

## 18-30 Months Week 9 Lesson Plan

### **Practical Life: Setting the Table**

- Objective: Foster independence at mealtime by teaching how to set the table. This activity also helps develop fine and gross motor skills
- Materials: Placemat, plate, cup, fork, spoon, knife, table
- Procedure: Start with a clear table, with all the items elsewhere (at eye level for your child). Name each item for your child. Direct them item by item. Say, "Put the placemat there. Now, put the plate on the placemat. Now...(etc.)"
- Breaking the steps down into the simplest terms helps young children grasp the concepts quickly.
- Notes: The best time to do this activity is right before a meal! This way, your child can eat at the place he/she set themselves!
- Instead of a placemat, try using a piece of paper. Draw an outline of each item in its position. This can help your child remember where each item belongs.

### **Sensorial: Coin Sorting**

- Objective: Familiarize student with national currency while helping distinguish the differences in coin size and color.
- Materials: Coins, bowls
- Procedure: Set a different coin in each bowl and show your child how to put all the pennies in one bowl, and dimes in another, etc. Let your child try to sort!



### **Language Arts: Big and Little Letters**

- Objective: Distinguish size difference while learning to pair Uppercase and Lowercase letters.
- Materials: Uppercase and Lowercase letters (magnets, pasta-letters, puzzle pieces, paper cut outs, etc.) for C, J, K, M, O, P, S, U, V, W, X, Z
- Procedure: Pair the upper and lowercase letters listed above. (For older students, you may add all the letters. These letters are just easier for younger students because they are the same in upper and lowercase form.) Unpair the letters and allow your child to pair them.

### **Math: Counting Ladybug Spots**

- Objective: Practice counting and demonstrate how units can be found in everyday objects.
- Materials: Paper, Marker, Black stamper (or paint on a pencil eraser, finger paint, etc.)
- Procedure: Help your child add spots to their ladybug. Count with each spot you add. When your project is done, count them all again and write the number next to the ladybug.

- Notes: Try making a ladybug with one spot, two spots, three spots, and so on! Then put them in order with your child!

### Science: Water Xylophone

- Objective: Explore vibration and sound waves while creating music from everyday items!
- Materials: jars (or glasses), water, food coloring (optional), stick
- Procedure: With your child, fill each glass with a different level of water. Place them in ascending order. Let your child tap each glass with their stick and note the noise. Explore how different levels of water produce different sounds! Make some music!



### Week Nine: Tuesday

#### Practical Life: Making Orange Juice

- Objective: Learn to prepare natural orange juice while developing fine and gross motor skills.
- Materials: Orange halves, citrus juicer, pitcher, glasses
- Procedure: Help your child use the juicer to squeeze the oranges. Once you have enough juice, put it in a pitcher and help your child pour their very own glass of freshly squeezed orange juice!



#### Sensorial: Pipe Cleaner Colander

- Objective: Improve fine motor skills that will serve as a precursor to threading.
- Materials: Pipe cleaners (or straws), colander (or poke holes in a cardboard box)
- Procedure: Simply show your child how to thread a pipe cleaner through a hole in a colander and let them explore and have fun with their new activity!



### Language Arts: Rough and Smooth Sort

- Objective: Increase understanding of descriptive words, specifically 'rough' and 'smooth' through hands-on explorative learning.
- Materials: 2 bins, rough and smooth objects from around the house
- Procedure: Gather items from around your house. Label two bins, 'rough' and 'smooth'. Feel a smooth object with your child. Tell them, "this is smooth. Smooth. Smooth," and, "This is rough. Rough. Rough." Help them sort initially and then let them find things to sort on their own.



### Math: Shape Sorting Tape



Objective: Practice the categorization of objects in terms of shape. Apply geometric vocabulary to daily life.

Materials: Painters' Tape (or string), Objects with simple shapes  
Procedure: Using the tape, create outlines of shapes on the floor. Make the outlines large enough to hold the objects. Show your child how to place appropriate items in each circle, then let them sort on their own.

### Science: Butterfly Feeder

- Objective: Observe local butterfly species up close and learn about a butterfly's diet by mimicking nectar with kitchen ingredients
- Materials: sugar, water, pot, stove, soy sauce (optional), large bowl (or container), loofas (red, orange, purple, and yellow preferred)
- Procedure: Mix 4-parts water to 1-part sugar. Boil until sugar dissolves. Let cool. (Add soy sauce to give the food more nutrients [optional].) Help your child place colorful loofas in a large bowl. Pour in the sugar mixture. Place outside near flowers. Observe the beautiful butterflies that visit!



## **Week Nine: Wednesday**

### **Practical Life: Roll a mat**

- Objective: Practice fine and gross motor skills to increase independence in the classroom and help teach personal responsibility and tidiness.
- Materials: A work mat (or a towel)
- Procedure: Lay the mat out on the floor. Show your child how to roll the mat tightly using 'strong fingers'. Have your child practice rolling and unrolling the mat on the floor.



### **Sensorial: Making Salt Dough**

- Objective: Explore a range of textures by mixing wet and dry ingredients to make dough.
- Materials: Water, salt, flour, bowl, cookie sheet and foil (optional)
- Procedure: Mix 2-parts flour to 1-part salt. Slowly incorporate  $\frac{3}{4}$  part water to desired consistency. Play with your new dough! Make into objects to keep by letting air dry, or baking at 325 on a foiled cookie sheet (for every  $\frac{1}{4}$  inch of thickness, cook for 30 minutes)
- Notes: This dough is safe to eat in small quantities, though it does not taste good! To ensure that it is safe to put in your mouth, precook the flour



### **Language Arts: Open and Closed**

- Objective: Distinguish between open and closed objects in order to better recognize and apply those adjectives
- Materials: Objects around the house
- Procedure: Help your child find items around the house that are open or closed. If possible, open and close those items together.
- Notes: Some examples include: doors, windows, jars, boxes, curtains, cabinets, drawers, books, microwave, oven, etc.

### **Math: Simple Pattern**

- Objective: Explore the concept of patterns by using repetition in shape, size, etc.

- Materials: Small colored beads (or buttons, pom poms, etc.)
- Procedure: Lay the beads out on the floor, creating a simple ABAB pattern. See if your child can guess what comes next.  
For example:  
Red, Blue, Red, Blue, Red, Blue, \_\_\_\_\_  
Big, little, Big, little, Big, little, \_\_\_\_\_  
Square, Circle, Square, Circle, Square, \_\_\_\_\_
- Notes: Saying what you are placing out loud may help your child catch on to the pattern!

### Science: Insect Study

- Objective: Discover what creatures live in your local environment. Analyze and better understand insect anatomy.
- Materials: clear jar (or container) with a lid
- Procedure: Head outside and see what live creatures you can find. Look on the ground, up trees, in bushes, under rocks. Help your child find and catch an insect. Observe the insect together. Notice its color, shape, size. How many legs does it have? Does it have antennae? What do you think it eats? Have fun with your bug, and then release him back outside!

### Week Nine: Thursday

#### Practical Life: Sweep Up

- Objective: Promote tidiness and personal responsibility while developing fine and gross motor skills.
- Materials: Broom (preferably small), dustpan, pom-pom balls (or peas, seeds, beans, buttons, beads, etc.)
- Procedure: Lay several pom poms out on the floor in an open space. Sweep the pom poms into the dustpan, then spread them out again. Hand the broom to your child and let them practice sweeping.



#### Sensorial: Primary Color Mix

- Objective: Explore the feeling of paint and practice creating secondary colors.
- Materials: Red, blue, and yellow paint; a canvas, paintbrush
- Procedure: Allow your child to paint with the three primary colors. As they mix colors on the canvas they will see red and blue create purple, blue and yellow create green, and yellow and red create orange!

#### Language Arts: Dollhouse Search

- Objective: **Strengthen home vocabulary and increase association between representative objects and their conceptual counterparts.**
- Materials: Dollhouse items (or just use items around your house)
- Procedure: Set up a room in a dollhouse. Point out each of the different items to your child. Have your child turn away or close their eyes. Move one item. Turn the child back and ask where the item is. Do this until they have found all the items in the room!

### Math: Big and Little Sort

- Objective: **Understand differences in size using toys and household items as examples**
- Materials: paper, marker, big and little items
- Procedure: Draw a big circle and a little circle on the paper. Label them 'big' and 'little', respectively. Show your child how to place big items in the big circle and small items in the small circle. Let them sort!



### Science: Nature Treasure Box

- Objective: **Discover beautiful items in the environment around you!**
- Materials: Egg carton, found things
- Procedure: Head outside and find 12-18 beautiful things in nature to fill your egg carton. Take a minute to appreciate the wonderful, natural world around us.
- Notes: For extra fun, grab some markers and decorate your treasure box!



### Week Nine: Friday

#### Practical Life: Window Cleaning

- Objective: **Practice gross motor skills while fostering independence, helpfulness, and personal responsibility.**
- Materials: Child-safe window spray, rag (or paper towel), window (or mirror)
- Procedure: Show your child how to use the spray bottle on the window. Spray twice, then use the rag to clean the window. You can spray the cleaner for your child if it is too difficult for them. They will still enjoy wiping the spray!

#### Sensorial: Pom-Pom Whisk

- Objective: **Practice fine motor skills with household objects.**

- Materials: Whisk, pom poms (or cotton balls)
- Procedure: Show your child how to place the pom poms between the wires in the whisk to trap them inside. Let your child practice putting in and taking out pom poms.



### Language Arts: iSpy Tray

- Objective: **Recognize and practice saying a variety of useful words.**
- Materials: Tray, random objects
- Procedure: Fill the tray with a variety of objects. First, ask your child what they see. Then, ask if they can find what you see.  
For example:  
"iSpy a toothbrush. Do you see the toothbrush?"  
or  
"iSpy something red. Where is something red?"



### Math: Shoe Size Sort

- Objective: **Match sizes of complex shapes. This activity helps develop fine and gross motor skills and helps associate outlines with 3D objects.**
- Materials: Butcher paper (or a large cardboard or paper surface), marker, shoes
- Procedure: Take one shoe from each person in the house. Make sure each shoe is a very clearly different size or shape. With your child, outline each of the shoes in the paper. Take the shoes off, and have your child see if they can match the shoe to its outline!



### Science: Build a Bug

- Objective: Discuss insect anatomy while creating a fun friend! This activity helps develop creativity along with fine motor skills.
- Materials: Play dough (or salt dough), googly eyes (or buttons), pipe cleaners, straws, various decorations
- Procedure: First, have your child create a body (2+ parts) and head. Put them together. Add 6 pipe cleaner legs. Add eyes on the face. Add antennae with straws. Add any other decorations you choose! Enjoy your new bug friend!

