

Language, Cognitive & Affective Development

- **Welcome Song & Gathering**
 - Welcome song:
 - **Hello, Hello! Can You Clap Your Hands?**

Social, Physical & Attention Development

- **Purposeful Play Stations**

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.

 - **Gross Motor Station: FREEZE DANCE**
 - Dance along as we shake off the stress of the day and work of some extra energy. Freeze dance is great for working on listening skills, building up muscles, and improving coordination. Sing along and work on speech and language skills too!
 - It's simple! Dance until the music pauses then freeze in whatever position you're in! When the music starts up again, get your body moving and grooving!
 - **Fine motor/Sensory Station: Tambourines**
 - You will need:
 - Two paper plates, the sturdier the better
 - Dried beans or peas
 - Stapler OR hole punch and yarn/ribbon
 - Markers, crayons, washi tape, bells anything you want for decoration!
 - First we want to decorate our plates. The bottom of the plate will actually be the outside of our tambourine.
 - If you're using the hole punch method to make your tambourine you will want to start punching holes around the outside of both plates, about an inch apart.
 - Place about ¼ cup of beans or dried peas inside one of your plates. Put the second plate on top.
 - If you have holes punched in the outside of the plate you're now going to lace your ribbon or yarn through the holes to lace up your tambourine! Pull it tight and tie it in a double knot when you have made it all the way around. This is a GREAT fine motor activity. If you have bells you can also thread a bell though every other hole for an additional sound when shaken!
 - If you're not punching holes you can now carefully staple around the outside of your plates. Hold them tight together while stapling to keep your beans inside! You can hot glue bells to the outside of your plate to add an additional sound when shaken.
 - Now shake it up and test it out! How loud and soft can you make it?!

- Gross motor/social station: Shake your shakers
 - You will need:
 - Your new tambourine!

Let's put your tambourine to good use!

Song 1

*Shaker your shaker high, high, high, high, high, high, high, high, high, high,
Shake, your shaker, high, high, high, shake your shaker!*

Now low, low, low!

Now side to side!

Up and down!

Round and round!,

Fast, fast, fast!

Slow, slow slow!

Song 2

Shake your shaker to the music!

Shake your shaker to the music!

Shake your shaker to the music!

Now get ready to stop. Stop! Shhhhhhh!

GOOOOOOOOOO! Shake shake shake!

Clap your hands to the music!

Clap your hands to the music!

Clap your hands to the music!

Now get ready to stop. Stop! Shhhhhhh!

GOOOOOOOOOO! Clap, clap, clap!

Stomp your feet to the music!

Stomp your feet to the music!

Stomp your feet to the music!

Now get ready to stop. Stop! Shhhhhhh!

GOOOoOOOO! Stomp, stomp, stomp!

- **Fine motor/Sensory Station: Rain Stick**
 - You will need:
 - Aluminum Foil
 - Paper Towel Roll
 - Rice (uncooked)
 - Construction paper
 - 2 Rubber Bands or Tape
 - We start off by tearing a 10 inch sheet of foil. Then we roll or fold it into a long stick shape.
 - Now we want to wrap it around a broom handle or spoon handle to make a spiral.
 - Next we're going to tear of a 7 inch sheet of foil. We want to roll this one into a tight small snake. Now you can wrap it around your finger or a pencil or pen to make another smaller spiral.
 - The next part is tricky! You can ask for help if you need it. Put the small spiral inside the bigger spiral. This prevents the rice from just falling straight down your paper towel tube and helps make the rain sound!
 - Now place your paper towel roll on top of a sheet of construction paper and trace around the circle. Then draw a bigger circle (about two inches) around your smaller circle. It will look like a target! We're going to do both steps a second time. Trace the paper towel tube, then make a larger circle around it.
 - Now cut out around the outside of the two larger circles. Then make cuts from the outside of the circle into the smaller circle about every half inch. This makes the paper fold around the top and bottom of your tube!
 - Tape or rubber band the construction paper around one end of your tube.
 - Insert the tinfoil spirals into your tube. Then pour $\frac{1}{4}$ cup of rice into your tube.
 - Close it off and tape or rubber band the second circle over the open end.
 - Now you can cover the rainstick with construction paper or decorate it as is!
 - Time to dance

Good-bye

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.
- Repeat with Daddy, sister, brother, everyone!

BONUS Oral Motor Activity: Kazoo!

- Two tongue depressors
- Rubber bands
- Construction paper
- Scissors
- Tape
- Cut two strips of construction paper long enough to wrap around the tongue depressors.
- Wrap the strips of paper around the tongue depressor on either end and tape.
- Stretch a rubber band long ways across the tongue depressor with the strips on it.
- Place the other tongue depressor on top
- Rubberband the two sticks together on each end next to the construction paper.
- Blow through the middle of the kazoo to make your humming sound!

BONUS Oral Motor Activity: Flute

- 10-12 straws
- Scissors
- Tape
- Place all of your straws in a row flat on a table. Line them up so the top of the straws are all in a nice straight line.
- Place a piece of tape across all of the straws.
- Flip your flute over and place another piece of tape across the back of all of the straws, make sure it is long enough to wrap around to the front.
- Take your scissors and cut on a diagonal line from one side to the other. All of the straws should be trimmed.
- Hold the flute on your bottom lip and try to direct the air down into the straws! This is great oral motor practice! The straws will have different tones because of the different lengths!