

Week of the Young Child Activities

Music Monday

Infants (0–12 months): Rhythm & Rock Parade

- Hold or seat babies safely.
- Tap a gentle beat (hands on knees or soft drum).
- Sing one repeating song and pause for smiles/eye contact.

Toddlers (1–2): Instrument Exploration Circle

- Offer shakers (sealed), scarves, rhythm sticks (age-safe).
- Practice: “Play...stop...play...stop.”
- Keep it 5–7 minutes.

Preschool (3–5): Sound Match Game

- Make 4 sound stations (bell, shaker, drum, clap).
- Kids close eyes and guess which sound they hear.
- Extension: loud/soft, fast/slow.

School-age (6+): Create-a-Rhythm Challenge

- Small groups create a 4-beat pattern and teach it to the class.
- Add a “kind audience” rule: clap for every group.



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Tasty Tuesday

Infants: Taste-Safe Sensory

- Offer approved finger foods with different textures (soft fruit, yogurt, etc.).
- Talk about: “smooth,” “soft,” “cold,” “sweet.”
- No pressure to eat—explore safely.

Toddlers: Build-a-Snack

- Options: crackers + spread, fruit pieces, cheese cubes (per policy).
- Toddlers practice “choose 1, then 1” to avoid overwhelm.

Preschool: Cooking as Math

- Make trail mix or parfaits (allergy-safe).
- Count scoops, compare “more/less,” make simple patterns (AB).

School-age: Recipe Helpers

- Kids write a simple recipe card for younger classes (pictures + steps).
- Optional: “nutrition rainbow” challenge (find 3 colors).

Work Together Wednesday

Infants: Together Time Mirror Play

- Baby-safe mirror + soft toys.



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- Adults model sharing language: “my turn/your turn” with the adult, not baby-to-baby.

Toddlers: Buddy Build

- Pairs build one block tower together.
- Teach one rule: “Hands help—no grabbing.”
- Celebrate teamwork, not tallest tower.

Preschool: Classroom Helper Teams

- 3-minute team jobs: “book team,” “table team,” “toy team.”
- Use a simple chant: “Teamwork makes it easy!”

School-age: Community Project Plan

- Kids choose a project: make welcome cards, organize books, tidy playground (policy permitting).
 - Create roles: leader, supplies, timer, encourager.
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Artsy Thursday

Infants: Paint-in-a-Bag Art

- Paint in sealed zip bag, taped to tray/table.
- Babies press and swipe.
- Label: “WOYC Art” + date.



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Toddlers: Sticker + Stamp Collage

- Big paper + dot stickers + sponge stamps.
- Prompt: "Fill your paper with color!"

Preschool: Process Art Stations

- 3 stations: collage, watercolor, playdough sculpture.
- Emphasize: "No wrong way to create."

School-age: Class Mural

- Theme: "What helps kids grow?"
 - Kids add drawings/words: "play," "books," "kindness," "friends."
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Family Friday

Infants: Family Photo Heart

- Families share a photo if they want.
- Create a simple board: "People Who Love Me."

Toddlers: My Favorite Routine Chart

- Toddlers choose pictures: bedtime story, snack, park, hugs.
- Adults label: "I like..."

Preschool: Family Interview



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- 3 simple questions:
 - “What was your favorite game as a kid?”
 - “What is a family tradition you love?”
 - “What makes you proud of me?”
- Sharing is optional.

School-age: Family Appreciation Notes

- Write thank-you notes to caregivers (any caregiver).
 - Offer sentence starters:
 - “Thank you for...”
 - “I feel loved when...”
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Bonus “All Week” Ideas

- **WOYC Spirit Days:** pajama day, hat day, favorite color day (inclusive, low-cost)
- **Read-Aloud Spotlight:** a daily book + one question: “What did you notice?”
- **Outdoor Play Challenge:** “Try a new movement” each day (hop, balance, stretch)



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