morning routine

7:00 am  Wakeup / Breakfast

8:00 am  Independent skills
A great time to teach everyday skills like how to brush your teeth, get dressed, how to tie your shoes, etc.

8:30 am  Get outdoors
Start your day with some fresh air. Take a walk or a tricycle ride. This is a great time to build your little one’s vocabulary by pointing out animals or objects, and also their gross motor skills like walking with you or learning to pedal and steer a ride-on toy.

9:30 am  Snack

10:00 am  Fine motor skills
Coloring is a great way to begin to build fine motor skills and vocabulary, by talking about the colors your kiddo is using.

afternoon routine

11:00 am  Music
Play or sing your child’s favorite songs, at this age they can begin to sing along and match hand motions like with Twinkle, Twinkle Little Star or Head, Shoulders, Knees, and Toes.

11:30 am  Lunch

12:00 pm  Nap

2:00 pm  Tactile play
With or without tools such as Playfoam, Playfoam Pluffle, sand, or dough, hide things inside your compound or provide plastic tools so that kids can smoosh, squish, cut, or mold their material!

3:00 pm  Shapes and colors
Practice shape and color names with shape sorting toys, wooden puzzles, and other matching and sorting games.

evening routine

4:00 pm  Family play
Plant seeds in a pot, kick a soccer ball, play on the swing set, shoot hoops in a kid-friendly basketball game, or set up the tee ball stand to get the wiggles out, breathe some fresh air, and spend some time together.

5:00 pm  Dinner

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