**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**
Ask your child to help you get his or her clothes out for the day. This is like going on a fossil dig. Look for a shirt at the bottom of the drawer. Use words such as under, dig and deeper.

**LEARNING SKILLS**
Self-care skill development, independence, fine motor skill development, imaginary play

**MATERIALS**
Child’s clothing

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**TRANSITION**

**ACTIVITY**
Ask your child, “Now that we are dressed, would you like to be a dinosaur today? Dinosaurs are big and take steps. Let’s be dinosaurs together!” Model big dinosaur steps and encourage your child to do the same.

**LEARNING SKILLS**
Imaginary play, gross motor skill development, balancing skills

**MATERIALS**
N/A
### PROCESSING ACTIVITY

**ACTIVITY**
Place your dinosaurs in a line. Ask your child to give you the dinosaur you describe: the biggest, the smallest, the fattest, the green one, etc.

If you don’t have dinosaurs, you can use other animals.

**LEARNING SKILLS**
Cognitive development, language comprehension, following directions

**MATERIALS**
Dinosaurs or toys of different sizes or colors

### CONNECTION ACTIVITY

**ACTIVITY**
Chant the following poem and do the motions with your child. Repeat the poem two to three times for your child to anticipate the movements. Do one verse loudly and the next one softly and watch your child’s movements change.

- Dinosaur, dinosaur, turn around
- Dinosaur, dinosaur, stomp the ground
- Dinosaur, dinosaur, show your claws
- Dinosaur, dinosaur, snap your jaws
- Dinosaur, dinosaur, turn around
- Dinosaur, dinosaur, sit back down.

**LEARNING SKILLS**
Building relationships with adults, language development, recognizing familiar songs

**MATERIALS**
Poem

### PERSONAL CARE INTERACTION

**ACTIVITY**
While washing hands, wash your child’s toy dinosaurs. Use soap and wash each toy individually. Lay the toys out to air dry.

**LEARNING SKILLS**
Self-help skill development, hygiene, independence, building a sense of responsibility

**MATERIALS**
Sink, water, soap, toys to clean
### MEALTIME

**ACTIVITY**

During snacks and meals, encourage your child to use the sign “thank you” when receiving items.

**LEARNING SKILLS**

Communicating preferences, language development skills, fine motor skills

**MATERIALS**

See image

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### TRANSITION

**ACTIVITY**

After washing your hands, check to see if the previously washed dinosaur toys are dry. If so, have your child help carry them to the play space. Move like a different dinosaur by flying like a pterodactyl.

**LEARNING SKILLS**

Building a sense of responsibility, following directions, gross motor skill development, imaginary play

**MATERIALS**

Dinosaur toys

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### OUTSIDE TIME

**ACTIVITY**

Bury a few dinosaurs in the sandbox if you have one and go on a dinosaur dig. Guide your child to uncovering the hidden toys with a spoon and paintbrush. If you don’t have a sandbox, you could put some soil or dirt in a bucket or hide the animals in a pile of socks.

**LEARNING SKILLS**

Sensory exploration, cognitive development

**MATERIALS**

Dinosaurs or plastic toys, sandbox (alternatives: soil, dirt, basket, socks)
### 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 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**
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.

Be a slow dinosaur searching for food. Move sluggishly down the hall and describe how it feels to move slowly.

**LEARNING SKILLS**
Developing healthy habits, gross motor skill development, balancing skills, Gross motor skill development, imaginary play, language development

**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