GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

TODDLER

STARRY SKIES

WEEK 5 • DAY 2
### Greeting

**Activity**

After helping your child out of his or her crib or bed, help him or her wake up their 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.

**Learning Skills**

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

**Materials**

N/A

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### Gathering Activity

**Activity**

Sing “Twinkle, Twinkle, Little Star” with your child on your lap while doing signs. Open and close your hands to the beat to represent stars twinkling, and make a diamond shape far above your child’s head at the appropriate phrase. As you end the song, ask your child, “How are you, my little star?”

**Learning Skills**

Forming relationships with adults, fine motor skill development, language skill development, recognition of familiar songs

**Materials**

Song lyrics; see next page for signs

*Enrichment provided by Time to Sign™*

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### Transition

**Activity**

Play follow the leader as you move from one activity or space to another. Model movements such as hopping, walking sideways or backward and crawling, and encourage your child to move as you do.

**Learning Skills**

Gross motor skill development, following directions

**Materials**

N/A
Twinkle, Twinkle, Little Star

twinkle,
twinkle
little
star,

How
I wonder
what
you are.

Up above
the world
so high,

Like a diamond in the sky.

Repeat top part of Twinkle Twinkle Little Star
### PROCESSING ACTIVITY

**ACTIVITY**
Find a room with limited light and draw the curtains. Explore with a flashlight for a few minutes. Then you can play chase my light or “I spy.”

Ask your child to cover his or her eyes as you turn on the bright light. Give your child time to adjust to the light difference. Now that the light is on, name the items in the room you found with your flashlight. “There it is! I can see the [desk].”

**LEARNING SKILLS**
Scientific investigation, exploring cause and effect, language comprehension skills, cognitive development

**MATERIALS**
Flashlights, one per person

### CONNECTION ACTIVITY

**ACTIVITY**
Watch the [watercolor time-lapse of The Starry Night](https://example.com) or show an image of the painting. Use one or more of the following “painting” options with your child:
- Paint with water on dark paper using an old toothbrush;
- Make a paintbrush with a wooden spoon and a cut-up T-shirt to water-paint the sidewalk;
- Wet a piece of printer paper, and dilute food colors in small amounts of water to paint the wet paper with cotton swabs.

**LEARNING SKILLS**
Creative expression, fine motor skill development

**MATERIALS**
Water, water cups, paintbrush or cotton swabs, food coloring or paint

### PERSONAL CARE INTERACTIONS

**ACTIVITY**
After changing diapers or using the potty, take time for a mid-day stretch. Reach for the sky and down to the ground. Reach to the right and then to the left. As you reach back down to the ground, tickle your toddler’s tummy.

**LEARNING SKILLS**
Developing healthy habits, gross motor skill development, balancing skills

**MATERIALS**
N/A
## MEALTIME

**ACTIVITY**
During snack or lunch, cut an apple horizontally. Show your child the star shape made by the seeds on the inside! After talking about and counting the points on the star, cut the apple up further and enjoy it together.

**LEARNING SKILLS**
Creating healthy eating habits, cognitive development

**MATERIALS**
Apple, knife

## TRANSITION

**ACTIVITY**
Go to the window and ask your child what he or she needs to go outside. Will you need a coat, sunscreen or a hat?

**LEARNING SKILLS**
Observing surroundings, critical thinking

**MATERIALS**
Coat, sunscreen, hat, etc.

## OUTSIDE TIME

**ACTIVITY**
Using the **Star Walk** app with your tablet or phone, walk outside and find the hidden stars of the day.

Bring a few balls outside to kick back and forth with your child. Show him or her how to run and kick the ball at the same time and encourage him or her to try!

**LEARNING SKILLS**
Scientific investigation, exploring surroundings

**MATERIALS**
Star Walk app
### REST TIME

**ACTIVITY**
Help your child settle down for a nap; cuddle in a chair or in bed while rubbing your little one’s hair and back. Share with your child 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**
Sing the wake-up song.

Wake up, [Child’s name]  
Wake up, [Child’s name]  
Wake up, [Child’s name]  
*It’s time to rise and shine.*

After singing, 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**
Music, self-care, developing healthy habits, gross motor skill development, balancing skills

**MATERIALS**
N/A
## Child’s Choice

### Activity

Ask your child, “Will you please bring me a toy? I want to play.” Begin to play with the toy. If your child wants that toy, ask him or her to get another one for you. Explore and play with the toy and describe your thought process while you do so.

### Learning Skills

Supporting children’s choices, building relationships with adults

### Materials

N/A