

Daily Baby Activities

Sunday	When your baby is playing with a toy, show them and encourage them to play with it in different ways.	Ask your baby, "How big are you?" Gently put their arms out wide and above their head, and say, "So big!"
Monday	As you're folding laundry, bring the clothes to a reachable level for your baby to easily touch, grab, and explore.	Stand your child up against a chair or a stool that they can easily reach. Talk to them and encourage them to keep standing for as long as they can.
Tuesday	Lie on the floor and hold your baby above you. When you raise them up, say, "Up!", and when you bring them back down, say, "Down!"	When talking to your baby, use their name as if you were talking in third person (i.e. "[Name] is going to have a bath".)
Wednesday	When you turn the light on, tell your baby, "Light on", and when you turn the light off, tell them, "Light off."	While your baby is on their back, bring their legs and feet up and hide your face behind them. Then, reveal yourself, and say, "Peek-a-boo!"
Thursday	Hide a toy that makes continuous noise on its own and encourage your baby to find it.	During tummy time, place toys all around your baby, so they will move however they can to get to them.
Friday	Find some household items and place them in front of your baby. Make different sounds with them, such as crumpling paper, tapping a wooden spoon on the floor, etc.	Show your baby how some toys can easily stack on top of each other, such as blocks, containers, etc. Encourage them to use different toys to see what can be stacked and what can not.
Saturday	During your baby's bath, bring in a few sponges or wash cloths. Dunk them in the water and then squeeze them in front of your baby. Give one to your baby to try.	Blow up a balloon and pass to your baby to explore. Just keep an eye out, as if they squeeze it too tight, it'll burst, which can startle your little one.

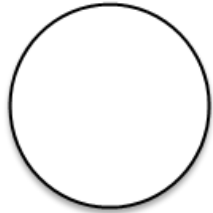
**If you'd like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*

Indoor Scavenger Hunt

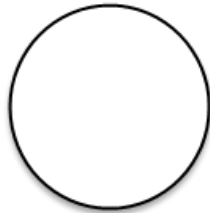
Print this page out, or if you don't have a printer, just write the items on a piece of paper. Have your little one find as many of the following items that they can. Then have them write down the number of each item they find or show them how to draw the number/trace over your number.



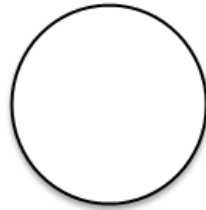
Something Blue



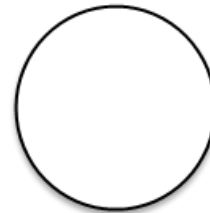
Something that is shaped like a square



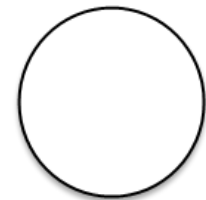
Something that is shaped like a triangle



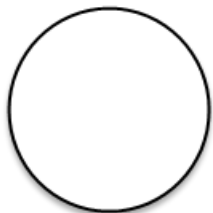
Green Shirt



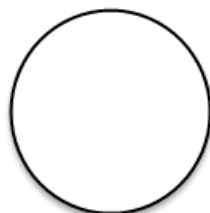
Something that makes noise



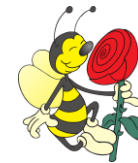
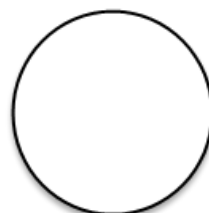
Book with a dog in it



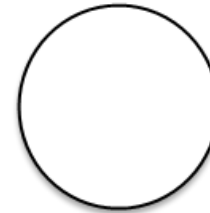
Something Yellow



Book with a cat in it



Something that smells good



Make a Galaxy

Your little astronomer will get to discover how to make a sensory bottle that looks like a galaxy. For ages 2 and up, but can also be made by a parent for their baby to use as a sensory bottle.

What You Need:

- Plastic Bottle or Glass Jar (with lid)
- Food Colouring (3 colours, such as blue, purple and pink)
- Water
- Cup
- Cotton Balls
- Glitter (optional)



Directions:

1. Have your child pick 3 different food colours that they would like to use to make the galaxy.
2. In a cup, add water and have your little one mix in one of the food colours, and a little bit of glitter. You want to have about as much water as it would take to fill your plastic bottle/glass jar about 1/3 of the way.
3. In the plastic bottle/glass jar have your little one fill it 1/3 of the way with cotton balls. Make sure to show them how to separate the cotton balls by pulling them apart with their fingers, and then adding them to the jar.
4. Have your little one pour the cup of coloured water into the plastic bottle/glass jar that is filled with cotton balls.
5. Repeat steps 2-4 by adding layers of cotton, glitter and water food colouring mix to your plastic bottle/glass jar until it is full.
6. Screw the lid on tightly to the plastic bottle/glass jar.

Talking Points:

Talk to your little one about galaxies. Ask your little one what they want to name their galaxy? If they are younger and don't quite have the words to tell you, suggest a name for them. Tell them how we live in a galaxy called the Milky Way; tell them that galaxies are made up of mostly dust, stars, and gas that are held together by gravity.

Talk about the colours as your little one makes the 'galaxy'. Ask them what other items are the same as the colours being used.

Watch the Story Time Video, [Stars! Stars! Stars!](#) by Weston Woods on [Kanopy Kids](#).

Exploding Mini Moon Rocks

This experiment will keep your little scientist busy over two days. Great for ages 2 years and up.

What You Need:

- Box of baking soda
- Food colouring (brown; black; or 2 drops of red and 2 drops of green)
- Silver glitter
- 1/2 cup of water
- Bowl, cup & plate
- White vinegar



Directions:

1. Have your little one pour an entire box of baking soda into a bowl and add a little bit of glitter.
2. In a cup have your little one combine 1/2 cup of water with food colouring,
3. Have your little one slowly pour the cup of coloured water into the bowl of baking soda and glitter. Make sure it is a good consistency to stick together to make rocks, but not too runny.
4. Show your little one how to squish the mixture together to make mini moon rocks.
5. Put the mini moon rocks onto a plate and put outside for a day or two so they can dry.
6. Once the rocks are dry, find a nice place outside where it is okay to make a bit of a mess.
7. Have your little one slowly pour the white vinegar over the moon rocks and let them watch the foaming explosion.

Talking Points:

Talk to your child about the different textures. When they are first making the mini moon rocks talk about how the baking soda and water feel. Ask your child how the mini moon rocks feel a few days later (i.e. hard).

Explain to your child, that when they pour the vinegar on the mini moon rocks that a chemical reaction just occurred. Explain to them that when an acid (in this case, vinegar) and a base (baking soda) mix they form a gas called carbon dioxide.

Watch the Story Time Video, [Beautiful Moon](#) on [Tumblebook Library](#).

Here are a couple of songs to sing to your little one...

The More We Get Together

The more we get together, together, together.
The more we get together, the happier we'll be.
'Cause your friends are my friends, and my friends are your friends.
The more we get together, the happier we'll be.



Baby Pokey

You put your arms up, and your arms down.
You put your arms up and you wave them all around.
You do the baby pokey, and you dance all around.
That's what it's all about!
Other verses: legs up/down, baby up/down



Hickory Dickory Dock

Hickory dickory dock, the mouse went up the clock.
The clock struck one. The mouse went down. Hickory dickory dock.
Other verses: the clock struck two... the mouse said "Boo!", clock struck three... the mouse said "Whee!", the clock struck four... the mouse said "No more!"

