

Slow-down Sunday	Messy Monday	Talking Tuesday	Wiggle Wednesday	Think Thursday	Follow Me Friday	Sensory Saturday
Look at pictures of family members together and name the people you see	Have your toddler help clean up after a snack or activity-- wipe off tables/chairs	During diaper changes, play "what's this" and name parts of their body together	Lay pillows or cushions on the floor and let your child crawl, walk, and jump on them	Walk around the room touching items—label it and describe how it feels	Look in the mirror together and name the different parts of the face/body as your child points to them	Fill empty bottles with interesting material(s)--ribbons, colored glittery water, coins, etc.) and glue lids on
Get a flashlight, move to a darker room, and slowly move light across wall/ceiling and see if they can follow the light with their eyes	Blow bubbles and let your child try to pop them as they fall	Say a nursery rhyme and bounce your child to the rhythm of the rhyme (Baa Baa Black Sheep, Humpty Dumpty)	Place your infant's toy just out of reach and encourage them to get it— move farther away to increase difficulty	Hide a toy for your child to find and adjust difficulty according to ability	Go for a nature walk and let your child collect treasures along the way, explore treasures when you get home	Offer a new texture to explore (scarf, jar ring, basting brush, etc.) and describe how it feels
Create a comfy space outside and take deep breaths while listening to nature	Fill gift bags with tissue paper and transfer paper in and out--also try tearing it	Talk about the food you are eating and where it comes from (tree, plant, etc.)	Have a dance party! For younger children, hold them while dancing	Draw a face on an old cereal box, cut out a circle for the mouth and feed him/her imaginary foods	Get down on child's level and observe things from their perspective and then add something for them to explore in that space	Flip pots, pans, and bowls over in your kitchen and let your child use spoons and spatulas to make some noise
Make small colorful paper chains together, hang them from an open umbrella and get comfy underneath to enjoy some quiet time	Paint/play with taste-safe foods (pudding, yogurt, veggie puree)	Pick a part of your routine and narrate it for your child using descriptive language	Try "baby and me" yoga, pick a few simple moves for your mobile baby to try and imitate	Let your child practice fine motor skills by poking spaghetti noodles into a colander	Notice what your child is doing, (facial expressions, sounds, actions) and copy them	Explore some smells in the kitchen together (orange, cinnamon, etc.) and discuss noses/smelling
Share family pictures/stories and tell them what's happening in the picture	Transfer taste-safe materials (water, marshmallows, pretzels) from one bowl to another using scoops or spoons	Sing a song with finger plays (Patty Cake, Wheels on the bus, Where is Thumbkin...)	Tie string/ribbon to a box, let your child pull their "wagon" around (Optional: have them move objects for you)	Use empty tubes (wrapping or toilet paper) and let your child pull scarves through/out.	While reading books have your child point to objects in the story and name what they point to	Make Jell-O together, put it in a cake pan and let your child explore (add tools)