

TODDLER

Week

20

Smart Activities



SMART CHOICE. SMARTER CHILD.®

All About Me - Nursery Rhymes for Kids And Children

Materials: internet access, website:
https://youtu.be/G_cPGILZDnU

Preparation: Preview video.

Instructions:

1. Have your child sing along and point to his/her nose, mouth, and chin along with the song.
2. Discuss with your child how we use our nose to smell.



I Like Me

by Nancy Carlson

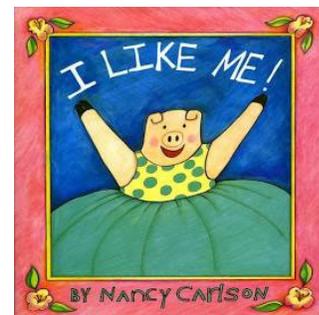
Materials: internet access, website:

<https://youtu.be/s-bPxL5awnI>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story together.
2. Ask questions, ex: "Who is her best friend?" "Are you your best friend?" "When you are sad what do you do?"



Mirror, Mirror Who Do I See

Materials: mirror (you will use this each day)

Preparation: Gather materials.

Instructions:

1. Show your child the mirror and have him/her look in it.
2. Ask your child, "Who do you see?" "What color eyes do you have?" "What color hair do you see?"
3. Ask your child other questions about his/her face. Tell your child that he/she is a beautiful and loved child.



Stretch and Bend

Preparation: Locate an open area safe for exercising.

Instructions:

1. Say, "It is great to stretch our bodies so we can stay healthy."
2. Give your child directions, ex: "Reach to the sky-keep reaching", "Touch your toes and now your nose", "Bend to the side".
3. Keep stretching and bending until your child is tired.



Splash'N Boots | What I Like About Me

Materials: internet access, website:

<https://youtu.be/vsRDsUOlhS8>

Preparation: Preview video.

Instructions:

1. Have your child sing along and point to items in the song.
2. Dance with the music.



What I Like About Me!

by Miki Sakamoto

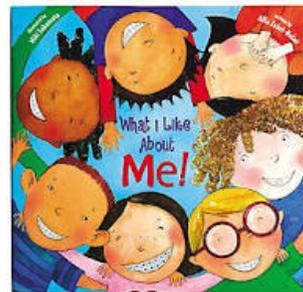
Materials: internet access, website:

<https://youtu.be/ioz6THRhCo>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story you're your child.
2. Ask questions, ex: "What do you like about yourself?" "How are we different?"



Mirror, Mirror I See A Clean Face

Materials: mirror (you will use this each day), wet wipe or wet wash cloth

Preparation: Gather materials.

Instructions:

1. Show your child the mirror and wet wipe. Demonstrate how to wash your face.
2. Ask your child, "Would you like to wash your face?"
3. Give your child the wet wipe and encourage him/her to use the mirror.
4. Praise your child for a great job.



Up and Down

Preparation: Locate an open area safe for exercising.

Instructions:

1. Say, "It is great to stretch our bodies so we can stay healthy."
2. Give your child directions, ex: "Reach Up, and now reach down touching your toes."
3. Then, have him/her jump up and down following your directions.



Wash Your Hands with Baby Shark

Materials: soap, sink or container, tissue, towel, internet access, website:

<https://youtu.be/L89nN03pBzI>

Preparation: Preview video.

Instructions:

1. Have your child sing along and wash his/her hands with the instructions.
2. Then, work on using a tissue. Discuss the importance of hygiene with your child.



I Like Myself

by Karen Beaumont

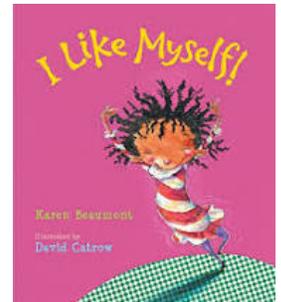
Materials: internet access, website:

<https://youtu.be/wTiyUKznXzk>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "What do you like about yourself?" "How can you be silly like the book?"



Silly Me in the Mirror

Materials: mirror, silly hats, bows, objects (colander with pipe cleaners or ribbons)

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you.
2. Show him/her the mirror and the different hats, bows, ribbons, and items.



Balance Using My Head

Materials: bean bag or stuffed toy

Preparation: Locate an open area safe for exercising.

Instructions:

1. Say, "Let's see if we can walk with the bean bag on our head without it falling off."
2. Encourage your child to walk a few feet and then add stretching out his/her arms.
3. Continue the walking and balancing activity by trying to balance the bean bag on his/her shoulder, arm, hand, etc.



Body Parts- This is Me!

Materials: internet access, website:

<https://youtu.be/QkHQ0CYwjaI>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Have your child sing along, count, dance, and identify his/her body parts.



ABC I Like Me

by Nancy Carlson

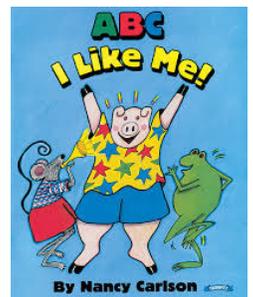
Materials: internet access, website:

<https://youtu.be/l7tjTMgYFLc>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Ask questions, ex: "What do you see in the picture?"
3. Do this for each letter and say the letters and sounds together.



Feelings in the Mirror

Materials: mirror

Preparation: Gather materials.

Instructions:

1. Show your child the mirror and talk about feelings and how we express them using our face.
2. Name a feeling like sad, demonstrate it to in the mirror, and encourage your child to imitate you.
3. Continue with various feelings and practicing in the mirror.



Ball Roll

Materials: open area, ball

Preparation: Locate an open area safe for rolling a ball.

Instructions:

1. Say, "Let's have fun and roll the ball to each other."
2. Encourage your child to sit down across from you and both of you sit with legs spread apart and feet touching.
3. Roll the ball to your child.
4. Encourage him/her to roll the ball to you and continue working on rolling and catching.



I Am Special-Yes, I Am

Materials: internet access, website:

<https://youtu.be/JL36Pq3Ra4o>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Have your child sing and dance along to the song to celebrate how special he/she is to himself and you.



Why Am I Me

by Paige Britt

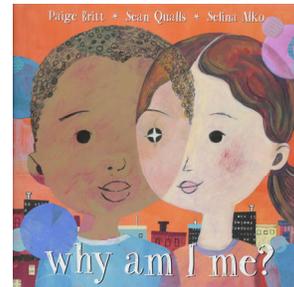
Materials: internet access, website:

<https://youtu.be/nspNJcyIxx4>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "Why am I me?"
4. Discuss the special things about your child and his/her family and friends.



Mirror Drawing

Materials: mirror, paper, crayons

Preparation: Gather materials.

Instructions:

1. Show your child the mirror and talk about his/her facial features, ex: color of eyes, hair, etc.
2. Encourage your child to draw her-/himself and look in the mirror as he/she draws.
3. Then, have your child explain his/her drawing.



Trash Can Drop

Materials: small trash can or container, small items (i.e., toys, crayons, etc.)

Preparation: Set out trash can and items.

Instructions:

1. Say, "Let's have fun and practice picking up and dropping items into the trash can."
2. As your child masters this, move the trash can back and have him/her toss the items into the trash can.

