

Sound Week, Monday

Date: _____

7:00	Wake up. Go potty. Get dressed, to her shoes. Brush hair.
7:30	Do calendar activity. Practice vocabulary words on picture chart. Teach Mcdonald's Farm. Review old songs.
7:45	Breakfast. Encourage her to taste three food groups. Wash up.
8:00	Table activities Musical Instruments (noisy) puzzle. New vocabulary words.
8:15	House play, with noisy alarm clock, or take dolls to see the doctor, listen to their heartbeat.
9:45	Pick up toys. Go potty. Wash up for snack.
10:00	Snack. Juice or milk and one other food group. Read her a book while she has snack. Encourage her to listen to the whole story.
10:15	If possible, tour the fire department. Otherwise, walk towards the fire department and wait until a call goes out. Listen to the loud trucks! Or recall the loud fire trucks in the parade. On the walk, discuss other sounds – traffic, people, horns, wind, leaves.
11:15	Calm down inside time. Make drum from empty oatmeal box. Cut a piece of paper to wrap around outside of box. Child colors. Attach paper to box. Make a drum stick by piercing a small rubber ball with a dowel, or use a wooden spoon to beat oatmeal drum.
12:00	Lunch, Go Potty. Read a story in rocking chair. Sing a song, cuddle.
1:00	NAP.
3:00	Up from nap. Make bed. Go Potty, wash.
3:15	Snack. Encourage her to taste two different food groups. No seconds.
3:30	Outside time. Play the Oatmeal Box Drum. Play in sand.
4:30	Return home.
4:45	Project. Make shaker jars. Using small film containers, but some dry beans in two. Put salt in two. Put rubber eraser in two. Etc. Then, can you match up the pairs of jars by sound alone?
5:15	Clean up. Read a story. Free play time, while adult gets dinner ready.
6:00	Have dinner.
6:30	Put away food, load dishwasher, have child help.
7:00	Bath time. Get in pajamas. Read some stories or play a table game.
8:00	BED.

Sound Week, Tuesday

Date: _____

7:00	Wake up. Go potty. Get dressed, to her shoes. Brush hair.
7:30	Do calendar activity. Practice vocabulary words on picture chart. Review Old McDonald's Farm, and learn Bingo.
7:45	Breakfast. Encourage child to taste three food groups. Wash up.
8:00	Table activities: Tape Recorder. Play sounds previously recorded around the house. Guess what they are. Like the washing machine running, an alarm clock, the telephone ringing, vacuum cleaner, water running, etc. Record child's voice and play back.
8:15	Free play.
9:45	Pick up toys. Go potty. Wash up for snack.
10:00	Snack. Juice or milk and one other food group. Talk during snack time. What can you hear right now? Can you hear the neighbor's dog? The birds outside? The pretty wind chimes?
10:15	Outside. Woodworking Center.
11:15	Make a tambourine for the rhythm band. Use paper plate or throw-away pie tin. Attach jingle bells. Let child decorate- color paper plate, or color a paper circle and glue it to the tin plate. Could glue fabric scraps and feathers to the tin plate.
12:00	Lunch, Go Potty. Read a story in rocking chair. Sing a song, cuddle.
1:00	NAP.
3:00	Up from nap. Make bed. Go Potty, wash.
3:15	Snack. Encourage her to taste two different food groups. No seconds.
3:30	Outside time. Play with tambourine and oatmeal drum. Place CD player in a safe place outside, and play some Soussa marching band music.
4:30	Return inside. Potty, wash up.
4:45	Sound tray. Set out a try filled with objects: bell, coconut shell, toy xylophone, feather, metal spoons, plastic spoons, whisk broom, triangle and striker, crisp paper, comb, alarm clock, tissue, seashell, cotton ball. Compare the sounds being dropped, banged, handled. Wood against wood, metal against metal, metal against wood, paper being torn, or crumpled. Etc.
5:15	Clean up. Read a story. Free play time, while adult gets dinner ready.
6:00	Dinner.
6:30	Put away food, load dishwasher, have child help.
7:00	Bath time. Get in pajamas. Read some stories.
8:00	BED.

Sound Week, Wednesday

Date: _____

7:00	Wake up. Go potty. Get dressed completely, including shoes. Brush hair.
7:30	Do calendar activity. Practice vocabulary words on picture chart. Review Songs.
7:45	Breakfast. Wash up.
8:00	Table activities: Color with crayons or markers. Teach child to listen for the "pop" so he knows the marker cap is on tightly.
8:15	Free Play.
9:45	Pick up toys. Go potty. Wash up for snack.
10:00	Snack. Play "Who Am I?" Make an animal sound, ask child to guess what you are. Growl, bark, meow, chirp, whatever animals are part of your child's experience.
10:15	Outside Play. Ride Trike. Clothespin a playing card to the spoke, listen to the sound it makes as you pedal.
11:15	Calm down inside time. Project. Make sand blocks for rhythm band. Paint wooden blocks, tack sandpaper to one surface with glue or staples.
12:00	Lunch, Go Potty. Read a story in rocking chair. Sing a song, cuddle.
1:00	NAP.
3:00	Up from nap. Make bed. Go Potty, wash.
3:15	Snack. No seconds.
3:30	Outside Play. Rhythm band: play sand blocks to Marching music.
4:30	Come inside. Potty, wash up.
4:45	Project. Make wind chimes. Hang pieces of yarn from a coat hanger. Tie items to the yarn that will make a pleasant sound when the wind bangs them together. Try metal spoons, or wood dowels, or glass beads. Hang outside the child's bedroom window.
5:15	Clean up. Read a story. Free play time, while adult gets dinner ready.
6:00	Dinner.
6:30	Put away food, load dishwasher, have child help.
7:00	Bath time. Get in pajamas. Read some stories. Review the day.
8:00	BED.

Sound Week, Thursday

Date: _____

7:00	Wake up. Go potty. Get dressed completely, including shoes. Brush hair.
7:30	Do calendar activity. Practice vocabulary words on picture chart. Sing Baa-Baa Black Sheep. Teach Johnny works with one hammer.
7:45	Breakfast. Wash up.
8:00	Table activities: Play with music puzzle again. Or play a music instruments lotto game.
8:15	Free Play.
9:45	Pick up toys. Go potty. Wash up for snack.
10:00	Snack. Talk about loud voices and soft voices. Can you whisper? Can you whistle? We use inside voices inside. We use whisper voices in church. We may use loud voices outside.
10:15	Outside Play. Play with fire trucks in the sand box.
11:15	Calm down inside time. Project. Collage of sounds. Cut out pictures of ears, and of things that make noise. Glue to construction paper.
12:00	Lunch, Go Potty. Read a story in rocking chair. Sing a song, cuddle.
1:00	NAP.
3:00	Up from nap. Make bed. Go Potty, wash.
3:15	Snack. No seconds.
3:30	Outside Play. Child may play with rhythm band, unless interest is waning. Otherwise, listen to the sounds a ball makes when bounced on cement, against the house, against the tree, on the sandbox, more. Free play.
4:30	Come inside. Potty, wash up.
4:45	Project. Salt Art. Spread thinned white glue on sturdy paper or board with a paint brush. Shake colored salt into a pretty design. Allow to dry, then display. Salt may be colored with a few drops of food coloring, allowed to dry. Put it in a salt shaker. How many salt/pepper shakers or empty spice jars you have, determines how many colors of salt you offer your child.
5:15	Clean up. Read a story. Free play time, while adult gets dinner ready.
6:00	Dinner.
6:30	Put away food, load dishwasher, have child help.
7:00	Bath time. Get in pajamas. Read some stories. Review the day.
8:00	BED.

Sound Week, Friday

Date: _____

7:00	Wake up. Go potty. Get dressed completely, including shoes. Brush hair.
7:30	Do calendar activity. Practice vocabulary words on picture chart. Sing.
7:45	Breakfast. Wash up.
8:00	Table activities: Play lotto. Play with sound tubes again. Play with tape recorder. Review whatever you or the child wishes.
8:15	Free Play. Add pretty scarves to the rhythm band play set.
9:45	Pick up toys. Go potty. Wash up for snack.
10:00	Snack. Discuss field trip. Take a trip to the zoo. Talk about all the different noises you expect to hear.
10:15	Go to zoo.
11:15	
12:00	Eat lunch at zoo. Buy it there, or pack a picnic.
1:00	Enjoy zoo, or return home for nap. If weather permits, lay a blanket out on the ground and take a nap at the zoo. Is there a park or picnic area?
3:00	Up from nap. Go Potty, wash.
3:15	Snack. No seconds.
3:30	Finish up at the zoo. Return home. Any change in child's routine can be a cause of crabbiness and tantrums. Judge for yourself, if your child needs a calm down time, play something quiet. If child has excess energy, play outside. A quiet activity: draw a picture of the things you saw at the zoo. Outside, imitate zoo animals.
4:30	Come inside. Potty, wash up.
4:45	Project. Build a den/tent/cave for a zoo animal. Use blankets, sheets, clothespins and the kitchen table. Child can be the animal, or the zoo keeper. Put empty dishes in animal habitat for food and water.
5:15	Clean up. Read a story. Free play time, while adult gets dinner ready.
6:00	Dinner.
6:30	Put away food, load dishwasher, have child help.
7:00	Bath time. Get in pajamas. Read some stories. Review the day.
8:00	BED.