



Playful Days

TODDLER PROGRAM

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PLAYFUL DAYS

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Your child's wellness is our number one priority. All of our activities are created with the utmost love and intention. Please supervise your child closely and review our Safety Notice and Disclaimer of Liability at howweelearn.com/safety.

PLAYFUL DAYS

Welcome



PLAYFUL DAYS

Welcome

Welcome to Playful Days!

Playful Days is designed to be simple and stress-free for you, while giving your toddler plenty of opportunities to explore, create, move, talk, and play. Through seven playful themes, your child will build important early skills in language, fine and gross motor development, sensory exploration, problem-solving, creativity, and more. On the following pages, you will find information about what to expect in each session, along with a suggested schedule.

As you move through the program, remember that toddlers learn best through repetition and connection. There is no need to rush, complete every activity, or move on before your child is ready. Repeat favorites, follow their interests, and enjoy this special time playing together!

If you have any questions, please email me at customercare@howweelearn.com. I am here to help.

I hope you absolutely love Playful Days!

xo Sarah



PLAYFUL DAYS

What to Expect

Playful Days includes seven four-week sessions. Each session explores a playful theme through sensory experiences, crafts, movement, stories, songs, pretend play, and lots of hands-on fun. Each week includes five simple activities—one for each weekday—but there is no need to follow the schedule exactly. Repeat favorites, skip activities that aren't a good fit, and move at the pace that works best for your toddler.

Getting Started

At the beginning of each session, you will find a Materials List and Recommended Books:

- **Materials List:** Most materials are household items or basic craft supplies, though it is helpful to keep a few supplies on hand at all times, such as construction paper, painter's tape, glue, scissors, washable paint, markers or crayons, pipe cleaners, pompoms, and playdough.
- **Recommended Books:** These books are simply suggestions. The goal is to gather theme-related books to create a literacy-rich environment for your child. Choose other books your child may enjoy, too!

Stories, Songs, Poems, and More

Each session includes some completely optional extras to enjoy throughout the four weeks:

- **Storytime with Ms. Sarah:** Join Ms. Sarah for a short story featuring Jerome the Gnome and his friends! Each story includes a few Vocabulary Cards for your toddler to find and interact with as they listen. Watch the story again and again, talk about what happened, and use the cards to continue the conversation afterward.
- **Song or Poem:** Each session includes a short song or poem to enjoy together. Read or sing it often, add your own tune or actions when suggested, and give your toddler plenty of opportunities to begin joining in.

- **Want to Keep Playing?:** You will also find a few ideas for extending the theme, such as visiting a theme-related place or exploring additional ideas on the How Wee Learn blog.

Weekly Activities

Each session includes four weeks of daily, playful activities. The activities are intentionally simple and repeat a familiar rhythm so your toddler can build skills through lots of hands-on practice:

- **Sensory Exploration:** Mondays invite your toddler to explore with their senses through materials such as water, rice, playdough, ice, textures, and other sensory experiences.
- **Fine Motor:** Tuesdays strengthen the small muscles in the hands through activities such as threading, peeling, tearing, painting, squeezing, and picking up small objects.
- **Gross Motor:** Wednesdays get those bigger muscles moving through balancing, climbing, reaching, tossing, crawling, twisting, and other whole-body play.
- **Language Development:** Thursdays encourage talking, listening, singing, describing, comparing, and learning new words through playful conversations and activities.
- **Scavenger Hunts & Imaginative Play:** Fridays have either a simple search-and-find game or open-ended pretend play, giving your toddler opportunities to explore, imagine, and put their new vocabulary and ideas into action.

On the following page is a suggested schedule for how you can incorporate Playful Days into your week!



PLAYFUL DAYS

Suggested Schedule

Below is a suggested schedule for how you can fit Playful Days into your week, but you can use the curriculum however works best for your family! The suggested schedule also includes *The Quiet Time Club Toddler Edition*, *Morning Time with Littles*, and *Seasonal Living with Littles*. These resources are included in the *Everything Toddler Bundle* (and can also be purchased separately).

Monday		Tuesday		Wednesday	
Wake Up	Breakfast and <i>Morning Time with Littles</i> .	Wake Up	Breakfast and <i>Morning Time with Littles</i> .	Wake Up	Breakfast and <i>Morning Time with Littles</i> .
Morning	Outdoor time and <i>Playful Days</i> daily activity.	Morning	Outdoor time and <i>Playful Days</i> daily activity.	Morning	Outdoor time and <i>Playful Days</i> daily activity.
Lunch	Lunch and rest with <i>The Quiet Time Club</i> .	Lunch	Lunch and rest with <i>The Quiet Time Club</i> .	Lunch	Lunch and rest with <i>The Quiet Time Club</i> .
Afternoon	Watch Storytime with Ms. Sarah from <i>Playful Days</i> .	Afternoon	Enjoy an activity from <i>Seasonal Living</i> .	Afternoon	Practice the song or poem from <i>Playful Days</i> .
Evening	Bedtime story.	Evening	Bedtime story.	Evening	Bedtime story.

Thursday		Friday		Weekend	
Wake Up	Breakfast and <i>Morning Time with Littles</i> .	Wake Up	Breakfast and <i>Morning Time with Littles</i> .	Family time! Before each new session, you might also choose to take a trip to the library to gather books for the next theme, as well as review the materials list and gather supplies.	
Morning	Outdoor time and <i>Playful Days</i> daily activity.	Morning	Outdoor time and <i>Playful Days</i> daily activity.		
Lunch	Lunch and rest with <i>The Quiet Time Club</i> .	Lunch	Lunch and rest with <i>The Quiet Time Club</i> .		
Afternoon	Set up/add to <i>Seasonal Living</i> nature table.	Afternoon	Play, errands, or repeat a favorite activity.		
Evening	Bedtime story.	Evening	Bedtime story.		

SESSION #1

Colors & Shapes



SESSION #1: COLORS & SHAPES

Getting Started

Welcome to Session #1: Colors & Shapes! This session, your toddler will explore colors and shapes through sensory play, movement, matching, sorting, and simple crafts.

Materials List

Craft Supplies

- ☐ Construction paper
- ☐ Paper
- ☐ Paper tubes
- ☐ Painter's tape
- ☐ Tape
- ☐ Pipe cleaners
- ☐ Pompoms
- ☐ Plastic straws
- ☐ String
- ☐ Stickers
- ☐ Post-it notes
- ☐ Crayons or markers
- ☐ Small yellow items, such as beads
- ☐ Empty egg carton

Tools & Supplies

- ☐ Ziploc bag
- ☐ Rubbing alcohol
- ☐ Paper towels
- ☐ Plastic bowls

- ☐ Spoons
- ☐ Kitchen tongs
- ☐ Tweezers
- ☐ Large pot
- ☐ Measuring cups
- ☐ Turkey baster
- ☐ Basket or bowl
- ☐ Ice cube tray

Toys

- ☐ Cars, trucks, or other small toys
- ☐ Soft ball or socks
- ☐ Small yellow toys or LEGO
- ☐ Stuffed animals

Food & Recipe Ingredients

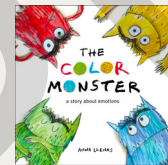
- ☐ Rice
- ☐ Food coloring
- ☐ Water

Printables

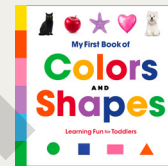
- ☐ Vocabulary Cards

Recommended Books

Below are recommended books to take out from the library. These are just suggestions. Any books on the theme are great!



The Color Monster: A Story About Emotions
by Anna Llenas



My First Book of Colors and Shapes: Learning Fun for Toddlers
by Rockridge Press



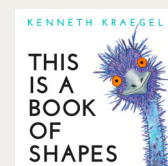
Mix It Up!
by Hervé Tullet



First 100 Padded: Numbers, Colors, Shapes
by Roger Priddy



Babies Love Colors
by Michelle Rhodes-Conway



This Is a Book of Shapes
by Kenneth Kraegel



SESSION #1: COLORS & SHAPES

Stories, Songs, Poems, and More

The activities on this page are completely optional! Choose any that sound like a good fit for your little one, repeat favorites as often as you like, or skip them altogether. They are simply here to give you a few more ways to enjoy the theme together.

Storytime with Ms. Sarah



Playful Days Story Time: Colors and Shapes

by How Wee Learn



Vocabulary Cards: Red Circle, Yellow Square, Orange Triangle

Story Summary

This session's video follows Jerome the Gnome and his friend Red Squirrel, who has lost some colorful buttons. As Jerome helps search for the missing buttons, children are invited to participate and practice recognizing different colors and shapes along the way. The simple adventure turns color and shape learning into an interactive search with Jerome and his forest friend.

After Storytime

Mix up the three Vocabulary Cards and ask your toddler to find the red circle, yellow square, and orange triangle as you name them. Then look around the room together to see if you can spot objects with the same colors or shapes.

Learn a Song Together

This session, I invite you to learn a song called “Make a Circle” (sung to the tune of “Frère Jacques”). Sing it together several times throughout the session and encourage your toddler to draw a big circle in the air with their finger as they sing.

Make a Circle

Make a circle, make a circle,

Like the sun, like the sun,

It is time to make a circle, time to make a circle,

Show me when you're done, show me when you're done.

After the Song

Can your toddler make a circle in another way? Try drawing one with a finger on the floor, making one with both arms, or finding something circular nearby.

Want to Keep Playing?

If your little one is loving this session's theme, keep the fun going! You might:

- Read another colors-and-shapes picture book.
- Visit an art gallery or museum and look for different colors and shapes in the artwork.
- Repeat a favorite activity from this session.
- Try one of the bonus activities on the How Wee Learn blog: www.howweelearn.com/toddler-activities-colours-shapes

Make a Circle

Sing to the tune of "Frère Jacques"

Make a circle,
make a circle,

Like the sun,
like the sun,

It is time to make a circle,
time to make a circle,

Show me when you're done,
show me when you're done.



SESSION #1: COLORS & SHAPES

Week 1

Monday: Red Rice Bin

Skill Focus: *Sensory Exploration*

Materials: Rice, Ziploc bag, rubbing alcohol, red food coloring, paper towel, plastic bowls and spoons

Make some vibrant red rice. To make this rice, simply add it to a Ziploc bag, add a tablespoon of rubbing alcohol and a few drops of red food coloring, mix it up and pour it on paper towels to dry. Add red items from around your home to the sensory bin. Add some small plastic bowls and spoons as well.

Tuesday: Shape Line Up

Skill Focus: *Fine Motor*

Materials: Painter's tape, cars or other small toys

Place painter's tape on the ground in the shape of a circle, a square, and a triangle. Have your child line up cars, trucks, or other toys on the painter's tape tracing the shape. Your child could also use each shape as a little road, driving cars along it.

Wednesday: A Balance Square

Skill Focus: *Gross Motor*

Materials: Painter's tape

Make a big square on the floor out of painter's tape. Walk the square with your little one, balancing carefully. Now try to hop on the lines or crawl on the lines. Can your child walk the lines backwards?

Thursday: Red Hunt

Skill Focus: *Language Development*

Materials: None!

Go on a walk through the house together to gather red things. Once you have collected a few treasures, sit down and compare them. Are some dark red and some light red, big or small, heavy or light? If your toddler is interested, you can do this activity again with a different color.

Friday: Color Match

Skill Focus: *Scavenger Hunt*

Materials: Post-it notes, markers

Color several Post-it notes in different colors. Give one at a time to your child and find an item that matches the color on the Post-it. When you find a match, stick the Post-it on!



SESSION #1: COLORS & SHAPES

Week 2

Monday: Blue Pompom Bin

Skill Focus: *Sensory Exploration*

Materials: Blue pompoms, kitchen tongs, tweezers, empty egg carton

To your sensory bin, add lots of blue pompoms as the base. Add in some kitchen tongs and tweezers, as well as an empty egg carton for your toddler to explore.

Tuesday: Tape Peel

Skill Focus: *Fine Motor*

Materials: Painter's tape

If you still have those painter's tape shapes on the floor, perfect—if not, pop some more on the ground! Show your child how to peel up the tape and allow them to peel all that tape off the floor.

Wednesday: Play with a Round Ball

Skill Focus: *Gross Motor*

Materials: Soft ball (or ball of socks), large pot

Get a soft ball to play with, or simply ball up some socks. Throw it against the wall and catch it, or throw it back and forth, counting how many times you can do this in a row together. Get out a big soup pot and see if you can toss that ball and make it land in the pot!

Thursday: Rainbow Song

Skill Focus: *Language Development*

Materials: Household items for each color of the rainbow

Sing Arthur Hamilton's Rainbow Song, "I Can Sing a Rainbow" together again and again! You can add some props to hold up as you sing each color (holding up a red spoon or yellow toy, for example).

"Red and yellow and pink and green. Purple and orange and blue. I can sing a rainbow, sing a rainbow, sing a rainbow too."

Friday: Circle Binoculars

Skill Focus: *Scavenger Hunt*

Materials: Paper tubes (or paper and tape), tape, string, stickers

Let your toddler color or decorate two paper tubes with stickers. Tape the two tubes together to create 'circle' binoculars for your toddler. Now it's time to use those binoculars to hunt for as many circles as you can find!



HOW WEE LEARN

No-Cook Playdough Recipe



FLOUR



OIL



BOILING WATER



MIXING BOWL



CREAM OF
TARTAR



SALT

Ingredients

- 1 1/2 cups flour
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 2 tablespoons oil
- 1 cup boiling water



MIXING SPOON
OR SPATULA

NO-COOK PLAYDOUGH RECIPE

Instructions

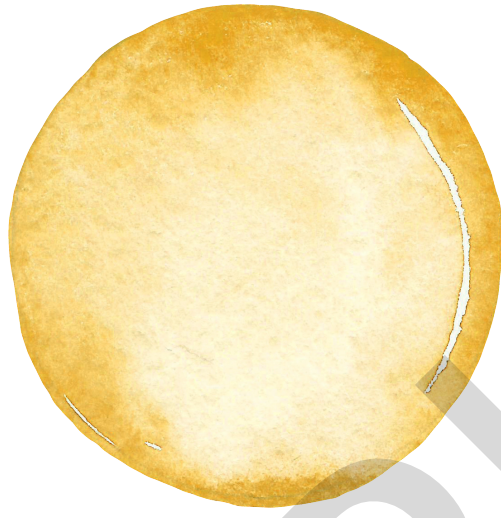
Add all of the ingredients to a bowl and mix them together. Remove the dough from the bowl and knead by hand until it becomes perfectly smooth.

Optional: Try adding food coloring or a couple drops of essential oils for color and a lovely scent.

Too sticky? Add more flour.

Too clumpy? Add more boiled water.



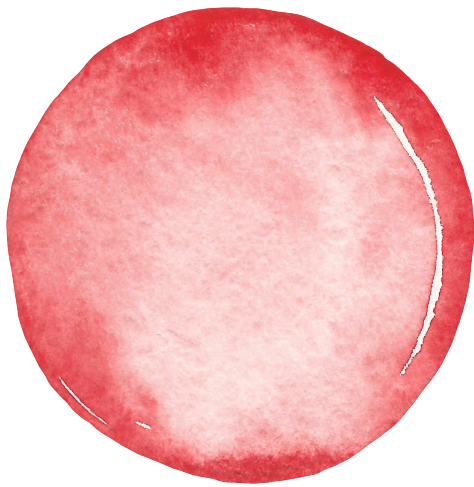


Make a circle,
make a circle,

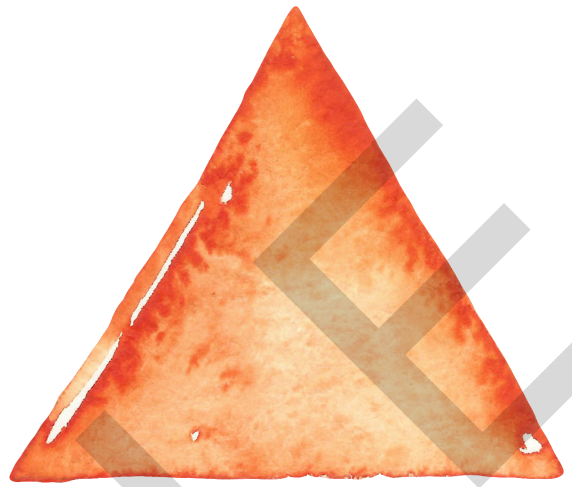
Like the sun,
like the sun,

It is time to make a circle,
time to make a circle,

Show me when you're done,
show me when you're done.



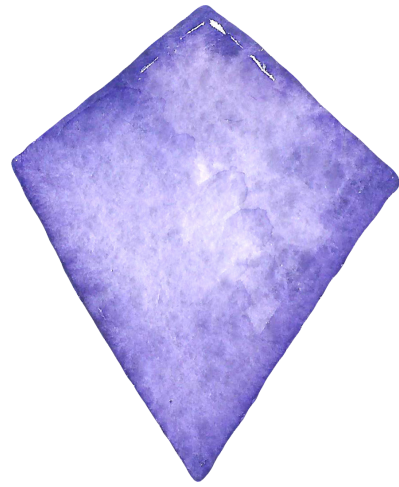
Red
Circle



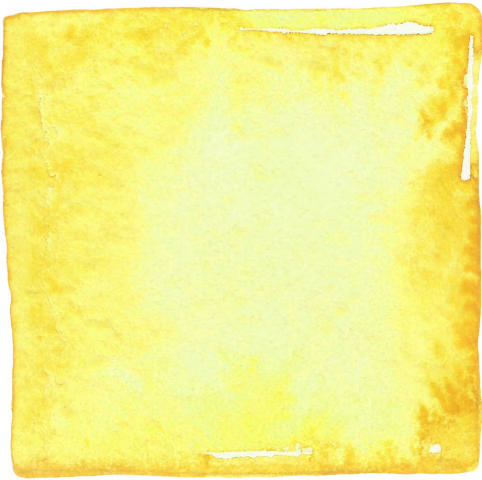
Orange
Triangle



Blue
Hexagon



Purple
Kite



Yellow
Square



Green
Pentagon



Pink
Heart



Teal
Star