



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

- 1** **Echo Song**
LLD 2 Communication
Listen to a song and play a back-and-forth game. Take turns holding an egg shaker.
- 1** **Paper Pull**
PD 2 Fine Motor
Coordinate eye-hand movements to grab and pull a chain of links. Explore connecting and removing links.
- 1** **Ice Treasures**
MR 2 Spatial Awareness
Investigate ice molds with a plastic toy frozen inside. Touch, play and explore the ice.

- 2** **Snowball Emotions**
SED 1 Self-Awareness
Pull balls out of a box. Make surprised and excited facial expressions. Find a favorite ball and play with it.
- 2** **Ice Cube Play**
PD 2 Fine Motor
Build coordination by scooping ice out of a bowl of water and putting it in an ice cube tray.
- 2** **Sleepy String**
MR 3 Shapes
Play with scarves and toss them in the air so they slowly float down during the gentle lullaby.

- 3** **See My Silly Face**
SED 1 Self-Awareness
Reach for a scarf and pull it off an adult's head. Make silly faces together while playing peek-a-boo.
- 3** **Dog Bark, Cat Meow**
PD 1 Gross Motor
Follow a puppet and mimic fast then slow movements.
- 3** **Make Some Noise**
MR 7 Logic & Reasoning
Shake a box filled with different types of items. Discover what sounds they make.

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WEEK 2

- 4** **Fuzzy Fill**
SED 4 Social Relationships
Explore a cotton sack by filling it with cotton balls then dumping them out.
- 4** **Sparkle Dance**
PD 2 Fine Motor
Listen for a chime sound and wave a sparkle wand (spoon) or shaker.
- 4** **Hard or Soft**
MR 5 Patterns
Push a box around the room and pick up hard or soft objects.

- 5** **'Round & 'Round**
LLD 3 Phonological Awareness
Listen to a song about tickling a teddy bear and roll a ball towards the child, then have tickling fun.
- 5** **Wet & Dry Textures**
PD 2 Fine Motor
Investigate textures with different senses.
- 5** **Feather Fun**
MR 2 Spatial Awareness
Explore quiet moments and soft textures.

- 6** **Celebration Song**
LLD 3 Phonological Awareness
Dance to a song and mime bouncing like a ball, popping balloons and blowing out candles.
- 6** **Roll Away, Egg**
PD 1 Gross Motor
Transition between sitting and standing by rolling an egg shaker down a ramp then chasing after it.
- 6** **Catch a Stick**
MR 2 Spatial Awareness
Explore transferring objects from one place to another.

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WEEK 3

- 7** **Pound on My Drum**
LLD 3 Phonological Awareness
Mimic movements while following the fast, then slow, tempo of a song.
- 7** **Pull the Bell**
PD 1 Gross Motor
Explore pulling fabric scraps through holes in a box.
- 7** **Muffin Blocks**
MR 4 Measurement
Place blocks in the cups of a muffin tin, then remove them.

- 8** **Ball Roll**
SED 2 Self-Regulation
Roll a ball back and forth and hide it under a blanket. Practice positional words.
- 8** **My Five Senses**
PD 1 Gross Motor
Reach for a moving scarf. Listen to a song and place the scarf on the named body parts.
- 8** **Exploring Textures**
MR 2 Spatial Awareness
Explore and identify wet, dry, and cold objects.

- 9** **Touch Your Head**
LLD 3 Phonological Awareness
Listen to a song and look in a mirror while pointing at your nose and eyes.
- 9** **Sensory Crawl**
PD 1 Gross Motor
Crawl along a path of various textures and respond to the feel of soft, scratchy and bumpy objects.
- 9** **Peek-a-Boo Boxes**
MR 1 Number Sense
Discover cards in the bottoms of boxes and mimic the facial expressions.

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WEEK 4

- 10** **"Under" Fun**
SED 1 Self-Awareness
Crawl under a sheet and explore the concepts of "under" and "over."
- 10** **This Little Light of Mine**
PD 1 Gross Motor
Chase the light from a flashlight while listening to a song.
- 10** **Pillow Mountain**
MR 2 Spatial Awareness
Navigate a pile of soft pillows and discover board books hidden among them.

- 11** **Five Senses Song**
SED 3 Attention & Persistence
Play with a puppet and identify body parts while listening to a song about the five senses.
- 11** **Sticky Art**
PD 1 Gross Motor
Explore sticky contact paper and decorate it with nature items.
- 11** **Cup Pick Up**
MR 2 Spatial Awareness
Pick up nesting cups and look for a hidden object.

- 12** **Sticky Ball**
LLD 2 Communication
Build fine motor skills by exploring a ball covered in tape (sticky side out).
- 12** **Cotton Swab Drop**
PD 2 Fine Motor
Strengthen fine motor skills by putting cotton swabs into an empty water bottle.
- 12** **Little Bo Peep**
MR 7 Logic & Reasoning
Pick up and play with cotton balls while listening to the Little Bo Peep song.

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