

Weekly Lesson Plan – Infant/Toddler

Theme: My Senses

Developmental Domains:

- **Cognitive:** Explore and identify five senses through hands-on experiences.
- **Language:** Build vocabulary with sensory words (e.g., soft, loud, sweet) through songs, books, and teacher narration.
- **Motor:** Strengthen fine and gross motor skills with crawling, climbing, stacking, and sensory activities.
- **Social-Emotional:** Foster trust, self-awareness, and positive peer interactions through group and sensory play.

	Monday	Tuesday	Wednesday	Thursday	Friday
Large group	Sing “Head, Shoulders, Knees & Toes”; name/point to eyes, ears, nose, mouth; use body-part picture cards.	Read a touch-and-feel book; label textures (soft, bumpy, rough).	Explore sound bottles (rice, bells); practice loud vs. soft with call-and-response.	Music & movement with scarves; move fast/slow, high/low; stop/go cues.	Taste test of safe fruits (family permission); model “more/all done” signs.
Small group	Sensory bags (gel/water beads sealed); squeeze, press, track with eyes; simple choice board (“Which feels soft?”).	Smell tray (vanilla, cinnamon, peppermint on cotton); choose favorite; match smell picture to cotton.	Edible finger paint; name colors while making handprints; wipe/clean routine for self-help.	Light table or clear blocks; sort by color/shape; stack two-three high.	Peek-a-boo with scarves; object permanence boxes; narrate “now you see it!”



Outdoor activity	Texture walk: hands/feet on grass, mat, bark (hand-over-hand as needed); bubble pop for tracking/reaching.	Chase and stomp bubbles; practice turn-taking with wands.	Nature collection: leaves, sticks; compare smooth/rough; wagon ride for infants.	Water play: cups/funnels; fill/dump; "wet/dry" vocabulary.	Gross motor circuit: crawl tunnel, soft climber, push toys; imitate animal moves.
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Learning Centers

Dramatic Play:

Create a sensory "kitchen" with toy utensils, textured play food, and scarves for pretend cooking.

Fine/Gross Motor:

Push/pull toys, stacking cups, soft climbing mats, tunnels, and large soft blocks for crawling or climbing.

Library:

Touch-and-feel books, simple picture books, and high-contrast board books.

Sand/Water Table:

Include funnels, floating toys, and textured scoops for sensory exploration.

Art:

Edible finger painting, textured collages, large crayons, and sponges for stamping.

Accommodations

- **For hearing impairments:** Use sign language, picture cards, and gestures.
- **For vision impairments:** Provide audio cues, songs, and textured materials.
- **For motor delays:** Offer adapted seating, supportive equipment, and hand-over-hand assistance.
- **For cognitive delays:** Simplify instructions, provide one-on-one support, and use concrete materials.



Goals for the Week

- Build **vocabulary** around sensory experiences.
- Encourage **gross motor exploration** through outdoor play and climbing activities.
- Support **fine motor development** with stacking, grasping, and painting.
- Foster **social-emotional growth** through shared activities, songs, and sensory games.

