



Night Infant Plans

	Monday	Tuesday	Wednesday	Thursday	Friday
Language	A Book of Sleep Read <u>A Book of Sleep</u> by Sung Na.	Good Night Gorilla Read <u>Good Night Gorilla</u> by Peggy Rathmann.	Goodnight Moon Read <u>Goodnight Moon</u> by Margaret Wise Brown.	Everyone Is Yawning Read <u>Everyone Is Yawning</u> by Anita Bijsterbosch..	Llama Llama Nighty Night Read <u>Llama Llama Nighty Night</u> by Ann Dewdney.
Fingerplays & Songs	The Nighttime Song In the nighttime, Only the nighttime, I brush my teeth, and wear PJ's. It is dark out, the moon and stars shine, And I go to sleep in my bed.	Twinkle Twinkle Twinkle, twinkle, little star, how I wonder what you are! Up above the world so high, like a diamond in the sky. Twinkle, twinkle, little star, how I wonder what you are!	Go To Bed Late Go to bed late, Stay very small Go to bed early, Grow very tall.	Yawning Yaks Five yaks yawned a lot-- Time for bed believe it or not. For your mother you must obey. And when you get up, just yell yea!	Star Light, Star Bright Star light Star bright First star I see tonight Wish I may Wish I might Have the wish I wish tonight
Motor	Textured Pillows Use gross motor skills while exploring and climbing over pillows of different textures.	Does The Slipper Fit? Use motor skills to try on slippers of all sizes and types. Talk about if the slippers and if they fit	Peek-A-Boo! Reinforce object permanence by playing Peek-A-Boo!	Good Night Hugs Show affection while pairing words with actions and giving good night hugs.	Stand Up, Sit Down Strengthen arm and leg muscles by practicing standing up and sitting down with help.
Sensory & Science	Star Painting Create art by dipping star-shaped cookie cutters in yellow and white paint and stamp on blue and black construction paper.	Nighttime Playdough Explore a new texture by playing with playdough. Add star and moon cookie cutters. Talk about how the stars and moon comes out at night.	Picking Up Stars Practice grasping by picking up fruit puffs (stars).	Flashlight Fun Darken the room and use a flashlight to move light all around. Track the light with your eyes.	Glowing Stars Darken the room to enjoy some glow-in-the-dark stars.

Infant Plans Notes

Supplies Needed

Infant Plans are meant to give some structure and fun to a baby's day, while providing experiences to stimulate growth and learning. They can be used at home, in a daycare, in a child care, church, or wherever there are babies. I have provided activities, books, songs, etc. centered around a theme for the week. Depending on the age and ability of the infants you care for, you can adapt the plans to work for you. These plans can be expanded by adding more verses to the suggested songs and repeating favorite activities.

If you would like to add Bible activities,
I recommend Playtime Devotions:

<https://amzn.to/2wV80ZJ>

Please Note: It is important to supervise children carefully and take responsibility for their safety. Pamm's House assumes no liability for accident or injury resulting from use of the ideas or suggestions. Purchase of this item is for the use of the purchaser for home or classroom use only. Do not share or post it on any website or social media. © 2022 ~ Pamm Clark ~ All Rights Reserved

- * A Book of Sleep by Sung Na
- * Textured pillows
- * Star-shaped cookie cutters, white paint, blue and black construction paper
- * Good Night Gorilla by Peggy Rathmann
- * Slippers of all types and sizes
- * Playdough, star and moon cookie cutters
- * Goodnight Moon by Margaret Wise Brown
- * Fruit puff stars
- * Everyone Is Yawning by Anita Bijsterbosch
- * Flashlight(s)
- * Llama Llama Nighty Night by Ann Dewdney
- * Glow-in-the-dark stars