UNDERWATER LIFE

WEEK 5 • DAY 1
After helping your child out of his or her crib or bed, help your little one wake up his or her body for a great day with this morning stretch routine.

- Reach up to the sky, then touch your toes (3x);
- Stretch your arms out to the sides and twist your torso (6x);
- Stretch your arms out, then lean over to one side and then the other (2x on each side);
- Give yourself a hug;
- Give each other a hug.

Forming relationships with adults, developing healthy habits, gross motor skill development

N/A

Share that you will be talking about animals that live in the ocean today. Select one of the live aquarium cameras from across the country to view.

- Monterey Bay Aquarium
- Baltimore, MD, National Aquarium
  - Blacktip Reef
  - Jellies Invasion
  - Pacific Coral Reef
- Tennessee Aquarium
- Aquarium of the Pacific
- Clearwater Marine Aquarium - Mavis Sea Turtle Cam
- Georgia Aquarium
- Shedd Aquarium

Gather some fish-themed books from your child’s room to read. See if you can find any of the fish featured in the books on the webcam.

Developing an understanding of the characteristics of living things, language development, developing an understanding of the earth’s environment, connecting with literature

Computer, tablet or smartphone with internet
## Transition

**Activity**

Pretend to swim like fish while moving from one activity or room to another today.

**Learning Skills**

Gross motor skill development, following directions, imaginary play

**Materials**

N/A

## Processing Activity

**Activity**

Let’s create using underwater sounds as inspiration! With the sound turned up on one of the live aquarium cameras from Gathering Time, provide your child with paper and paint, crayons, colored pencils or markers. Encourage your little one to create art with the underwater sounds as inspiration. Be sure to tape the paper down to the table for stability.

**Learning Skills**

Creatively expressing oneself, fine motor skill development

**Materials**

Computer, tablet or smartphone with internet; paper; paint, crayons, colored pencils or markers
**CONNECTION ACTIVITY**

**ACTIVITY**

Use your child’s name and sing songs to help with self-identity.
- Begin by speaking your child’s name clearly so he or she can learn it and recognize it when others speak it;
- Introduce your child to others using his or her full name. Occasionally use the full name when speaking to your child: “Thank you, Shawna Johnson.” Try it on a video chat with a family member;
- Make up rhymes or simple songs using your child’s name. “Maria, Maria, I love you. Maria, touch your shoe.”;
- Make up games that require your child to say his or her name. He or she can knock on the door as you ask, “Who is it?”

Play these name games throughout the day and the week to build your child’s awareness of his or her full name.

**LEARNING SKILLS**

Forming relationships with adults, language skill development, building a positive self-image

**MATERIALS**

Smart device with video-chat capabilities

*Enrichment provided by Teaching Strategies® The Creative Curriculum®*

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**PERSONAL CARE INTERACTIONS**

**ACTIVITY**

As your child finishes eating this week, provide him or her with a wet towel or napkin to wipe his or her own face.

**LEARNING SKILLS**

Self-help skill development, independence, fine motor skill development

**MATERIALS**

Wet paper towel or napkin
MEALTIME

ACTIVITY
When your child asks for more food during mealtime today, model the ASL sign for “more”. Encourage your child to use the sign and provide them with more of what they are asking for in return. Reinforce their learning by saying “I see that you want more. Here you go.”

LEARNING SKILLS
Self-help skill development, independence, fine motor skill development

MATERIALS
See image

TRANITION

ACTIVITY
Announce to your child that you will be playing in the water outside today. In the bathroom, ask your child to select several of his or her bathtub toys to bring outside. Ask your child to carry the toys outside.

LEARNING SKILLS
Following directions, communicating preferences

MATERIALS
Bathtub toys

OUTSIDE TIME

ACTIVITY
Bring some of your child’s bathtub toys outside for some fun in the water and sun. Add the bathtub toys to the water table, shallow child’s pool or large bucket of water. Talk with your child about how fish live and swim in the water and humans live on land.

LEARNING SKILLS
Sensory exploration, developing a knowledge of the characteristics of living things

MATERIALS
Bathtub toys; water; water table, shallow child’s pool or large bucket
## Rest Time

**Activity**
Help your child settle down for a nap; cuddle in a chair or in bed while rubbing his or her hair and back. Share with him or her your favorite moment together from the day so far. Ask what his or her favorite moment of the day has been as well.

**Learning Skills**
Forming relationships with adults, language skill development, recalling events

**Materials**
N/A

## Transition

**Activity**
After waking up, help your child’s body get moving with some muscle warm-ups.
- Reach up to the sky, then touch your toes 3 times;
- Twist your body with your arms stretched out to the side;
- Count to 10 while circling your arms;
- Hop like a bunny 5 times.

Repeat this cycle two to three times.

**Learning Skills**
Developing healthy habits, gross motor skill development, balancing skills

**Materials**
N/A

## 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 the 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