

Language, Cognitive & Affective Development

- **Welcome Song & Gathering**
 - Welcome song:
 - **Hello, Hello! Can You Clap Your Hands?**
 - “Hello, hello! (wave one hand, then the other)
 - Can you clap your hands? (clap)
 - Hello, hello!
 - Can you clap your hands? (clap)
 - Can you stretch up high? (stretch towards the ceiling)
 - Can you touch your toes? (bend down and touch your toes)
 - Can you turn around? (turn around)
 - Can you say “hello”? (wave, then say hello)
 - Can you stomp your feet? (stomp your feet)
 - Hello, hello!”
 - Introductions
 - Explain each station and the idea of purposeful play behind each station

Social, Physical & Attention Development

- **Purposeful Play Stations (45-60 minutes):**

Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.

Sensory station – Science activity

- You will need:
 - Small to medium size bowl
 - Black pepper
 - Water
 - Soap – dish soap works best
- This activity shows the importance of washing our hands in a fun creative way!

Gross Motor Station: Shake Our Sillies Out Song

- Sing along and follow the actions guided in the song!
- Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away

I gotta clap, clap, clap my crazies out
Clap, clap, clap my crazies out
Clap, clap, clap my crazies out
And wiggle my waggles away

I gotta jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out
Jump, jump, jump my jiggles out

Destination Discovery

Purposeful Programming Lesson Plan

And wiggle my waggles away

I gotta yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
Yawn, yawn, yawn my sleepies out
And wiggle my waggles away

I gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away
And wiggle my waggles away

Fine motor/Sensory Station: Glitter calm down bottle

- You will need
 - Empty water bottle or mason jar
 - Bottle of clear glue, glitter glue or baby oil
 - Hot water
 - Glitter or mini legos, pom poms, orbeez, beads, the options are endless!
 - Optional: food coloring
- First we will empty our glue or baby oil into our empty water bottle. Then we will fill the water bottle almost to the top with hot water (parents or caretakers please help with the hot water). Then we're going to add in whatever fun things we want into our water bottle or jar, you can use glitter, mini legos, pom poms, beads, orbeez, get creative! If you would like you can also add a few drops of food coloring. The addition of materials is a great fine motor exercise. Next we're going to screw on the top of the water bottle or mason jar nice and tight. You can always hot glue it for extra security. Last we shake shake it up and watch the glitter slowly fall to the bottom.
- Glitter bottles have many great benefits! They are a great sensory activity. They can help us as a brain break or to calm down when we're frustrated. Try shaking it up and taking a deep breath as you watch the glitter slowly fall to the bottom.

Gross motor/social station: Action and Feeling Dice

- We're going to roll two dice. One will have an action and one will have a feeling.
 - When the dice is rolled we will have fun with what it says!
 - Can you jump angrily?
 - Stretch sleepily?
 - Balance on one foot happily?
 - Dance sadly?
 - Some of these might look kind of silly! It's fun to combine two that don't go together and then find two that do!
- **Good-bye (5 Minutes):**
Celebrate successes and remind of upcoming programs, activities and events.
 - **It's our time to say goodbye!**
 - It's our time to say goodbye to Mommy, it's our time to say goodbye to mommy, it's our time to say goodbye to mommy, say bye bye bye bye.
 - Repeat with Daddy, sister, brother, everyone!