## Week 1: Who Am I?

Discovering	Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Exploration	Closed	RATTLE & INSTRUMENT BASKET PLAY	WATER PLAY IN SHALLOW TRAY	TEXTURE TRAY EXPLORATION	BUBBLES PLAY (TRACKING & POPPING)
Movement & Body Awareness	Closed	TUMMY TIME WITH A MIRROR	SUPPORTED SITTING WITH SOFT BLOCKS	SUPPORTED SITTING WITH SOFT BLOCKS	CRAWLING TUNNEL EXPLORATION (FOX)
Nature Play	Closed	LISTENING TO OUTDOOR SOUNDS (BIRDS, CARS, WIND).	Blanket time under trees — watching shadows shift.	STROLLER WALK; SIGHT SEEING AND SOUND EXPLORATION	GRASS TOUCH EXPLORATION (FEET, FINGERS).
Fine Motor	Closed	IN/OUT WITH NESTING BOXES	GRASPING RINGS ON A SOFT CLOTH.	EXPLORING SOFT BLOCKS (SQUEEZING, MOUTHING).	WHISKS & OVERSIZED POM-POMS
Social-Emotional Development	Closed	IN/OUT WITH NESTING BOXES	PEEK-A-BOO WITH SCARVES.	MIRROR PLAY, NOTICING FACIAL EXPRESSIONS.	PEEK-A-BOO WITH SCARVES.