

# TODDLER

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Week

12

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Huddle Up and Get Moving: Virtual Field Trip

**Materials:** internet access, comfortable clothing, open space, website:  
<https://www.youtube.com/watch?v=fj4ervYA74c&t=483s>

**Preparation:** Preview video

**Instructions:**

1. Watch video with your child.
2. Ask questions about the video, ex: "What were your favorite exercises?" "Did you see our team?"



## Good Enough to Eat

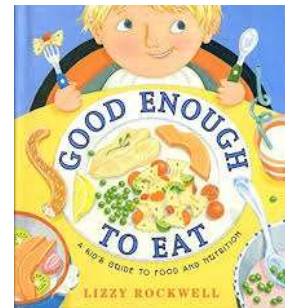
by Lizzy Rockwell

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=hewFCeeMixk>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Does food give us energy?" "How do you know if you're hungry?"



## Plant a Vegetable

**Materials:** vegetable seeds of choice, soil, shovel, water

**Preparation:** Gather materials.

**Instructions:**

1. Choose a vegetable your child would like to grow.
2. Purchase seeds to plant and follow directions located on the back of packaging.



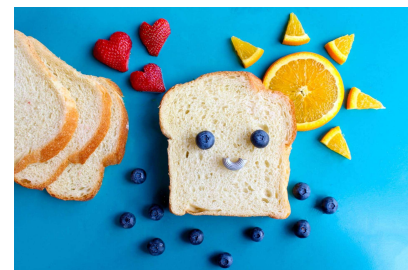
## My Favorite Food

**Materials:** crayons, paper

**Preparation:** Gather materials.

**Instructions:**

1. Have a discussion with your child about his/her favorite foods.
2. As your child talks about their favorite food, have him/her draw a picture. Write why this food is your child's favorite as the caption under the picture.



## The Very Hungry Caterpillar

by Eric Carle

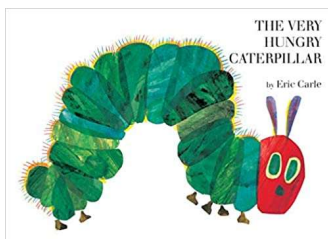
**Materials:** internet access, website:

[https://www.youtube.com/watch?v=sqpWHU778\\_Y](https://www.youtube.com/watch?v=sqpWHU778_Y)

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What did the caterpillar come out of?" "How many oranges did he eat?"



## Farmers Market Field Trip

**Materials:** internet access, website:

<https://www.youtube.com/watch?v=ZAnTRw898WA>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "Can you name two vegetables you saw?" "Did you have any of those fruit at breakfast?"



## My Plate

**Materials:** play food, pictures of food, internet access, website:

<https://www.choosemyplate.gov/>

**Preparation:** Download the MyPlate standards at the website above.

**Instructions:**

1. Have a discussion with your child about how to make your plate healthy.
2. Use the MyPlate template as a visual.
3. Use play food and pictures of food to practice making healthy plates for breakfast, lunch, and dinner.

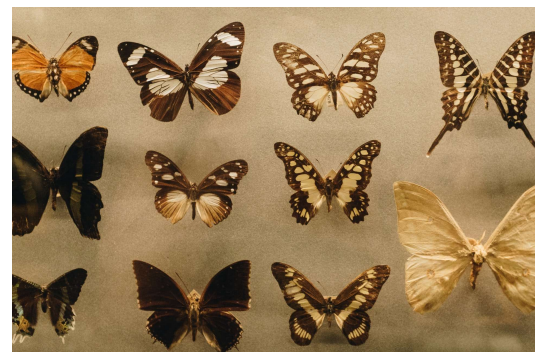


## Catching Butterflies

**Materials:** child-size net

**Instructions:**

1. Go outside and have fun attempting to catch butterflies.
2. Praise children for their efforts.



## Vegetable Garden Tour

**Materials:** internet access, website:

<https://www.youtube.com/watch?v=Uh09o8w-ODI>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "How many garden boxes were there?" "What would you grow if you could plant a garden of your own?"



## Carrots Grow Underground

by Mari Schuh

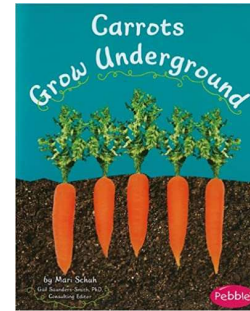
**Materials:** internet access, website:

<https://www.youtube.com/watch?v=aghhqeCDVWc>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Do carrots grow underground?" "I wonder if carrots grow in the summer?"



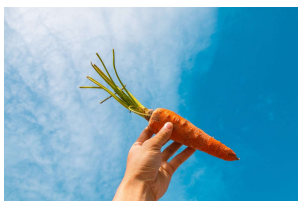
## Funny Face Carrot

**Materials:** paint, crayons, scissors, glue, carrot template (included), (optional: googly eyes, other decorating material)

**Preparation:** Print the carrot template. Trace handprint of your child's hand and cut it out.

**Instructions:**

1. Continue conversation about carrots with your child.
2. Allow your child to glue the cutout handprint to the carrot.
3. Allow child to paint the handprint and carrot with a funny face.
4. Allow time to dry, finish decorating adding eyes, mouth, etc. Let children be creative.



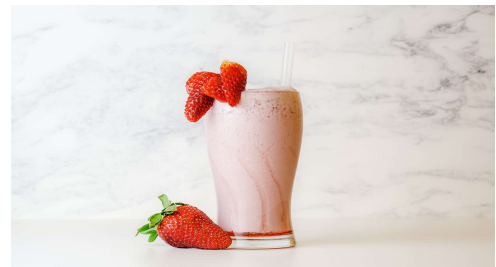
## Popsicle Smoothie

**Materials:** choice of fruit (fresh or frozen), yogurt, blender, popsicle molds, popsicle sticks

**Preparation:** Gather and cut fruit as needed.

**Instructions:**

1. Make a nice healthy snack to enjoy outside later.
2. Gather fruit. Allow your child to drop the fruit into the blender. Add yogurt.
3. Blend smoothie together, pour into molds, add popsicle stick, and freeze for 3-4 hours.



## Strawberry Patch

**Materials:** internet access, website:

<https://www.youtube.com/watch?v=1Rk14-KkpTk>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "How do strawberries grow?" "How many strawberries could you pick?"



## Eating the Alphabet: Fruits and Vegetables

by Lois Ehlert

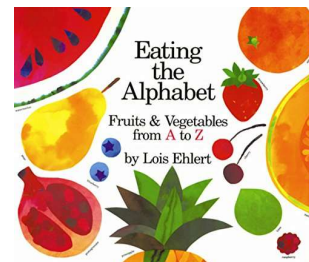
**Materials:** internet access, website:

[https://youtu.be/T1oKuf\\_7BJ0](https://youtu.be/T1oKuf_7BJ0)

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Name fruits that start with B?" "What colors are strawberries?"



## 5 Senses with Fruit

**Materials:** various types of fruit (whole and samples)

**Preparation:** Cut small samples of fruit.

**Instructions:**

1. Engage your child in a conversation about the 5 senses, explaining & modeling all the senses.
2. Complete the five senses experiment by asking "Can you see the fruit?" "Can you feel it?" "Can you hear it?" "Can you taste it?" "Can you smell it?"
3. Discuss different tastes (sour, sweet, etc.), textures (how it felt, soft, rough, etc.), and other aspects.

## Balance Practice

**Materials:** pool noodle

**Instructions:**

1. Practice balancing skills with a pool noodle. Have your child attempt to walk across the pool noodle and back without stepping off.
2. Complete using different methods: slowly, fast, holding something, etc.



## Growing Vegetable Soup

by Lois Ehlert

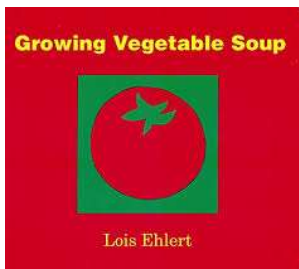
**Materials:** internet access, website:

<https://www.youtube.com/watch?v=hodbdmZ2v7s>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What are some garden tools?" "What do seeds need to grow?"



## Fruit and Vegetable Garden

**Materials:** internet access, website:

[https://www.youtube.com/watch?v=1m\\_fnS9e9Y](https://www.youtube.com/watch?v=1m_fnS9e9Y)

**Preparation:** Preview video.

**Instructions:**

1. Watch video with your child.
2. Ask questions about the video, ex: "What fruits or vegetables would you pick?"



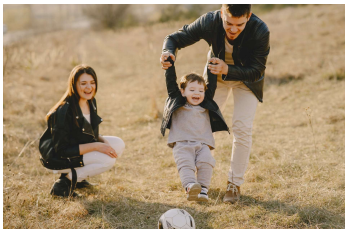
## Kickball

**Materials:** ball

**Preparation:** Find an open space outside (weather permitting).

**Instructions:**

1. Practice eye-foot coordination outside kicking a ball around.
2. Encourage toddlers to kick the ball in a particular direction multiple times before moving to another spot.



## Family Trip to Farmers Market

**Preparation:** Find a local farmers' market and plan a visit.

**Instructions:**

1. Enjoy a family field trip to the local farmers market.
2. Explore fruits and vegetables that children are familiar with while also introducing new fruits and vegetables as well.

