

Beginner Curriculum (0-18 months)

COGNITIVE

Focusing on an object
Remembering an object's location
Matching lids to pots
Making a simple toy
Identifying and finding specific objects when asked
Finding covered objects
Matching shoes
Tracking objects being moved
Fitting nesting cups
Putting on a glove

MOTOR ACTIVITIES

Grasping objects
Developing the pincer grasp
Introducing "in" and "out"
Dropping an object into a container
Putting shapes into holes
Practicing "in" and "out"
Stacking assorted objects
Pouring dry material from one container to another
Pulling a hidden object out of a cylinder
Roll over, tummy time, sit up, pull up, crawl, stand, cruise, walk, run, jump

FINE MOTOR ACTIVITIES

Spoons food
Tongs food
Drinking from an open cup
Turns faucet on/off
Rolls a mat
Uses Palmar grasp
Using pincer grip
Opening and closing containers
Insert Shapes/knobbed puzzles
Insert small objects
Taking and Putting shoes and socks on/off
Uses stamp and stamp pad
Peels stickers
Scribbles with crayon/chalk/marker
Paints with a small brush
Pastes/ glues paper together
Threads large beads on a string

GROSS MOTOR ACTIVITIES

Walks with stability
Pushes objects
Pulls objects
Walks up and down stairs one foot at a time
Jump with two feet
Carries heavy objects with two hands
Kicks ball
Throw ball over hand
Catches ball
Displays maximum effort

Carries simple objects (baskets, trays, etc.) with two hands
Climbs onto and down from play structures
Walks on tip toes
Walks backwards
Paints with large body movements

SENSORY ACTIVITIES

Following movement with the eyes
Experiencing different food textures
Experiencing different sounds
Hearing different levels of sound
Recognizing patterns
Making different sounds with utensils
Experiencing different fabric textures
Gathering objects in nature
Identifying containers with objects inside
Experiencing "warm" and "cold"
Naming sizes "big" and "little"

LANGUAGE ACTIVITIES

Focusing on names of objects
Naming parts of the face
Naming parts of the body
Identifying pictures of familiar objects in a book
Adding sound effects to favorite stories
Naming categories of objects
Retrieving a hidden object
Providing specific objects when requested
Identifying objects from their description
Introducing numbers
Knows own name: First and Last
Mimics reading

Expressive

Uses simple actions to express needs
Names single objects
Uses simple sentences

Receptive

Understands spoken words
Understands simple actions
Understands two or more languages

Understanding

Follows one step instructions
Follows multistep instructions
Asks questions such as "why?"
Uses words or actions in social interactions
Asks for assistance from others
Uses grace and courtesy with words
Understand "This is.." an object

PRACTICAL LIFE

Introducing eating utensils
Handling eating utensils
Sorting eating utensils
Squeezing a sponge or cloth
Crushing paper
Ripping paper into strips

Nose wiping
Using a spoon
Pouring water
Drinking out of a cup
Push in a chair
Spraying water
Sweeping
Face washing
Washing hands
Toothbrushing
Taking a coat on and off
Puts away coat
Table setting routine
Serves snack
Cleans up after snack/lunch
Carrying a basket/tray
Carry pitchers
Dusting
Pant care
Care of books
Scrubbing objects

SOCIAL/EMOTIONAL SKILLS

Imitating facial expressions and mouth sounds
Anticipating
Reaching out and touching
Learning quiet-time exercises
Recognizing simple songs
Pulling an object back and forth
Joining a rhythm
Filling in words to a song
Trying on hats
Sharing the treasure basket
Using "I", "mine", "me", "you"
Aware of others feelings
Plays in parallel
Shows independence
Understands "mine", "yours"
Plays cooperatively
Greeting and Shaking hands
Walking around a mat
Passing by a person
Completes work
Follows directions
Self-confidence
Relates to peers
Sitting at circle time