

## **12-18 Months Week 13 Lesson Plan**

### **Monday**

#### **Practical Life: Squeeze a Sponge**

- Objective: building concentration, fine motor skills, building dexterity
- Materials: sponge, water
- Procedure: Have the child feel the sponge before it gets dipped in the water. Then have the child dip the sponge in the water and pull the sponge out. Encourage your child to squeeze the sponge by showing them with your hand how to do it.

#### **Sensorial: Musical Sounds**

- Objective: attentive skills, language development
- Materials: musical instruments, anything around the house that can make a noise
- Procedure: have your child shake, bang, drum on, and make noise with the musical instruments or objects, talk about the difference in the sounds, loud vs soft, clang vs ringing, etc.

#### **Language: Read a Book**

- Objective: language development
- Materials: books
- Procedure: Read a book with the child, point out different items in the book and encourage the child to repeat after you.

#### **Math: Count with Pom Poms**

- Objective: counting by rote, introduction to quantity of numbers
- Materials: pom poms, paper, marker
- Procedure: Write out numbers 1-5, draw the number of circles that go with each number, have the child place pom poms in the circles and count them with you.

#### **Science: Sink vs. Float**

- Objective: introduction to weight of materials, language development
- Materials: plastic bin, items of different weights, water
- Procedure: fill a plastic bin with water, have your child put in different items to test if they float or sink

### **Tuesday**

#### **Practical Life: Water the Plants**

- Objective: providing care to their environment, promote independence
- Materials: watering can/jar, household plant

- Procedure: Invite the child to water the plants with you. Fill up the watering can with the water and show the child how to water the plants. Encourage the child to try.

### **Sensorial: Nature Treasure Hunt**

- Objective: sensory exploration, language development, texture touching
- Materials: basket, things from nature
- Procedure: Go on a walk with your child and find treasures: rocks, flowers, leaves, etc. Ask the child to name of each item and have them touch it. Encourage the child to describe the texture to you. Then you can describe the texture to the child.

### **Language: Songs and Finger Plays**

- Objective: language development
- Materials: fingers and songs
- Procedure: Sit with the child and sing songs with fingerplays "You are my Sunshine", "The Itsy Bitsy Spider", "Five Little Monkeys Swinging in the Tree", etc. and perform them in front of the child. Encourage the child to copy you.

### **Math: Shapes**

- Objective: introduction to shapes
- Materials: paper, pen
- Procedure: Draw a circle, square, and triangle on different pieces of paper. Show the child a shape and say that shape. Encourage the child to repeat after you and touch the shape. Repeat with all shapes. Extend on this by adding new shapes.

### **Science: Make Oobleck**

- Objective: introduction to reactions, language building, sensory exploration
- Materials: 2 cups cornstarch, 1 cup water, food coloring-optional
- Procedure: Gather supplies and bring it to the child. Mix the cornstarch and water together. Add the food coloring if you'd like. Have the child explore. Encourage the child to talk about what they feel. Tell them what you feel.

## **Wednesday**

### **Practical Life: Washing Hands**

- Objective: to practice proper hygiene
- Materials: soap, water, dirty hands, towel
- Procedure: Encourage the child to wash his/her hands. Have them turn on the water, gather soap and count to 20. When the 20 seconds is over, have the child dry their hands with the towel. \*You can also sing the ABC's instead of counting to 20.

### **Sensorial: Color Hunt**

- Objective: color recognition
- Materials: items around your house that represent each color of the rainbow, a basket
- Procedure: Put all of your items in the basket and present it to the child. Pull each item out one by one and say the color of that item. Encourage the child to repeat after you. Once you have gone through all the colors, repeat. Extend this by encouraging the child to find other items around the house that are the same colors.

### **Language: Family Photo Cards**

- Objective: language building
- Materials: family photos
- Procedure: Sit with the child and show him/her some of your family photos. Point to the people in the pictures and say “mommy”, “daddy”, etc. so that they child can begin to understand those words in a concrete way.

### **Math: Animal Counting**

- Objective: counting by rote, introduction to quantity of numbers
- Materials: animal figurines or small pictures of animals, paper, marker
- Procedure: Write out numbers 1-5, draw the number of circles that go with each number, have the child place animals in the circles and count them with you.

### **Science: Shadows**

- Objective: introduction to light, sensory exploration, language development
- Materials: hands, cut out shapes/objects, flashlight, dark room
- Procedure: Turn off the lights. Turn on the flashlight and point it towards a wall. Begin to make shapes/objects with your hands or put the cut-out shape in front of the flashlight. Ask the child what shape/object they see.

## **Thursday**

### **Practical Life: Spooning**

- Objective: hand eye coordination, fine motor skills, build concentration skills
- Materials: two bowls, a spoon, cotton balls or pom poms
- Procedure: Place pom poms or cotton balls into one bowl, have your child spoon the items into the next bowl. Repeat.

### **Sensorial: Build a Tower**

- Objective: introduction to height, cognitive building, hand eye coordination
- Materials: blocks, boxes/books/pantry items to build with
- Procedure: Encourage the child to build a tower with the materials. While the child is building, introduce the words “short” and “tall”. Encourage the child to repeat the words after you.

**Language: I Spy Tray**

- Objective: language development
- Materials: tray, familiar items around the house
- Procedure: Place all items on a tray and invite the child to play "I Spy" with you. Begin with "I spy....." and encourage the child to find it on the tray. Repeat until all the items were found.

**Math: Count in Circles**

- Objective: counting by rote
- Materials: paper, pen, candy/goldfish/pretzels
- Procedure: Draw one circle and show your child how to place one cracker in that circle. Draw two circles and help your child put one cracker in each circle. Draw three circles and help your child put one cracker in each circle. Count the crackers pointing to each one while you count.

**Science: Colored Lettuce**

- Objective: introduction to cause and effect, introduction to plants
- Materials: 2 clear cups, two pieces of lettuce, water, 2 different colors of food coloring
- Procedure: Fill the two clear cups with water. Have the child pick out two different colors of food coloring and to tell you/point to the cup it wants to go in. Put in the food coloring. Have the child place a lettuce leaf in each cup. Watch the color of the lettuce change.

**Friday****Practical Life: Fruit Washing**

- Objective: self-help skills, promote independence
- Materials: fresh or plastic fruit, water, clean sponge, sink
- Procedure: Demonstrate to the child on how to wash the fruit using the running water and the sponge to remove any dirt/chemicals. (If using plastic fruit, you can put some dirt or washable markers all over for them to wash off). Encourage the child to wash the fruit.

**Sensorial: Rainbow Rice Bags**

- Objective: sensory exploration, color recognition
- Materials: Ziplock bags, tape, food coloring, rice
- Procedure: First, dye the rice by mixing food coloring with rice. Pour into the bags and give them to the child to explore with. Encourage the child to squish the bags, make lines, draw, etc.

**Language: Letter Basket**

- Objective: recognizing letter sounds
- Materials: cut out letters/letters writing on paper/letter magnets, basket

- Procedure: Grab a letter from the basket and make the initial sound. Encourage the child to say the sound and to touch the letter. Repeat with remaining letters.

### **Math: Songs with Numbers**

- Objective: introduction to numbers
- Materials: songs that have numbers in them "Five Little Monkeys"" "Five little Ducks", etc.
- Procedure: Sing the song or have the song playing from YouTube. Use your fingers during the song to count to five. Encourage the child to count along with you.

### **Science: Color Mixing Bags**

- Objective: introduction to cause and effect, language building, sensory exploration
- Materials: Ziplock bags, paint
- Procedure: Pour two colors into the Ziplock bag and encourage the child to squish and move the paint in the bag to mix the two colors. Once a new color is achieved, ask the child what new color was made. Explain to the child that you can mix colors to make a new one. Repeat with different colors.