## Daily Baby Activities

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Additional Activity</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>Roll a soft ball on the floor and encourage your baby to crawl to it. Do it over and over again.</td>
<td>Bring in containers to your baby’s bath. Fill them up with water. Then, pour water over your baby's body.</td>
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<td>Monday</td>
<td>Place baby-safe items of different colours, textures and sizes, in a basket or a box. Then, give them to your baby to explore.</td>
<td>Blow on your baby’s tummy and tell them, “I’m going to blow on your tummy!” Repeat on other body parts too.</td>
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<td>Tuesday</td>
<td>Tie a string to your baby’s toy and drag it on the floor, so your baby can crawl to it. Keep the toy just out of their reach, so they’ll be encouraged to keep crawling to it.</td>
<td>Wrap up boxes of various sizes (i.e. cereal box, tissue box, etc.) with newspaper or any kind of paper you have at home. Then, give them to your baby to handle and rip off the paper.</td>
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<td>Wednesday</td>
<td>When your baby babbles or makes a sound, imitate them, including their gestures.</td>
<td>When your baby is sitting or crawling on the floor, sit and crawl with them.</td>
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<td>Thursday</td>
<td>Using your fingers, crawl up your baby’s body. Start with their legs and move upwards to different body parts. Tell your baby, “I'm crawling up your [body part].”</td>
<td>When you and your baby see a familiar face (i.e. on video chat, outside), tell that person “Hello” or “Hi” and wave. Encourage your baby to wave too. Do the same when someone leaves and say, “Goodbye.”</td>
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<td>Friday</td>
<td>When you’re outside with your baby, blow bubbles for them, and point to them as they float away, or show them how to pop them.</td>
<td>After your baby's diaper change, ask them, “Do you want to be picked up?” See if they reach out to you. In either case, pick them up and say, “Up!”</td>
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<td>Saturday</td>
<td>Before you make your bed, place your child on the bed, and throw the sheet over them. Then, pull the sheet down and say, “Peek-a-boo!”</td>
<td>Say a word or a sound that you think your baby has not heard. Repeat it a few times. See if your baby attempts to say the word or imitate the sound.</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.*

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Rock Painting

Your little geologist will collect rocks that can then be used to create beautiful masterpieces! Great for ages 1.5 year and up!

What You Need:
- Rocks (fist size)
- Acrylic Paint
- Paint Brush
- Clear spray paint (preferably a UV, water resistant brand)
- Bib (optional, to protect clothes, or have them paint in old clothes, or just their diaper)

Directions:
1. Give your child a small container or bucket. If it has handles, even better!
2. Take your child on a nature walk to collect a few fist size rocks. Show your child an example of a good size rock to collect.
3. Once back home, prepare your child for painting with acrylic paint (that will stain clothes). We would suggest using a bib, changing them into old clothes, or even having them just paint in their diaper.
4. Give your child the rocks, acrylic paint, and a paint brush, and let them create their rock art.
5. Let the rock(s) dry
6. Once dry, have an adult spray paint the rock in an outdoor area. Preferably without your little one around.
7. Let dry as per time written on spray paint bottle.
8. Put the rock in your garden, a special place in the house, or add to your Covid-19 Memory Box (Week of June 7th – page 4)

Talking Points:
Talk to your little geologist about the rocks they are collecting – their size, colour and texture (rough, smooth, hard, etc.). Warning - the walk might take up a good portion of the day, as your little geologist will pick up many rocks, and will also become an entomologist as they study the many small insects on the ground.
Paper Plate Snail

Your little mathematician will practice making a pattern as they create a beautiful shell on their snail. Great for ages 1.5 and up (although creating the pattern will be geared at ages 3 and up).

What You Need:
- Paper Plate (or a piece of construction paper cut out in a circle)
- Coloured Construction Paper
- Glue
- Scissors
- Marker
- Googly Eyes (optional)

Directions:
1. Draw a snail’s head and glue it to the back of a paper plate and wait until it dries.
2. Cut some different coloured construction paper into small squares.
3. Give the paper plate (with the snail’s head) to your child with the small coloured squares.
4. Have your child start in the middle of the snail and create a coloured pattern working their way to the edge of the plate in a spiral pattern. If your child is under 3 years, let your little one glue the paper squares onto the circle anywhere.
5. Have your child draw on the mouth and eyes. Or if you have googly eyes, have your child glue those on instead.

Talking Points:
Teaching patterns is a basic math skill that will help your little one develop advance math concepts later, so talk to your little mathematician about what colour comes next and why. For younger children use only two colours, and for older children use more colours; or even keep the same colour but change the shape (circle, squares, triangles).
Nature Science Box

Your little botanist will collect and study the environment around them. Great for ages 2 years and up.

What You Need:
- Kleenex box
- Objects from nature
- Glue
- Scissors
- Small container, bucket or bag

Directions:
1. Give your child a small container, bucket, or bag.
2. Tell your child that you are going on a nature walk to collect some small items from nature, such as leaves, flowers, rocks, pinecones, and sticks.
3. Go on the nature walk. Your little botanist will love picking up the plants.
4. Once back home, have an adult cut the top off a Kleenex box.
5. Tell your child to fill the bottom of the Kleenex box with glue.
6. Tell your child to place all the items they found on the nature walk in the glue filled box.
7. Let it dry.

Talking Points:
Talk to your little botanist about all the items they are finding in nature. You can talk to them about the colour, the type of plant or flower it is (if you know), the texture (smooth, rough, bumpy, hard, soft, etc.), the size, and the weight (heavy or light).
Here are a couple of songs to sing to your little one...

**You're My Little Baby (Tune: I'm a Little Teapot)**
You're my little baby, so soft and sweet.
Here are your hands, and here are your feet.
When you clap your hands and tap your feet.
I love you baby, so soft and sweet!

**The Grand Old Duke of York**
Oh, the grand Old Duke of York. He had ten thousand men. *(Bounce baby)*
He marched them up the mountaintop and marched them down again. *(Lift baby)*
Oh, when you're up, you're up, *(Lift baby).* When you're down, you're down, *(Bring baby down)*
And when you're only halfway up, you're neither up nor down! *(Bounce baby)*
He rolled them to the left *(Tilt baby to the left).* He rolled them to the right *(Tilt baby to the right)*
He rolled them over upside down. *(Gently tilt baby backwards).* Oh, what a silly sight!

**Acka Backa Soda Cracker**
Acka backa soda cracker, acka backa boo.
Acka backa soda cracker, up goes you! *(Lift baby in the air)*
Acka backa soda cracker, acka backa boo.
Acka backa soda cracker, I love you! *(Give your baby a squeeze)*