# Daily Baby Activities

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<tr>
<th>Day</th>
<th>Activity</th>
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<tr>
<td>Sunday</td>
<td>Wave two pieces of coloured fabric/scarves back and forth and make them ‘fly’. Give to your baby and see if they will copy you.</td>
<td>Holding your baby look at a mirror together. Talk, make faces, name body parts, and make funny sounds. See if your baby will copy you.</td>
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<td>Monday</td>
<td>Blow bubbles for your baby so they can watch them. When the bubbles pop, say 'pop&quot;.</td>
<td>While wearing a colourful hat or scarf, face your baby towards you and let them explore the item.</td>
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<td>Tuesday</td>
<td>Put your baby on your lap and look at a picture book together. Talk softly and point and name objects in the book.</td>
<td>Put a colourful sticker on your nose. When your baby tries to grab it, name the body part. Repeat with another facial body part.</td>
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<td>Wednesday</td>
<td>Go to a park and slide down a slide together. Hold on tight to your baby.</td>
<td>Take your baby for a walk outside. Describe with colours what you are both seeing, such as blue sky.</td>
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<td>Thursday</td>
<td>Listen to music together. Sing along and encourage your baby to sing along too.</td>
<td>Sit on the floor and stack some colourful cups. Encourage your baby to knock them down.</td>
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<td>Friday</td>
<td>Sit on a sidewalk or deck with your baby. “Paint&quot; with water on the surface. Try making water footprints and handprints of baby, mommy, and daddy. Snap a picture as a memory.</td>
<td>Fill a clear plastic bottle with coloured rice and other small objects (such as dried pasta or beans). Seal and glue on the lid, and then let your baby explore it and shake it.</td>
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<td>Saturday</td>
<td>Wear a shirt with a pocket. Put a small colourful toy of interest in the pocket. Ask “where did it go?” and see if they will seek it out.</td>
<td>On a warm day, sit outside in the grass. Turn the sprinkler on low. Have your baby watch and see if they will try to catch the water.</td>
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*If you’d like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*
Homemade Coloured Rice

Your little learner will create beautiful coloured rice! Great for ages 2 years and up!

What You Need:
- White Rice
- Vinegar
- Food Colouring
- Ziplock bags (plastic bag or bowl)
- Tray
- Paper Towel

Directions:
1. Have your little one add 1 cup of rice and 1 teaspoon of vinegar to a Ziplock bag.
2. Have your little one add as much or as little food colouring to the bag as they desire (around 5-10 drops).
3. Close the Ziplock bag and have your little one shake the bag until all the rice is mixed together and has a appeasing colour.
4. On a tray, put a few pieces of paper towel down, and pour the coloured rice on it.
5. Repeat with other colours.

Talking Points:
Recognizing colours and identifying colour names is an important part of your little one’s development, as it helps them make distinctions among things they see. So, make sure to talk to your child about all the colours they are using. Encourage them to think of other items that are also the same colour.
I Spy Sensory Bin

Your little archaeologist will get to dig through the rice to collect all the hidden toys. Great for ages 2.5 years and up.

What You Need:
- Lots of Homemade Coloured Rice (see above) or use just regular uncooked rice
- Large plastic bin (or box)
- Small toys, pompoms, letter/number magnets, etc.
- Plastic spoons, small shovels, scoops, kitchen utensils, etc. (any item they can ‘dig’ with)

Directions:
1. Place lots of small toys or other fun objects in the bottom of a large plastic bin.
2. Dump the coloured rice on top of the toys. Make sure there is enough rice to cover the toys by at least 2-3 inches.
3. Give your little one some spoons or other objects they can dig with.
4. Let your little one explore.

You may choose to do this activity outside on a nice warm day to limit the mess in the house.

Talking Points:
Talk to your little one about all the objects that they dig up. Ask them what the object is, what colour it is, the texture, and anything out significant.

If you want to practice colours, put different coloured pompoms in the bin for your child to dig up and when they do find a pompom ask them what colour it is.

If your child is over 2.5 years old, put alphabet magnets/blocks in the bin to dig up. When they dig up a letter ask them to identify it (or identify it for them), state something that starts with the letter, and make the letter sound.
Sensory Rice Bin with Tubes

Your little engineer will explore how the rice flows through the different tubes. Great for ages 2 years and up.

What You Need:
- Homemade Coloured Rice (see above) or use just regular uncooked rice
- Large plastic bin (or box)
- Cardboard tubes (i.e. paper towel rolls or toilet paper rolls)
- Bowl or small box
- Duct Tape
- Measuring cups, funnel, scoops, etc.

Directions:
1. Using Duct Tape, tape the cardboard tubes together to make different structures.
2. Tape the structures to the bottom of the large plastic bin or to a bowl or small box (to ensure the tube structure won’t topple over).
3. Fill a large plastic bin with rice.
4. Let your little one explore by using different measuring cups, scoops, etc., to pour the rice down the tubes and/or explore the sensory rice bin however they see fit.

Talking Points:
Talk to your little one about how the rice feels, what sounds it makes when they swoosh the rice around, and what the rice sounds like when it goes down the cardboard tubes.

If your child is 4 years of age and older, have them make the cardboard tube structures.
Here are a couple of songs to sing to your little one...

**Rainbow** *(tune: Hush Little Baby)*
Rainbow purple, rainbow blue, rainbow green, and yellow too.
Rainbow orange and rainbow red, rainbows shining over my head.
Come and count the colours with me, how many colours can you see?
1, 2, 3 on down to green, 4, 5, 6 colours can be seen.
Rainbow purple, rainbow blue, rainbow green, and yellow too.
Rainbow orange and rainbow red, rainbows shining over my head.

**A Little Green Froggie**
A little green Froggie am I, am I.
A hippity, hippity, hop *(bounce baby on knees)*
I can jump in the air so high *(lift baby)*
A hippity, hippity, hop *(bounce baby on knees)*

**Red and Blue** *(tune: Brother John / Frère Jacques)*
Red and blue, red and blue,
Orange and purple, orange and purple.
Don’t forget green, don’t forget green,
And yellow too, and yellow too.