



CHILDRENS LIGHTHOUSE AT HOME WEEKLY ACTIVITY PLANS



Toddler: 12 – 24 Months

Theme: My Body and Me

Week 6

My Body and Me

Title	Supplies Needed	Activity Steps
Pots and Pans Jam Session	Pots and pans, kitchen utensils (wooden, plastic, and/or rubber), measuring cups (wooden, plastic, and/or rubber)	Let your toddler dig out your pots and pans themselves, this is half the fun! Choose some utensils to play with, again, let your toddler pick them out. You can grab a wooden spoon and a plastic measuring cup. Making sure to have a few different materials to bang the pots with metal, plastic, rubber, and wood. Explore the many ways of pounding. Do the different utensils sound different? Does is sound different if the pots are upside down? What about with your bare hands? Can they make noise?
Shooting Baskets	Some newspapers and a tub or bucket of some sort to throw into	Note: If you do not have newspapers, you can use printing paper, socks folded into a ball, or a simple ball will do. Make your newspaper balls together. Crunch them up any way you like. The tighter they are, the easier they are to throw. Line the newspaper balls in a row and count them. Take turns throwing the newspaper balls into the tub or bucket. Extension: Put lines on the floor (can use tape) to stand behind when throwing. Once all the newspaper balls are thrown at or in the tub, count them up. How many did you make into the tub? How many did you miss? After you are done throwing and counting the newspapers, make sure to wash your hands as the newspapers can leave a black residue on the hands.
There's an Animal	"There's an Animal" Song activity page, stuffed animal	Print the "There's an Animal" Song activity page. Use a stuffed animal to act out the song. Have your child place the animal where the song directs. Sing the song to the tune "Put Your Finger in the Air."
Cloud Dough	Flour and baby oil (can use any oil, but make sure it is suitable for a child's skin), measuring cup, large mixing bowl	Combine 8 cups of flour with 1 cup of oil, then mix with your hands for 3-5 minutes. The dough is ready when it starts to stick together. Your child can play with it with their hands or use toy trucks and cars to scoop and move the dough around.
Toddler Yoga	Toddler Yoga activity page	Print the Toddler Yoga activity page and practice the yoga poses with your toddler. What other yoga poses can you do? Post a picture of your toddler doing yoga on your Childrens Lighthouse school's Facebook page.

Pots and Pans Jam Session



Shooting Baskets



“There’s an Animal” Song

Use a stuffed animal to act out the song.

Children will place the animal where the song directs.

Sing the action song to the tune

“Put Your Finger in the Air.”

“There’s an Animal”

There’s an animal on my head, on my head.

There’s an animal on my head, on my head.

There’s an animal on my head,

Oh, I wish I were in bed.

There’s an animal on my head.

There’s an animal on my nose, on my nose.

There’s an animal on my nose, on my nose.

There’s an animal on my nose,

Oh, I wish it smelled like a rose.

There’s an animal on my nose.

There’s an animal on my knee, on my knee.

There’s an animal on my knee, on my knee.

There’s an animal on my knee,

Oh, I hope it’s not a bee.

There’s an animal on my knee.

Cloud Dough



Toddler Yoga



Be a Surfer
"I am strong"



Be a Dog
"I am friendly"



Be a Skier
"I am brave"



Be a Tree
"I am kind"