

Activities I Can Do at Home with My Toddler for

MARCH

Learning Themes:

Spring Cleaning & Self-Care: Teeth Brushing, Sleeping, Eating, Bathing, Dressing

Learning Concepts:

self-care, assisting with housework/chores, pretend play, sharing/trading, taking turns, and imitation

These are not date specific, so you can pick whatever works for your family. You may want to try them all or pick a few favorites to do more than once. The idea is to have fun.

1. Blow bubbles while you go to a car wash
2. Fill a laundry basket with clothes and have your child push it to the laundry room
3. Give your child a washcloth at bath time: Label body parts and have them point or wash them
4. Read a book about bedtime routines or sleep before bedtime or nap
5. Sensory: Wash a doll in a sensory bin or the bathtub; Loofah, washrag, brush, towel
6. Throw cotton balls on the floor and have them sweep them up; dustpan, hand broom, cotton balls
7. Let them brush their teeth while sitting in the high chair after lunch
8. Spray bottle with water; have them spray and wash a window, or you can do it outside (wash their car)
9. Eat a rainbow fruit snack: Strawberries, Oranges, Banana, Grapes, Blueberries
10. Let your child help undress at bath time or in the morning when getting dressed.
11. Brushing teeth song: www.pinterest.com/pin/9640586684484107
12. Let your child scoop their food onto their plate at mealtimes
13. Sensory: Make mud in a bin and put a few cars in the mud. Have them clean off the cars with water.
14. Let them play with pots, pans, and spoons when you are cooking
15. Put foam soap or shaving cream on the window and let them play in it; Have them wipe off when done.
16. Put out two or three clothing choices, pants and shirt, and let them pick out their outfit for the day.
17. Outside: Help clean up the yard, rake, pick up branches or sticks, and put them in a box
18. Dance to the Video "Brush Your Teeth Beat with Mickey Mouse"
www.youtube.com/watch?v=FA80_Ff0CFk
19. Listen to the story: "Bedtime for Baby Shark" www.youtube.com/watch?v=8wLaCx5KKTg
20. Sensory: Wash dishes in a bin or your sink
21. Listen to some lullabies to get ready for bed
22. Go outside and play; have them zip up their coat, put on their hat, put on their shoes or boots
23. Color a picture of a bunny and glue cotton on his tail.
24. Sensory Bin: Easter grass, plastic eggs, put items in plastic eggs, basket; open and close eggs
25. Read a book about Easter, a bunny, or a chick
26. Make a kite; Cut out a diamond on paper and decorate it, add a piece of yarn for the tail
27. Snack: Green foods for St. Patrick's Day; granny smith apple, grapes, kiwi, cucumber
28. Put empty laundry basket in the room; have child climb in or you put them in and give them a ride, words to use; "push, pull, turn, around and around, spin, stop, go."
29. Hide plastic eggs and have them go on an egg hunt; practice as Easter is the first weekend of April
30. Sing: *This is the Way We Sweep the Floor, Sweep the Floor, Sweep the Floor*
This is the Way We Sweep the Floor so Early in the Morning
Add your own verses for your daily routines: **Wash the dishes, comb your hair, pick up your toys, wash your face, eat at the table, etc.**