## 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

## GATHERING ACTIVITY

### ACTIVITY

Red Light, Green Light is a classic childhood game that builds a child’s self-regulation and impulse-control skills. Help to teach your little one how to play this game by holding hands, saying “green light, run” and running. Then say, “red light, stop” and stop running. As your child gets the hang of the game, let go of his or her hand, allowing him or her to run independently. For older children, have them stand at a distance from you and then run toward you as you announce, “red light, green light.”

### LEARNING SKILLS

Forming relationships with adults, self-regulation, building impulse control, following directions, listening

### MATERIALS

N/A
ACTIVITY

As you move from room to room today, sing “The Wheels on the Bus” to entice and engage your child to follow you.

The wheels on the bus go ‘round and ‘round
Round and round
Round and round
The wheels on the bus go ‘round and ‘round
all through the town.

The wipers on the bus go swish, swish, swish
Swish, swish, swish
Swish, swish, swish
The wipers on the bus go swish, swish, swish
All through the town.

The horn on the bus goes beep, beep, beep
Beep, beep, beep
Beep, beep, beep
The horn on the bus goes beep, beep, beep
All through the town.

The doors on the bus go open and shut
Open and shut
Open and shut
The doors on the bus go open and shut
All through the town.

LEARNING SKILLS

Recognizing familiar songs, following directions

MATERIALS

Song lyrics
### PROCESSING ACTIVITY

**ACTIVITY**

Turn an uncarpeted area in your home into a car track for independent play! Place a piece of tape on opposite ends of a piece of paper, then tape the paper to the floor, creating a tunnel tall and wide enough for a toy car. Create several paper tunnels, then show your child how to push a car through them.

For an additional layer of fun and complexity, you can tape roads going around and through the tunnels for your child to follow with his or her car.

Change up the tunnel and road structure to maintain your child’s interest.

**LEARNING SKILLS**

Motor development and planning, engineering, imaginative play

**MATERIALS**

Paper, tape, toy car

### CONNECTION ACTIVITY

**ACTIVITY**

Toddlers love filling and dumping containers! With your child, pretend to pack for an imaginary trip. Provide a small to medium travel bag and some of your child’s clothing for him or her to put in and pull out of the bag. Discuss with your child where you might be pretending to go, what type of clothes you might need and what you could do when you get there. Play peek-a-boo as you put clothes in and out of the bag. Be silly and have fun!

**LEARNING SKILLS**

Developing imaginative play skills, forming relationships with adults, language development, exploring cause and effect

**MATERIALS**

Small to medium travel bags, clothes
### PERSONAL CARE INTERACTIONS

**ACTIVITY**
Support your child in learning self-hygiene by teaching him or her to comb or brush his or her own hair.

**LEARNING SKILLS**
Self-help skills, building an understanding of personal hygiene, fine motor skill development

**MATERIALS**
Comb, brush

### MEALTIME

**ACTIVITY**
During lunch, provide food you can cut into shapes, such as sliced cheese, bread, sandwich meat, pineapple chunks and apples. Cut food into circles, squares and triangles. As your child is eating, talk about the shapes he or she sees, match like shapes and describe the characteristics of the shapes.

**LEARNING SKILLS**
Cognitive development, shape identification, classification, language development skills

**MATERIALS**
Food, knife

### TRANSITION

**ACTIVITY**
Pretend to fly like an airplane as you head outside.

**LEARNING SKILLS**
Gross motor skill development, following directions, imaginary play

**MATERIALS**
N/A
### OUTSIDE TIME

**ACTIVITY**
Let’s talk about things that fly while outside. Before heading out, create a few paper airplanes with this YouTube tutorial. While outside, take turns throwing the paper airplanes to see how far they can fly and talk about different flying objects.

**LEARNING SKILLS**
Whole-body motor planning, exploring cause and effect

**MATERIALS**
Paper, video

### 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.

**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