



Down Syndrome Achievement Centers
educate. inspire. believe.

1. SONG: "Hello"

It's our time to say HELLO to _____

It's our time to say HELLO to _____

It's our time to say HELLO to _____

Say HELLO HELLO

2. SONG: It's time to start our day (to the tune of Farmer in the Dell)

It's time to start our day

It's time to start our day

It's time to give a great big cheer

And then be on our way

HOORAY!

3. SONG: Days of the Week (to the tune of the Addams Family theme)

Days of the week (clap clap)

Days of the week (clap clap)

Days of the week, days of the week, days of the week (clap clap)

There's Sunday and there's Monday

There's Tuesday and there's Wednesday

There's Thursday and there's Friday

And then there's Saturday

Sing a-b-c above again

4. Introduce SIGNS of the week: Demonstrate sign TWO times—support with visual (see signs at end of lesson plan)

a. CAR

b. BOAT

c. TRUCK

d. TRAIN

e. STOP

f. GO

5. SONG: If You're Happy and You Know it (demonstrate sign for HAPPY)

Clap your hands

Stomp your feet

Shout Hooray

Do all 3

6. SONG: Row, Row, Row Your Boat (demonstrate motion of rowing boat)

Row, row, row your boat

Gently down the stream

Merrily, merrily, merrily, merrily life is but a dream



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7. SENSORY: Boats in water bin
8. BOOK: *Go Dog Go* by P.D. Eastman
9. SONG to the tune of Farmer in the Dell—Demonstrate the motions
 - We're riding on our bikes (move legs)
 - We're riding on our bikes
 - Hi Ho the Derri-o, we're riding on our bikes-----Continue for the items below
 - Rowing in a boat: row with arms
 - Flying in a plane: spread arms like wings of plane
 - Driving in a car: use arms to steer the car
10. SONG: Shaker Song
 - Shake your shakers, shake, shake, shake
 - Shake, shake, shake
 - Shake, shake, shake,
 - Shake your shakers, shake, shake, shake
 - Shake your shaker
 - Shake your shaker HIGH HIGH HIGH
 - Shake your shaker LOW LOW LOW
 - Shake your shaker FAST FAST FAST
 - Shake your shaker SLOW SLOW SLOW
11. SENSORY: Take a "ride" on your blanket or towel (demonstrate with stuffed animal)
12. SONG: 5 Little Monkeys Jumping on the Bed (incorporate sign for JUMP)
 - a. Use visuals/count monkeys
13. SONG/BOOK for visual: *Wheels on the Bus*
14. SENSORY/ORAL MOTOR: Bubbles (review homemade bubble recipe-see below)
15. BUBBLE SONG: (support with visual of lyrics)
 - 5 little bubbles floating to the floor
 - 1 bubble popped and then there were 4
 - 4 little bubbles round as can be
 - 1 bubble popped and then there were 3
 - 3 little bubbles were flying just to you
 - 1 bubble popped and then there were 2
 - 2 little bubbles were having so much fun
 - 1 bubble popped and then there was 1
 - 1 little bubble round as the sun
 - Until that bubble popped and then there were NONE!
16. GROSS MOTOR: *Hokey Pokey* (can use stuffed animal)
17. Review signs
18. SONG: "Goodbye"—Same as Hello Song—use Goodbye

EASY MAKE AT HOME BUBBLE RECIPE

½ cup of sugar—pour in a bowl

Add 4 cups warm water. Mix to dissolve

Add ½ cup dish soap (blue dish soap works well)

Mix

Can use a kitchen whisk for a bubble stick. Enjoy!



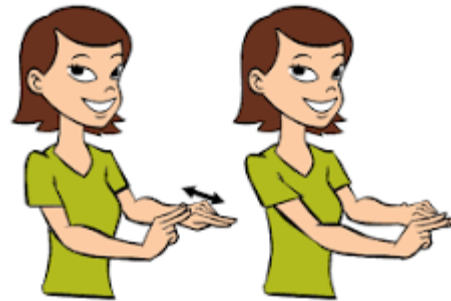
CAR



BOAT



TRUCK



TRAIN



GO



STOP