

## YCC & T Daily Activities

### 1. Table Washing (Practical Life)

Supplies—Water, bucket, wet towel/dry towel or sponge, and liquid soap

Time—However long the child will desire

- Invite the child over to a table.
- Get a small bucket of water.
- Get dish washing liquid and pour on table.
- Take a towel or sponge and wipe table from left to right.
- Take a dry towel or sponge and wipe area until table is dry.
- Repeat until child is done.

### 2. Taking of Shoes (Self-Care)

Supplies—Shoes

Time—However long the child desires

- Invite the child over to sit on the floor.
- Slowly undo the Velcro and make sure the child is watching you undo the Velcro.
- When the Velcro is undone loosen the shoe by lifting the tongue.
- Hold the heel of the shoe and pull down until it comes off heel.
- Hold the top of the shoe, closer to the toe and pull until the shoe comes off foot.
- Ask the child if they would like a turn.
- Repeat until the child is done.

### 3. Paper Tearing (Art)

Supplies—Paper

Time—However long the child desires

- Invite the child over to table.
- Sit down next to child.
- Take a whole sheet of paper into your hands gripping it between your pointer fingers and thumbs.
- Tear the paper by pulling hands down and away from each other.
- Continue tearing the paper into several pieces.
- When you are done tearing a piece or pieces put them into the bowl.
- Repeat until the child is done.

#### 4. Fruit or Vegetable Stamping (Art)

Supplies—Fruit or Vegetable and paint

Time—However long the child desires

- Invite the child over to the table.
- Pick up the piece of fruit or vegetable that is already precut.
- Dip the piece of fruit or vegetable in paint.
- Stamp the fruit onto piece of paper.
- Repeat until the child is done.

#### 5. Different Textures (Sensorial)

Supplies—Grass, Hard wood floor, and fuzzy stuff animal

Time—However long the child desires

- Invite the child over.
- Let the child feel different textures and let them describe what they are feeling with each touch.
- Repeat until the child is done.

#### 6. Heavy and Light (Sensorial)

Supplies—Containers, Rice, and Water

Time—However long the child desires

- Invite the child over.
- Hand a child a container with nothing in it.
- Hand a child a container with rice in it and ask “Which is heavier?”
- Then ask the child which is the lightest?
- Then hand a child of container that’s the heaviest.
- Let the child walk around carrying each container.
- Repeat until the child is done.

#### 7. Fruit/Vegetable Counting (Math)

Supplies—Fruit or vegetable

Time—However long the child desires

- Invite the child over.
- Place a piece of fruit or vegetable out and say “One”
- Continue to do so until child is done or until you run out of fruit/vegetable
- 1-5 is usually the highest number for this age group.
- Repeat until the child is done

### 8. One to One Cup/Spoon Counting (Math)

Supplies—Cups, Spoons, Paper, and Pen

Time—However long the child desires

- Get 5 cups and write the numbers out on each cup or use paper to label each cup.
- Put 1 spoon in cup number “1”
- Repeat until all spoons are in cups.
- Repeat until the child is done.

### 9. Object Basket (Language)

Supplies—Basket or bowl and different objects around the house

- Gather different objects around the house and place them into a bowl or basket.
- Invite the child over
- Let the child identify each object
- Then you ask the child to hand you an object
- Repeat until the child is done

### 10. Language

Supplies--Books

Singing songs and reading books

### 11. Large Gross Motor

Supplies—Clothes, a basket, washing machine and dryer

- Invite the child over to help pick clothes up and place in basket
- Carry basket to washing machine place clothes in machine
- After clothes are done invite the child to place clothes in the dryer.
- Invite child to take clothes out the dryer and place them back in basket.
- Have them take the clean clothes of basket and introduce folding.