

**Directions for Developing Weekly Activity Plans for Infants**  
**(Birth to 18 months)**  
**Curriculum Planning**

*Arkansas Minimum Licensing Requirements* (Rev. 1.1.15) requires the following:

**400 PROGRAM**

**401 Program Requirements for all ages**

5.a The facility shall have an approved curriculum with weekly activity plans appropriate for the developmental needs of each group of children.

**You will need the following when you develop weekly activity plans for infants:**

- Blank weekly activity plan sheet, either one for each infant or one for five infants in your care  
**Teacher Note:** *An additional plan sheet will need to be developed if there are more than five infants in the group/room*
- List of the toys and materials available
- Connecting with Infants Curriculum
- Curriculum resources available on the DCCECE website and additional resources (see page 3 for a listing)

**Before you begin:**

1. Complete the inventory of materials, toys, books and CDs you have available for the infants in your group. If appropriate, involve the Director and co-workers in this process. (Inventory Form can be found at the end of this document)
2. Use the completed inventory each time you develop weekly activity plans for the children in your care

**Think of weekly activity plans as a guide for the interactive activities you plan for individual children;** activities based on your observations of each child; activities that are in addition to the daily caregiving routines and your daily interaction with infants. The planned interactive activities should encourage the infant's repeated exploration of the environment, including the toys and materials that are available to them. Interactive activities also include the books you read, the songs you sing, the finger plays and nursery rhymes you say, and the games you play with infants.

Your response to and interactions with infants during caregiving routines and throughout the day, plus planned activities based on your observations, are the keys to a curriculum that supports each infant in your care.

Here are two options for developing lesson plans:

- Option 1 – Weekly Activity Plan Sheet for each infant in your care (one sheet for each child)
- Option 2 – Weekly Activity Plan Sheet for five Infants (If there are 10 infants in the group, there will be 2 plan sheets)

**Teacher Note:** *On the Weekly Activity Plan Sheets there are no days of the week or times of day. Involve an infant in the activities when, based on your observations, the child is ready for them, rather than during a time of day or a specific day of the week.*

**Teacher Note:** *You may also choose to develop your own weekly activity plan sheet format using the two options presented here as guides.*

**Option 1: Follow these steps as you develop a Weekly Activity Plan for an Individual Infant:**

1. Write the name and age in months of the child in the top section of the Plan Sheet.
2. Complete the Plan Sheet one section at a time.
3. Include in each section, where appropriate, toys and materials you plan to have available in the environment.
4. Read the same book, play the same games and sing the same songs more than one time during the week.
5. Carry over planned interactive activities and toys and materials from one week to another because children learn through repetition.
6. Change the books, toys and materials and the planned activities as a child is ready for them.
7. Include in the Comments section notes about the child; notes that describe the child's reaction to the activities or developmental tasks the child accomplished.

**Option 2: Follow these steps as you develop Weekly Activity Plans for Five Infants**

1. Write the initials and age in months of each child in the first column on the left.
2. Complete the Plan Sheet one section at a time.
3. Include in each section, where appropriate, toys and materials you plan to have available for each child.
4. Read the same book, play the same games and sing the same songs more than once during the week.
5. Carry over planned interactive activities and toys and materials from one week to another because children learn through repetition.
6. Change and/or add books, toys and materials as each child is ready for them.
7. Include notes about individual children; notes that describe a child's reaction to the activity or developmental tasks the child accomplished.

**Teacher Note:** *Listen to and observe each child and record your observations on the Plan Sheet, a sticky note, index card, or on the back of the Plan Sheet. These observations will help you in future planning.*

**Teacher Note:** *Arrange the environment and provide toys and materials and planned interactive activities for different developmental levels within the group. For example, if one child is indicating that he is ready to begin crawling and another child is indicating that she is ready to begin pulling up, you make sure that the first child has space and opportunity for crawling and that the second child also has space and furniture that is safe for pulling up on.*

### **Reflection**

After you have used the Weekly Activity Plans with your children, spend time evaluating what worked, didn't work, and the adjustments and changes you need to make during future planning.

### **Resources available on the Division of Child Care and Early Childhood website:**

- *The Arkansas Child Development and Early Learning Standards: Birth through 60 Months* (2016), can be found on the following websites:
  - AR Division of Childcare and Early Childhood website (<http://humanservices.arkansas.gov/dccece/Pages/ResourceCenter.aspx>)
  - U of A Early Care and Education Projects website (<http://ecep.uark.edu>)
  - Arkansas Headstart website (<http://arheadstart.org/>)

### **Additional Resources**

- *Story S-t-r-e-t-c-h-e-r-s for Infants, Toddlers, and Twos* by Shirley Raines, Karen Miller and Leah Curry-Rood, published by Gryphon House  
Available on the web at [www.gryphonhouse.com](http://www.gryphonhouse.com) or on Amazon.com
- *Creative Resources for Infants and Toddlers* (2<sup>nd</sup> Edition) by Judy Herr and Terri Swim, published by Delmar Publishers. Available on the web on Amazon.com.
- *125 Brain Games for Infants* by Jackie Silberg (2012), published by Gryphon House
- *125 Brain Games for Toddlers and Twos* by Jackie Silberg (2012), published by Gryphon House
- *Infant and Toddler Experiences* by Fran Hast and Ann Hollyfield (2002), published by Redleaf Press
- *The Complete Resource Book for Infants* by Pam Schiller (2005), published by Gryphon House



