



# KITA ACADEMY

*Knowledge Imagination Talent Adventure*

## TODDLERS LESSON PLAN

KITA Academy



### Introduction

Welcome to the Toddler Program at KITA Academy! This lesson plan provides a framework for engaging and educational activities designed to support your toddler's development. Each week will focus on a specific theme, incorporating various activities to stimulate cognitive, social, emotional, and physical growth. Our goal is to create a fun, safe, and nurturing environment where toddlers can explore, learn, and thrive.

**Theme Focus:** Colors

**Week:** Week 2

**Learning Objectives:**

- Cognitive Development (Thinking & Understanding)
- Language Development (Communication & Literacy)
- Fine Motor Development (Small Muscle Control)
- Gross Motor Development (Large Muscle Control)
- Social-Emotional Development

### Daily Activities

#### **Morning Circle Time (9:00 - 9:30 AM)**

- Welcome song
- Attendance check
- Review of the day's theme
- Story Time

**Description:** Start the day with a fun and engaging circle time. We'll sing familiar songs, take attendance, and introduce the day's theme through interactive storytelling. This is a great way to build a sense of community and prepare toddlers for the day's activities.

**Materials:** Theme-related storybook, attendance chart, song lyrics.

**Activity 1: Sensory Play (9:30 - 10:00 AM)**

- Specific sensory activity, e.g., Water table with floating toys, playdough with cookie cutters, sand box with shovels

**Description:** Explore the world through touch, sight, smell, and sound! Sensory play stimulates creativity, problem-solving skills, and fine motor development.

**Materials:** Water table, water, floating toys, playdough, cookie cutters, sand box, shovels.

**Activity 2: Arts & Crafts (10:00 - 10:30 AM)**

- Specific arts and crafts activity, e.g., Finger painting with animal stencils, coloring pages with shape outlines, collage with different textured materials

**Description:** Let's get creative! Arts and crafts activities encourage self-expression, hand-eye coordination, and color recognition.

**Materials:** Finger paint, animal stencils, coloring pages, shape outlines, glue, various textured materials (fabric scraps, cotton balls, etc.).

**Snack Time (10:30 - 11:00 AM)**

- Healthy snack (e.g., fruit, yogurt, crackers)
- Water

**Description:** A nutritious snack break to refuel and recharge. We encourage healthy eating habits and provide opportunities for social interaction.

**Materials:** Fruit, yogurt, crackers, water, napkins.

**Activity 3: Music & Movement (11:00 - 11:30 AM)**

- Action songs (e.g., 'Head, Shoulders, Knees, and Toes', 'The Wheels on the Bus')
- Free dance

**Description:** Get those little bodies moving! Music and movement activities promote gross motor skills, rhythm, and coordination.

**Materials:** Music player, action song playlist.

**Outdoor Play (11:30 AM - 12:00 PM)**

- Free play in the playground
- Bubble blowing

**Description:** Fresh air and sunshine! Outdoor play encourages physical activity, exploration, and social interaction.

**Materials:** Playground equipment, bubbles, bubble wand.

**Lunch Time (12:00 - 12:30 PM)**

- Nutritious lunch (provided by parents)

**Description:** A time to refuel and socialize. We encourage toddlers to try new foods and practice good table manners.

**Materials:** Lunch boxes, napkins.

**Quiet Time/Story Time (12:30 - 1:00 PM)**

- Reading books
- Quiet activities (e.g., puzzles, building blocks)

**Description:** A time for relaxation and quiet reflection. Reading books and engaging in quiet activities helps toddlers calm down and prepare for nap time.

**Materials:** Books, puzzles, building blocks.

**Nap Time (1:00 - 3:00 PM)**

- Rest and relaxation

**Description:** A crucial time for toddlers to rest and recharge, promoting healthy development and well-being.

**Materials:** Cots, blankets, pillows.

**Free Play/Afternoon Activities (3:00 - 4:00 PM)**

- Free play with toys and games
- Review of the day's theme

**Description:** A time for unstructured play and exploration. Toddlers can choose from a variety of toys and games and review what they learned during the day.

**Materials:** Toys, games.

**Dismissal (4:00 PM)**

- Prepare for pick-up
- Goodbyes

**Description:** A time to say goodbye and prepare for the end of the day. We ensure a smooth and safe transition for all toddlers.

**Materials:** Belongings, sign-out sheet.

## Important Notes

- Please label all belongings with your child's name.
- Send a nutritious lunch and snacks each day.
- Inform us of any allergies or special needs.
- Dress your child in comfortable clothing suitable for indoor and outdoor play.
- KITA Academy is a nut-free environment.
- Please inform the academy if your child will be absent.

## Summary

This Toddler Lesson Plan outlines the daily activities and learning objectives for our program at KITA Academy. We are committed to providing a stimulating and nurturing environment where your toddler can grow and thrive. We believe this detailed approach will help foster creativity, social skills, and a love for learning. We look forward to a fun and enriching week!