Infant Lesson Plan: Fingers and Toes

Week of

| **Activity** | **Description and Objective of Activity** | **Developmental Domain** | **Materials** |  |
| --- | --- | --- | --- | --- |
| Peek-A-Boo | Hands on face, hands off face.Hiding and Finding | **Cognitive Development** (Discovering the world around me) | Blanket or scarf |  |
| American Sign Language | Multi-sensory experience. | **Language Development**(Communication with each other) |  |  |
| Soft touches | Rubbing soft things on his face. Observe his reactions for different items. (Feather, cotton ball, etc.) | **Social Development** (The people around me)**Emotional Development** (all about me) | Soft silk fabric, cotton balls, feather, anything soft.) |  |
| This Little Piggy | Rub feet together.Bring feet to mouth.Count his toes. | **Fine Motor Development** (look at what my hands and fingers can do) | n/a |  |
| Tickle Time | Teaches the baby awareness of her body. Learn tactile stimulation. | **Gross Motor Development**(Look at what my body can do) | n/a |  |
| ***Physical*** | To encourage communication between our brains and our bodies, and to aid the development of our somatosensory system (a part of the central nervous system responsible for touch).   | **Physical Development and Wellbeing** | We will be pulling books that focus on different textures, as well as talking to the children about what they might be feeling. Since touch sensitivity develops from head-to-toe, babies are best able to feel using their mouths.  |  |
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| **Approaches to** **Learning** |

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## **Title:** “Our Sensational Senses-Part I "

## **Subject:**

## Focusing on the sense of *TOUCH* (The first sense to emerge at 5.5 weeks. post conception-Our most advanced sense at the time of birth).

## The sense of touch includes temperature, pain, the feeling of contact and proprioception-the sense of the position and movement of one's body.

## **Objective:** To encourage communication between our brains and our bodies, and to aid the development of our *somatosensory system*: A part of the central nervous system responsible for touch.

## **Developmental Focus***:*

## ***Physical***

## Touching and being touched are incredibly important and determine the development of our somatosensory system.  It helps mold later tactile sensitivity, motor skills and aides in the understanding of their physical world and gives them a basic bodily map (proprioception).  Through electrical signals called "action potentials" we are encouraging our brains to communicate with our bodies. It even aides in the ability to localize painful stimuli (which we all hope they will *never* encounter...but if they do, they will be equipped with an appropriate reaction).

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## The somatosensory cortex, or the "touch center" is the landing zone for sensations such as "pressure" and "cold"-this enables us to have a conscious perception of what is felt. In a highly enriched environment full of tactile stimulation, our somatosensory cortexes grow thicker.  If we take away this stimulation, our cortexes can shrink-so the physical evidence is clearly promoting the importance of tactile stimulation.

Lesson Plan from:

<http://www.littlegreentreehouse.com/site/epage/82944_791.htm>