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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Have your toddler watch recent videos of themselves. This will help support their self- awareness. Talk about his features and how his voice sounds.  | Have your toddler help you make their breakfast or lunch. This will support their self-help skills.  | Play Simple Games with your child. Games can support your child’s understanding of turn taking.  | Create down time in your daily schedule to allow your child to rest and regulate their body.  | Spend time in nature with your child. Notice if they are calmer or more regulated after spending sometime outside. | Find an activity that requires teamwork. Building a tall tower, parachute play, etc. Teamwork activities will support your child’s social skills. | If you notice your child looks “antsy” or frustrated, transition to a new activity. For example, play dough play or an activity where she can move her body. This may teach her how to regulate her body. |
| Thought bubble outlineBrain outline | Run outlineBrain outlineThought bubble outline | Brain outlineThought bubble outlineRun outline | Brain outlineThought bubble outline | Run outlineThought bubble outlineBrain outline | Thought bubble outlineRun outlineBrain outline | Thought bubble outlineBrain outline |
| Pat Activity**:** **How Do I Sound?**  | Pat Activity: **In the Kitchen** | Pat Activity:**Memory Game** | Pat Activity: **Self-Calming** | Pat Activity: **Nature Walk** | Pat Activity: **Parachute Play** | Pat Activity: **No Cook Dough** |
| Clock with solid fill \_\_\_\_\_\_\_\_\_\_\_Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_Estimated:10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_Estimated:10 minutes |

