

Getting Ready for Touch Week

Suggested Books:

My First Touch & Feel Picture Cards by DK Publishing
That's Not My Puppy, by Fiona Watt
Curious George at the Zoo a touch and feel book by H.A. Rey
Snow Bear by Fernleigh Books

Songs and Fingerplays:

Me

My hands upon my head I place,
On my shoulders, on my face,
On my knees, & at my side,
Then behind me they will hide.
Then I raise them up So high
'Till they almost reach the sky.
Swiftly count them-1,2,3,
And see how quietly they can be.

Touch

I'll touch my hair, my lips ,my eyes
I'll sit up straight & then I'll rise.
I'll touch my ears, my nose, my chin,
Then quietly sit down again.

Ten Little Fingers

I have ten little fingers,
And they all belong to me.
I can make them do things,
Would you like to see?

I can shut them up tight,
Or open them wide.
I can put them together,
Or make them all hide.

I can make them jump high,
I can make them jump low.
I can fold them up quietly,
And hold them just so.

Head, Shoulders,Knees, and Toes

Head, shoulders, knees and toes, knees and toes.

Head and shoulders, , knees and toes, knees and toes.

Eyes, ears, mouth and nose.

Head, shoulders, knees and toes, knees and toes.

Materials to Gather:

Dramatic Play: Put out doctor kit. Dolls can be "sick" this week. Take their temperature. Give them cool baths. Dress them in sweaters and give them blankets. Set up a clothing store – hang dressups on hangers on low racks. Talk about the fabrics and textures of the different clothes. Have silk, wool, nylon, cotton, corduroy, and other fabric textures available.

Blocks: Set out metal, wooden,and plastic toy cars. Provide a square of green indoor-outdoor carpet for a grassy area. Add some wood shavings for "hay". Add plastic toy farm animals to blocks area.

Woodworking: Talk about rough, smooth in woodworking area. Have sandpaper for smoothing the edges of scrap wood.

Music:

Braincandy: Touch My World
Pat the Bunny: Playdates

Feel-it Box: Use an empty round Oatmeal container. Slip a loose, stray sock over the round part, and fasten securely (with duct tape or glue). Cut off the tip of the sock , so you can insert a hand into the container, but not see what's inside it. You may cover the oatmeal container with pretty contact paper.

Projects:

1. Gather a variety of stuff: pine cones, fur scrap, linen, velvet, brushes, sandpaper, tree bark, sea shells, foam rubber, metal, etc. Also, a heating pad
2. A feeling walk – bring along a bag for collected treasures

3. Paste, sturdy paper or thin cardboard
4. Ivory soap flakes laundry soap, electric mixer, water, coffee, rice, sawdust, salt
5. Feel-it box (See above), pairs of matching items – two plastic figures, two toy cars, two measuring spoons, two thimbles, etc.
6. Warm soapy water to wash doll clothes, low clothes line, pins.
7. Potter's clay and water.
8. Colored chalk, buttermilk or liquid starch, fine sandpaper
9. Pencil, crayon, ball, cookie cutter, mitten, feel-it box
10. Colored sand, glue, paper, q-tip or paint brush
11. Bean bags, bean bag toss target
12. Fine sandpaper, tempera paint and brushes
13. Cookie recipe and ingredients
14. Fabric scrap bag, glue, sturdy paper or cardboard for collage, scissors to cut fabric
15. Cotton balls, paper plate, glue, construction paper and scissors

Touch week: Monday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity: Practice vocabulary words: rough, smooth, hard, soft, cold, hot, limp, crisp, wet, dry, soapy, satin, velvet, fur, touch, bumpy, sandpaper, etc. Teach "Me" fingerplay.
7:45	Breakfast
8:00	Table Activities: Gather a variety of stuff: pine cones, fur scrap, linen, velvet, brushes, sandpaper, tree bark, sea shells, foam rubber, metal, etc. Put some in the fridge, some on a heating pad. Explore textures, describe how things feel. Have child touch an item, cover his hands and the item with a dish towel. Now have him describe what he's touching, without looking at it.
8:15	Free Play: Make crayon rubbings of items from the feeling walk. Then paste them onto cardboard in a collage.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. A feeling walk. Gather items of different textures on your walk. A stone, some bark, plants or flowers, pennies – help child describe what he finds before tucking it in a bag to bring home. Practice words like shiny, smooth, rough, furry, etc.
11:15	Project:
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Dig in the sand. Talk about cool, wet sand. Hot, dry sand. What other textures are in your sandbox?
4:30	Come inside.
4:45	Project: Fingerpaint with whipped soapsuds. Add rice, coffee, sawdust, salt for different textures.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Touch: Tuesday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary. Teach "I'll touch my hair".
7:45	Breakfast
8:00	Table Activities: Make a feel-it box. Child reaches in to find two items that match, by touch alone.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack:
10:15	Outside time: Wash the doll clothes in warm, soapy water, rinse in cold water, and hang up to dry. Talk about the textures and temperatures.
11:15	Project: Play with potter's clay. Should be moist and soft. Discuss how it feels.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack:
3:30	Outside time: play in wet sand.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Dip colored chalk in water, buttermilk or liquid starch, color on fine sandpaper.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Touch: Wednesday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary. Teach “Ten little fingers”. Review old songs.
7:45	Breakfast
8:00	Table Activities: Feel It box, #2. Put several items in box. Child guesses what they are by touch alone. Try a pencil, crayon, ball, clothespin, cookie cutter, mitten, etc.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Go swimming, in season. Discuss the cold pool water, scratchy cement pavement, hot pavement, slippery wet pavement – whatever is appropriate for your pool area.
11:15	Project: Sand Art. Color sand, or buy colored sand. Spread glue on paper with a q-tip or paint brush, shake on colored sand, allow to dry.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Throw bean bags or rubber balls at a target.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Paint with tempera paint on fine sandpaper.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Touch Week: Thursday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary. Sing old songs. Teach: Head, Shoulders, Knees and Toes”.
7:45	Breakfast
8:00	Table Activities: puzzles, or board books of various textures
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: woodworking center
11:15	Project: Make cookies or bars together. Touch the various ingredients. See how soft flour feels compared to sugar? Crack open an egg and touch the insides. Discuss how things feel.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Sand and water play table – available in the store, or set a few pails of water in the sandbox.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Fabric collage. Go through a scrap bag with child. Select various textured fabrics. Discuss them with child. Cut up some interesting shapes of fabric. Child glues them to cardboard in a pleasing design. Allow to dry.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Touch Week: Friday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary. Sing all songs and fingerplays
7:45	Breakfast
8:00	Table Activities: playdough. If your playdough is getting old, add some dry rice to it, for an interesting texture. Then discard when done and make fresh soon.
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Visit a petting zoo! Or a friend who owns different types of pets.
11:15	Project: (Field trip to petting zoo still in progress)
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Play Simon says, (Or Sally says")
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Did you see sheep at your petting zoo? Make a sheep by gluing cotton balls to a paper plate. Add eyes and a mouth, and some skinny legs cut from black construction paper.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.