEARNING SKILLS**
Communicating preferences, language development, following directions

**MATERIALS**
Snack items

### OUTSIDE TIME

**ACTIVITY**
While eating, play “I spy” to find natural items such as trees, grass, birds, clouds, sun and squirrels.

**LEARNING SKILLS**
Forming relationships with adults, language development, cognitive development

**MATERIALS**
Snack, nature
## Rest Time

**Activity**
Before naptime, help your child calm his or her body by practicing a few yoga poses, such as *downward-facing dog, child’s pose* and *happy baby*. 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, recognizing familiar songs

**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