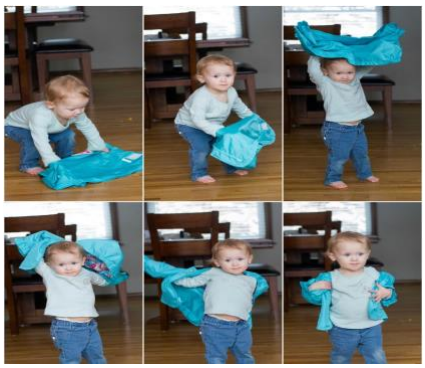
18-30 Months Week 7 Lesson Plan

Week Seven: Monday

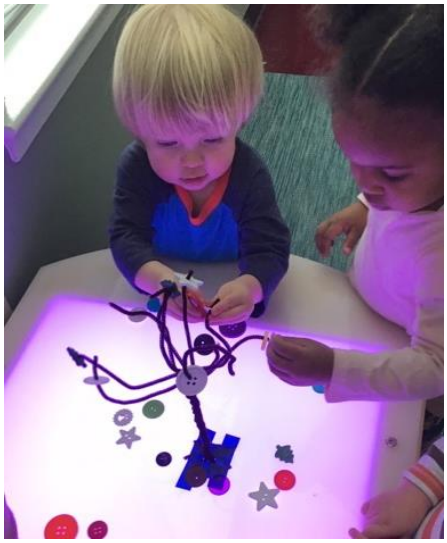
Practical Life: Getting Dressed (Shoes and Coat)

- Objective: Allow student to gain early independence in dressing him or herself. Learning how to get dressed alone as soon as possible will help your child have a sense of autonomy while also developing the fine and gross motor skills that help in other areas of everyday life.
- Materials: Shoes (slip-on shoes for younger students), Coat (preferably slightly loose)
- Procedure: [SHOES] Show child how to put shoes on and take them off (explaining straps, laces, etc. if necessary). Have child take shoes on and off several times with as little assistance as possible.
- [COAT] Lay coat out on the floor (zipper side UP). Have your child stand facing the coat with his or her feet at the hood. Have the child place his or her arms in the sleeves of the coat, then lift and flip the coat over their head.



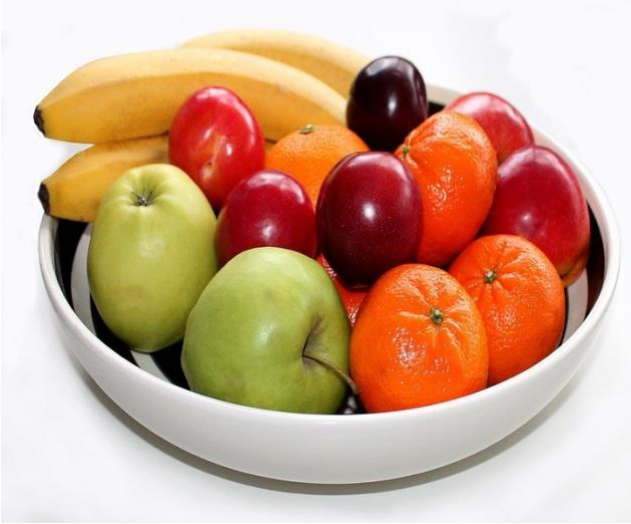
Sensorial: Button Tree

- Objective: Improve hand-eye coordination and fine motor skills while creating a fun, home decoration.
- Materials: Pipe-cleaners (or wire/fine twigs), Buttons (or beads/paper pieces with a hole punched through it), Tape
- Procedure: Grab a handful of pipe-cleaners and twist them together at one end (this creates the trunk of the tree) spread out the strands at the other end (this creates the branches). Tape the trunk down to a solid, flat surface. Have your child thread the buttons onto the tree.
- Notes: Try using different colored buttons to create themes for different seasons or holidays!



Language Arts: iSpy Foods

- Objective: Reinforce your child's current vocabulary and introduce some new words as well.

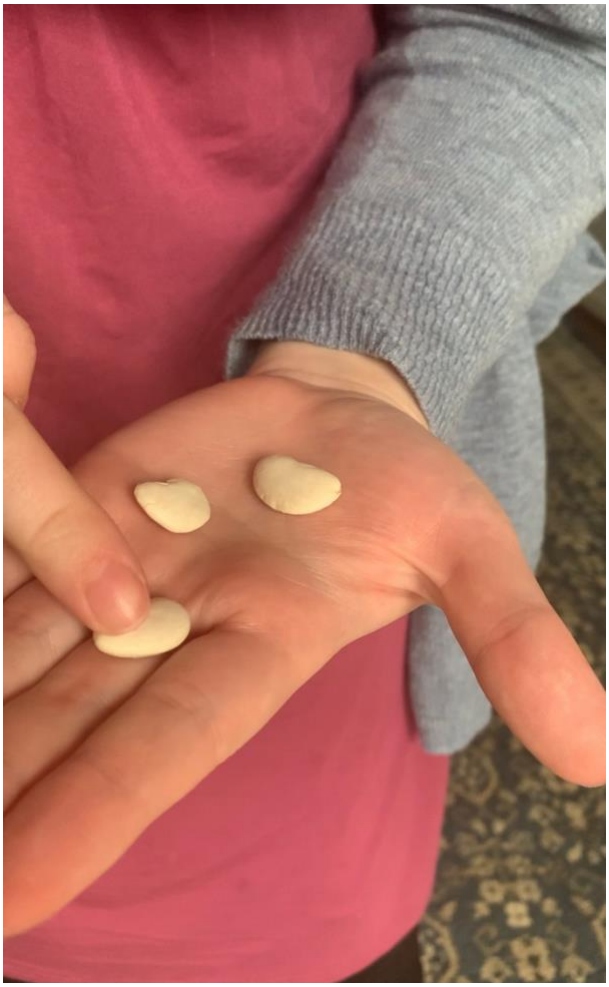


Materials: The food you currently have in your kitchen!
Procedure: Find a food within eyesight that your child knows and see if they can find it when you say its name.
"iSpy… apples! Can you find the apples?"
"iSpy… cereal! Where is the cereal?"
"iSpy… a bag of rice! What is a bag of rice?" etc.
Introduce some new words too!
Notes: for older children, take turns 'spying'. Also, try using descriptions rather than the word itself, and see if they can still find it!

Math: Counting Beans

- Objective: Associate physical/visual quantity with the basic numbers.

- Materials: 3-5 (10 for older students) of the same small object. Ex: beans, buttons, seeds, acorns, legos, etc.
- Procedure: Start with 3 objects. Count them with your child moving them from your hand to theirs and asking the child how many they have.
  For example:
  "One! How many beans do you have? … that's right! One!"
  "One, two! How many beans do you have now? … that's right! Two!"
  "One, two, three! How many beans do you have now? … that's right! Three!" etc.
  Repeat the exercise until the child has a better understanding of quantity.
- Notes: Depending on your child's current understanding, you can use any number. For younger toddlers, sticking with 1,2, & 3 works great! You can also move on to ask, *"How many beans do **I** have?"* and other similar questions.



Science: Plant Dissection

Objective: Get a better understanding of the plant anatomy by allowing children to freely explore the inner workings of a plant.

Materials: A plant (roots to flower). Many plants can be found right outside your home! Examples: dandelion, clover, wildflowers, weeds, wild onion, etc.; Children's scissors (optional)

Procedure: Lay the plant out on a flat surface. Encourage your child to touch and feel the different parts of the plant. (Roots, stem, leaves, thorns, flower, bud, petals, pollen, fruit, seeds, etc.)

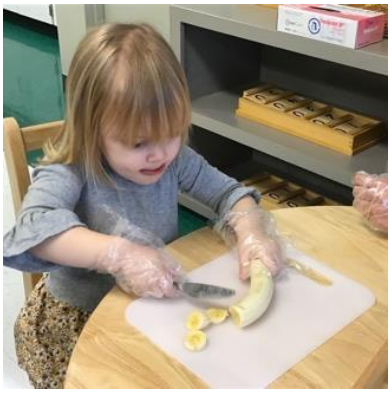
Take a look at each part. What color is it? Is it big or small?

Touch each part. How does it feel? Rough or smooth? Dry or wet?

Smell the plant. Does is smell nice? Or is it stinky?

If the plant is safe to eat, taste it! What does it taste like? Is it yummy or yucky?

Week One: Tuesday



Practical Life: Cutting Fruit
Objective: Develop fine motor skills and bolster independence in the kitchen and at mealtimes.
Materials: A dull plastic/wooden knife (or a toy knife, toy pizza cutter, etc.), Bananas (or other soft fruit— a peeled apple, pear, strawberries, etc.)
Procedure: Show your child how to cut the fruit, then allow them to practice with as little help as possible.
Notes: Try adding a few extra steps to create a dish you can enjoy together. Maybe your child can cut the strawberries for a fruit salad. Or you can help them dip their banana pieces in chocolate and sprinkles for a fun treat!

Sensorial: Water and Oil Sensory Bottle
Objective: Explore the movement of various materials in water.
Materials: Empty water bottle (or jar, clear bin), Water, Vegetable Oil (or Canola oil, liquid coconut oil, etc.), food coloring (or a little paint), glitter (optional), small items (examples: sea shells, legos, small pebbles, twigs, buttons, beads, etc.), Super glue (or duct tape)
Procedure: Fill 1/3 of the bottle with water. Fill the rest with oil. Add a few drops of food coloring. Add a few pinches of glitter. Drop in some small items. Secure the cap with super glue.
Notes: For extra fun, add one or two Alka Seltzer tablets before sealing the bottle to watch the oil move!

Language Arts: Animal Noise Match

- Objective: Help solidify correlation between animals and their sounds to aid in the distinction of animals in day to day life. This activity also helps the child practice pronunciation of both basic animal names and their onomatopoeia.
- Materials: none!
- Procedure: Take turns either making an animal sound or saying the name of an animal and seeing if your child can guess its pair.
  For example:
  You say "Who says 'OINK OINK!'?" Your child says, "Pig!"
  You say "What does an owl say?" Your child says "Hoo-hoo!"
  This activity is very fun and can help introduce your child to some new animals.
- Notes: Need help thinking of some sounds? Here are a few:

Dog — woof!
Cat — meow!
Cow — moo!
Sheep — baaah!
Goat — meeh!
Chicken — cluck cluck!

Rooster — cockadoodledoo!
Horse — neigh!
Donkey — hee haw!
Bird — tweet tweet!
Duck — quack!
Frog — ribbit!

Math: Stacking Blocks

Objective: Demonstrate the differences in sizes and the stability that large to small stacking can provide in a structure.
Materials: Various sized rectangular blocks (or rectangular containers and items from around the house such as books, CD cases, cereal boxes, etc.)
Procedure: Show your child how to stack the largest ones on the bottom and smallest ones on top. Allow your child to play with the blocks and explore how they stack.

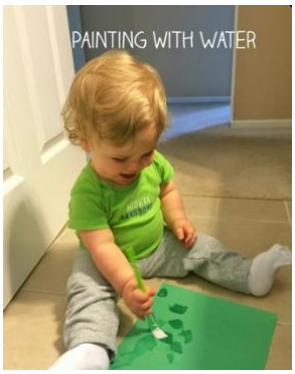
Science: Magnetic Bottle
Objective: Visualize magnetic fields and understand the feeling of a magnetic pull
Materials: Empty water bottle (or clear thin container), pipe cleaners (or paper clips), scissors, a magnet
Procedure: Cut up pipe cleaners into small pieces. Drop the pieces in the empty bottle. Let your child use the magnet to move the pieces of pipe cleaner.
Notes: You can put non-magnetic items in the bottle too to show how magnets only work on certain materials!

<u>Week One: Wednesday</u>

Practical Life: Baby Bath-time

- Objective: Practice habits of cleanliness by bathing a baby doll. This activity teaches children how to clean and care for others, which then extends to themselves. It also helps them practice fine motor skills like gripping a brush and holding a soapy baby!
- Materials: A sink (or bin, bathtub, etc.) filled with water, soap, dirt, bath scrubber (or loofa, toothbrush, sponge, washcloth, etc.), a baby doll (or stuffed animal, plastic animal/baby, etc.)

- Procedure: Before we can clean baby, we need to get baby dirty! Go outside and find some dirt to rub on baby. Make sure to dirty her feet, head, arms, etc.
- Bring baby inside to the 'bathtub' (container of water). Have your child add some soap and let him or her use the brush to scrub baby clean.
    - **(See Video)**
- Notes: This is an excellent opportunity to learn names of body parts. Ask your child, "Can you wash baby's feet? How about Baby's belly?"



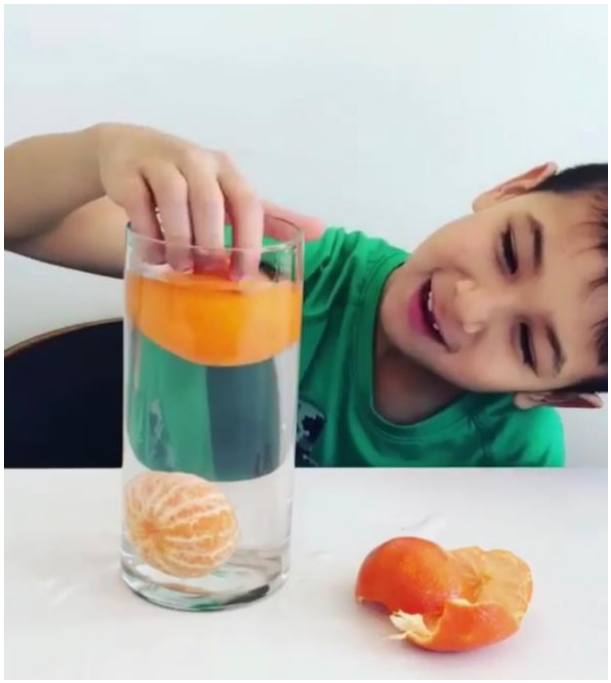
Sensorial: Painting with Water
Objective: Allow child to explore values in color while fine tuning their hand-eye coordination and fine motor skills.
Materials: Construction paper (or paper, cardboard, etc.), paintbrush (or you could 'finger paint'!), cup of water.
Procedure: Show your child how to use the water to change the shade of the paper. Allow them to paint freely!

Language Arts: Color Matching Eggs
Objective: Help child to recognize colors and learn the concept of pairing by highlighting similarities.
Materials: Colorful plastic Easter eggs (or paper eggs cut in half, cupcake tin (optional)
Procedure: Cut Easter eggs in half. Place Easter eggs in a cupcake tin, pairing two halves next to each other (colors matching). Mix up ONE side and see if your child can put them back together properly!

Math: Shapes Hunt

- Objective: Connect the names of shapes student has learned to objects in the real world
- Materials: none!
- Procedure: Find an object in your house—one that is a simple shape. Ask your child what shape it is. Help them if they need you to! See if you can find each of these shapes: triangle, square, circle, rectangle, oval, diamond, heart, star

Science: Sink or Float?

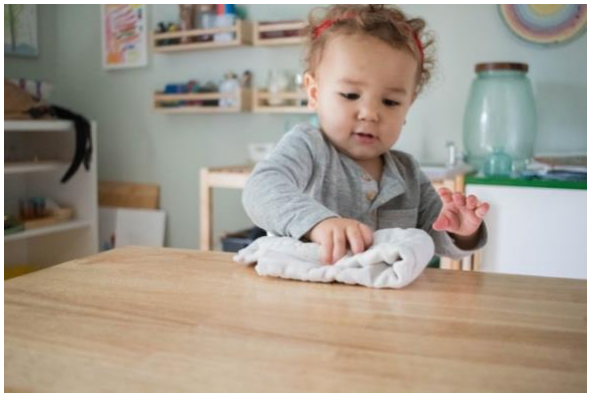


- Objective: Discover how objects of different buoyancy act in water.
- Materials: a clear glass of water, various objects
- Procedure: Find 10 different objects in your house. Take turns placing each one in your glass. Note how some sink and some float! Keep trying different items. Before you put it in, ask your child, "Do you think this will sink or float?"
- Notes: For extra fun, try this experiment with an orange! First peeled, then unpeeled. You'll find that the unpeeled orange floats because its peel acts like a life jacket to keep the orange afloat!

<u>Week One: Thursday</u>

Practical Life: Cleaning the Table

- Objective: Help foster cleanliness, personal responsibility and independence by teaching how to clean the table.
- Materials: Table, child safe cleaning spray (or soap and water), rag (or paper towel), something to make a mess with!



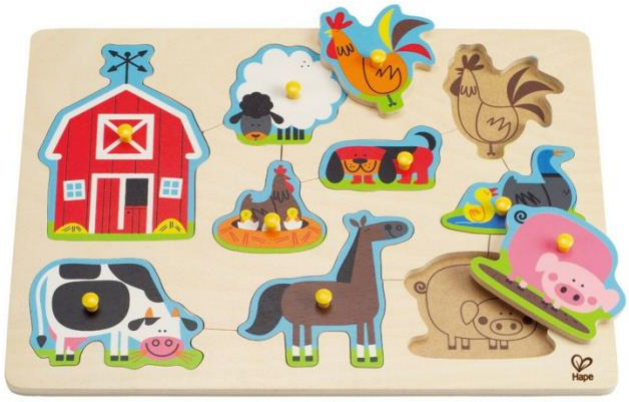
- Procedure: Spray the table and have your child practiced wiping the mess with their rag. Start with easy to clean messes (such as milk, juice, etc.) then move on to gradually more and more solid and sticky messes (dirt to crumbs to mac and cheese)!
- Notes: This is a great activity to try just after a meal. Never miss a chance to make cleaning the table fun!

Sensorial: Smelling Jars

- Objective: Explore different smells and strengthen the association between certain scents and their source.
- Materials: disposable jars (or containers) with thin lids, scissors (or a screwdriver), smelly things! (ex: orange peels, cinnamon, coffee groups, lemon, soil, basil, etc.)

- Procedure: Poke holes in the lid of the container. Fill each container with one item of a certain scent. Let your child explore the scents of each!
- Notes: BONUS GUESSING GAME. Blindfold your child and see if they can guess what is in each jar using only their nose!

Language Arts: Objects Puzzle



- Objective: Increase association between known words and a visual representation. This activity also helps fine motor skills and matching skills.
- Materials: An object matching puzzle (for animals, trucks, food, etc.) OR create your own! Print off 2 copies of a page filled with images. Keep one page intact, cut the images out on the other page.
- Procedure: Show your child how to match the items, then let them explore for themselves. If they need help, help them, making sure to use the words in the puzzle. For example, "oh, let's see… where does the horse go?" Or, "Where's the other pig?"

Math: Measuring Cups

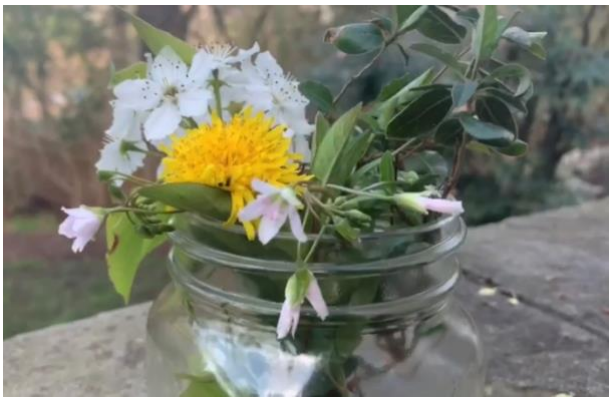
Objective: Understand volume by counting with basic numbers.
Materials: Measuring cups (could substitute with measuring spoons, a dry solid (ex: rice, flour, sugar, beans, etc.)
Procedure: See how many of each 'little' cup it takes to fill one cup. Start with ¼ cup, then 1/3 cup, then ½ cup. Count with your child as they pour. Notice how four ¼ cups make 1 cup, and three 1/3 cup, and so on!

Science: Hidden Colors

- Objective: Explore how water dissolves some solids and bolster student's color recognition.
- Materials: cupcake tin (or tray), food coloring (or paint), sugar (or flour, baking soda, etc.), water
- Procedure: Fill each cupcake slot on the tray with a different color. Cover each color in sugar until there is no color showing. Have your child pour a small about of water on each pile to reveal their secret color! **(See Video)**

Week One: Friday

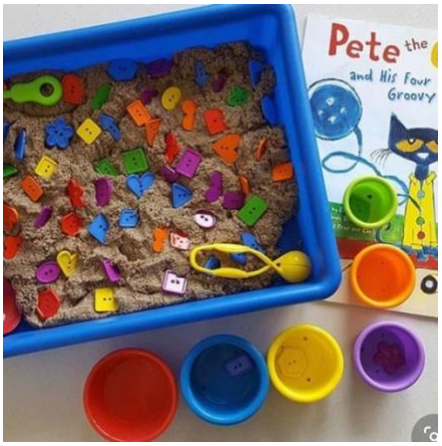
Practical Life: Flower Arranging



Objective: Improve fine motor skills, teach student how to care for fragile things, and encourage creation
Materials: A vase (or bottle), flowers (you can find beautiful flowers right outside your home if you look closely!)
Procedure: Gather and arrange flowers in a vase at home! **(See Video)**
Notes: Add some leaves into your bouquet for a diverse range of shapes and colors!

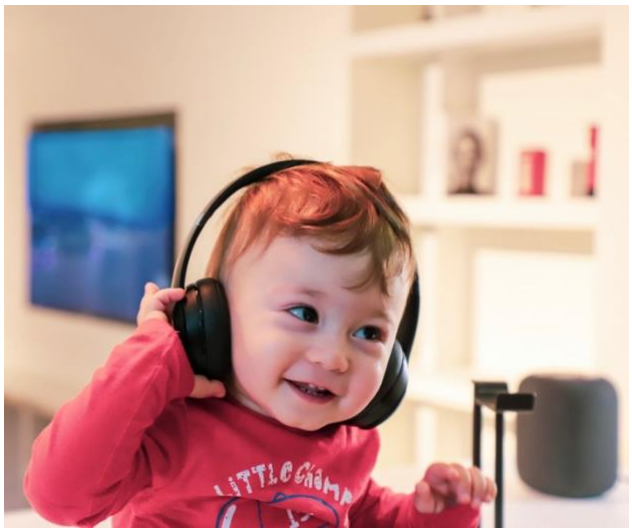
Sensorial: Sensory Bin

- Objective: Explore differences in textures and consistencies of various household materials
- Materials: A large tub (or tabletop area), soft materials (ex: play dough, sand, slime, foam, shaving cream, etc.), hard materials (ex: marbles, dice, figurines, rocks, sticks, etc.)
- Procedure: Set up a sensory table placing the hard materials in the soft materials. Let your child explore the differences in texture and shape!
- Notes: For an added bonus, add substances with changing color! For example: play dough to mix, food coloring to mix, light prisms, etc.



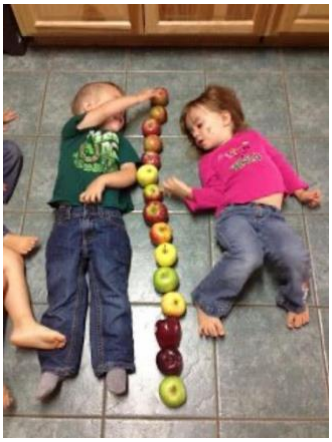
Language Arts: Listening Game

- Objective: Fine tune student's listening skills while connecting auditory stimulus to their existing vocabulary
- Materials: none!
- Procedure: With your child, find different sounds around your house and name what they are. See if your child can distinguish these sounds.
  For example:
  "Do you hear the sink?"
  "Do you hear the airplane/motorcycle/truck?"
  "Do you hear the piano?"
  "Do you hear the birds?"
  "Do you hear the door?"
  "What do you hear?"



Math: How many _____ tall am I?

- Objective: Practice conceptualizing units of measurement by practicing with everyday objects
- Materials: Objects around your house that could add up to one small human
- Procedure: Have your child lay on the floor and see how many of a given item it takes to match their length. Count them together! Some items to try: apples, pillows, stuffed animals, books, cups, etc.



Science: Bird Feeding

- Objective: Learn about birds, what they look like, how they sound, and what they like to eat, by observing them up close from home.
- Materials: Pinecones (or cardboard), peanut butter (or a nut free substitute), bird seed (or nuts and cereal), string (or twine, yarn, ribbon, etc.), Spoon (or butter knife)
- Procedure: First, tie the string around the top of the pinecone (to avoid a sticky mess!). Have your child use a spoon to paint peanut butter onto the pinecone. Then, roll the pinecone in seeds and nuts. Hang your new bird feeder outside your window and wait for some new friends to arrive!