



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

- 1** **Car Races**
SED 3 Attention & Persistence
Listen to a song and play a back-and-forth game. Take turns pushing the car back and forth.
- 1** **Flying Socks**
PD 2 Fine Motor
Coordinate eye-hand movements to pull socks off a hand.
- 1** **Paper Cup Tower**
MR 2 Spatial Awareness
Stack cups. Explore building, then knocking down by rolling a toy car into the tower.

- 2** **Ramp 'n Roll**
SED 2 Self-Regulation
Roll balls down a ramp and crawl after them.
- 2** **Into the Box**
PD 2 Fine Motor
Build coordination by reaching down for a block, then standing up to put it in a box.
- 2** **Rocking Boat**
MR 5 Patterns
Listen to a song while exploring swinging toys suspended from a table edge.

- 3** **Up & Down Faces**
SED 1 Self-Awareness
Play peek-a-boo and make different faces each time you lower the scarf. Imitate expressions.
- 3** **Go, Car**
PD 2 Fine Motor
Play with a toy car and use eye-hand coordination to catch it while it is in motion.
- 3** **Pedal Your Bike**
MR 2 Spatial Awareness
Listen to a song and roll hands until you hear "stop." Start and stop movements throughout the entire song.



WEEK 2

- 4** **Square Collage**
LLD 1 Listening
Push and pat squares onto a paper with glue.
- 4** **Choo Choo Train**
PD 2 Fine Motor
Respond to the change in music by walking and waving a scarf slowly, then quickly.
- 4** **Where Is the Car?**
MR 2 Spatial Awareness
Express concern for a lost car as you pick up bowls and look for it.

- 5** **Row Your Boat**
LLD 3 Phonological Awareness
Play tug and explore bending and pulling while singing "Row, Row, Row Your Boat."
- 5** **Block Train**
PD 2 Fine Motor
Investigate blocks or toys and put them in a box. Line them up to make a train.
- 5** **Choo Choo Sounds**
MR 3 Shapes
Explore sounds. Make noises into a cup, then roll it on the floor.

- 6** **Parachute Waves**
LLD 1 Listening
Shake a parachute filled with crumpled, purple paper. Talk about purple and "on" and "off."
- 6** **Down by the Bay**
PD 2 Fine Motor
Play with paint in a clear zip bag. Press and squish the paint while listening to music.
- 6** **Squish a Boat**
MR 2 Spatial Awareness
Investigate the soft and squishy texture of playdough by pressing down on playdough balls.



WEEK 3

- 7** **Airplane Sounds**
LLD 3 Phonological Awareness
Pound on bowls to the rhythm of a song about airplanes.
- 7** **Cloud Chain**
PD 2 Fine Motor
Play with links. Grab a link chain and pull on it to build muscle coordination. Touch cotton balls at the end of the chain.
- 7** **Vehicles in the Rain**
MR 2 Spatial Awareness
Explore squeezing wet sponges. Dip them in water and feel the weight of the water before squeezing it out.

- 8** **'Round the Mountain**
LLD 5 Concepts of Print
Move around a box while listening to music. Look at the pictures on the box.
- 8** **Texture Paths**
PD 1 Gross Motor
Explore the texture of different surfaces (e.g., rug, wood, cardboard). Make a path with the textured surfaces and roll a toy car on them.
- 8** **Feed the Horse**
MR 3 Shapes
Pretend to feed a horse: put craft sticks in a cup decorated like a horse.

- 9** **Find the Feather**
SED 3 Attention & Persistence
Play peek-a-boo with a feather and say "tweet" to bring it out from hiding.
- 9** **The Ants Go Marching**
PD 4 Personal Care
Use eye-hand coordination and explore transferring cereal from a full bowl to an empty one.
- 9** **Clapping Patterns**
MR 6 Classification
Copy patterns with clapping, smiling and sounds.



WEEK 4

- 10** **Drive to Shapes**
LLD 1 Listening
Roll a toy car between fabric shapes. Cover the car and say, "Good night." Uncover it and say, "Hello!"
- 10** **'Round and 'Round**
PD 2 Fine Motor
Dance and move arms up, down and around.
- 10** **Car on My Toe**
MR 2 Spatial Awareness
Explore putting a toy car on different body parts.

- 11** **On the Railroad**
LLD 1 Listening
Shake a noisemaker along with the music. Explore shaking it high, low and side to side.
- 11** **Baby Food Roads**
PD 4 Personal Care
Make roads on a tray by drawing in baby food with fingers.
- 11** **Black & White Vehicles**
MR 2 Spatial Awareness
Move around the room and roll a ball to the black & white cards taped to the walls.

- 12** **Hidden Circles**
LLD 5 Concepts of Print
Turn the pages of a book and find paper circles between the pages.
- 12** **In the Triangle**
PD 1 Gross Motor
Follow a triangular path and pick up socks. Toss socks into a box or into another triangle on the floor.
- 12** **Little Red Wagon**
MR 6 Classification
Pull a toy from one blanket to another while listening to music.

