

DISCOVER: Activity Plans to Explore with Your One Year Old

It's time. You want to do activities now that you have a one year old. You skim Pinterest to pin some fun crafts and activities to try. You decide to try to do a craft. You spend hours searching for a craft to do and then more time going to store after store to find the right supplies. And then even longer prepping them... and you're exhausted before you even invite your one year old to join you... .. and then realize that there's no way that your one year old is going to be able to do this. What's the point?

What if I told you I have the perfect activities that are appropriate for your one year old?



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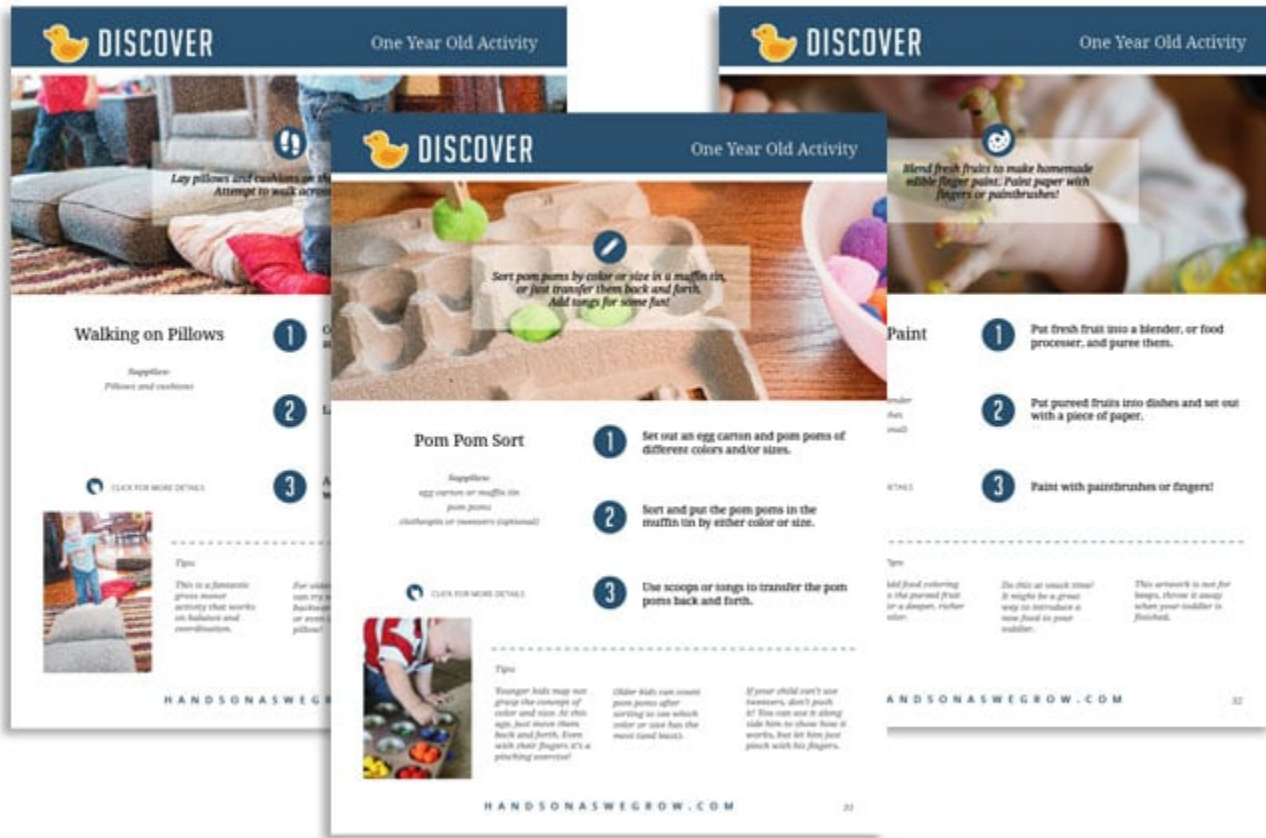
These are 35 hand-chosen activities that you can actually do with your one year old. You'll be guided on how to find that extra 15 minutes (that you don't have) to make time for the most important part of your life: your family.

What's inside DISCOVER?



ROOM

DISCOVER: Activity Plans to Explore with Your One Year Old



Make it Easy to Have Fun with Your Toddler!

They are the simplest of activities that use the supplies you have. An entire week of activities (plus a supply list) is on one sheet of paper, making it easy to print out and pin it up for the week. That also means that each activity is explained in 2-3 short sentences. There are printable activities, planners, and tips on how to do these activities! DISCOVER has five printable weeks of 35 activities to do with your child. These activities are the heart of the eBooks and are what sets these apart.

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Super Easy Way to Make Yourself Be Present

Having a planned week of simple (doable) activities ready for you to do with your preschooler, makes it super easy to actually do them! By having a simple place to come back and check off that you did the activities gives you a sense of accomplishment. That little push you need to help you go ahead and have some fun with the kids!

DISCOVER
One Year Old Activity Plan: Week One

Monday: Make a necklace by threading o-shaped cereal on a string. Tape the string to a surface to secure it for threading. When complete, knot the ends together. (page 24)

Tuesday: Push ribbons into a narrow-neck bottle and pull out again. (page 27)

Wednesday: Push a wooden block into a narrow-neck bottle and pull it out again. (page 30)

Thursday: Push a wooden block into a narrow-neck bottle and pull it out again. (page 33)

Friday: Push a wooden block into a narrow-neck bottle and pull it out again. (page 36)

Saturday: Push a wooden block into a narrow-neck bottle and pull it out again. (page 39)

Sunday: Push a wooden block into a narrow-neck bottle and pull it out again. (page 42)

o-shaped cereal
ribbons or string
tape (optional)

ribbons
narrow-neck bottle

DISCOVER
One Year Old Activity Plan: Week Three

Monday: Stick craft sticks into a narrow-neck bottle and shake them out again. Repeat! (page 34)

Tuesday: Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with! (page 37)

Wednesday: Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with! (page 40)

Thursday: Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with! (page 43)

Friday: Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with! (page 46)

Saturday: Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with! (page 49)

Sunday: Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with! (page 52)

small sticks
narrow-neck bottle

tub or bucket
dish soap
water
kitchen utensils

DISCOVER
One Year Old Activity Plan: Week Two

Monday: Play with play dough and drive trucks in it. (page 30)

Tuesday: Sort pom-poms by color or size in a muffin tin, or just transfer them back and forth. Add rings for some fun! (page 33)

Wednesday: Blend fresh fruits to make homemade edible finger paint. Paint paper with fingers or paintbrushes! (page 36)

Thursday: Make a 'rattle' with a bottle. Set out snack items (Goldfish, raisins, etc.) and a bottle to stick them in and close the lid. Shake! (page 39)

Friday: Practice pouring water from a pitcher into cups. Take it outside! (page 42)

Saturday: Tape a bubble wrap runway to the floor and run along it! Drive trucks across it to hear it pop! (page 45)

Sunday: Head to the library as a family and check out new books for everyone.

play dough
toy trucks or other toys

muffin pan
pom-poms
kitchen tongs (optional)

fresh fruit
food processor / blender
bowl or other shallow
paintbrushes (optional)
paper

small bottle with lid
snack items

plastic or paper cups
water
pitcher

bubble wrap
toy trucks or other toys

DISCOVER
One Year Old Activity Plan: Week Four

Monday: Pour dry pasta into a tub to explore with measuring cups and spoons. Include an empty bottle or two to fill and pour between. Shake it to listen to the sounds. (page 42)

Tuesday: Cut pipe cleaners in 1" sections and push them through the holes of a large spice bottle. Poke them in, shake them out and repeat! (page 45)

Wednesday: Make a super simple edible indoor sandbox in a tub with dry oatmeal! Bring out the sandbox toys! (page 48)

Thursday: Stack plastic cups! Make a tower and knock them down, or nest them inside each other. (page 51)

Friday: Tape a runway of contact (sticky) paper to the floor, sticky side up. Run across, crawl over, or lay on it! (page 54)

Saturday: Paint with water! Whether it's on a chalkboard filled with chalk, or the sidewalk outside, or even on construction paper! (page 57)

Sunday: Plant something together as a family, inside in a pot or outside in the ground.

dry pasta
baking sheet or tray
measuring cups, spoons
plastic bottle with lid

pipe cleaners
large spice bottle
for optional: construction
paper
with holes cut in lid

tub or bucket
dry oatmeal or rice
measuring cups, spoons
small sandbox toys

plastic or paper cups

contact (sticky) paper
painter's tape

water
paintbrush
chalk
chalkboard, sidewalk,
construction paper

Weekly Activity Planner!

A blank weekly activity planner is included in each eBook as well to help you plan each week going forward. Don't worry, there's plenty of more activities included to quickly plan your weeks!

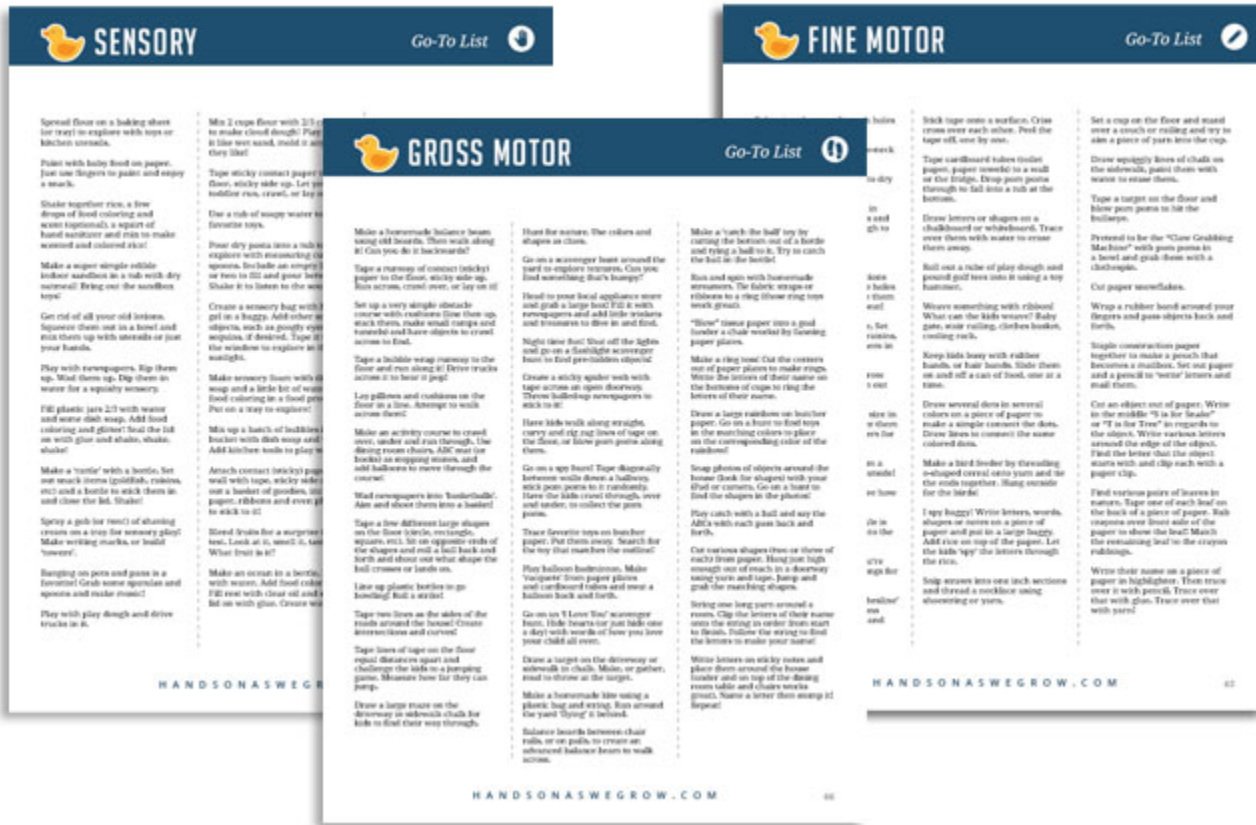


Resources for Even More Fun!

Once you've mastered the planned weeks of activities, keep the fun rolling with the blank weekly activity planner on your own! Head to the resource section full of every kind of activity you're looking for to find ideas to fill it!

Need Another Activity When You're in a Pinch?

While the five weeks of activities are the heart of the eBooks, the Go-To Lists are my favorite. They're lists of all the different types of activities (there's 5 of these lists total in the set of books) with literally over 100 activities for all the ages to do! These are great activities to substitute during the five weeks if you don't have something on hand (which is unlikely since the supplies are all very common) or to use in your activity planning going forward.



Forget the

hours of trying to find an activity with supplies you have. Don't waste your time trying to decide if the activity is suitable for your one year old.

Make is super easy to have fun with your toddler and be the parent you keep dreaming you will be.

What Buyers Think of It

These activity plans really help parents, just like you, find fun to do with their kids!

Thanks so much Jamie, these are AMAZING!!!!!! Sooo what I need right now, massively helping to alleviate my worries about my 2 year old being sat in front of the TV all the time when baby arrives :) - Amy D. I am a speech pathologist and enjoy working with 1-4 year olds. It's always nice to get some fresh ideas to keep them (and myself) motivated. Keep up the great work and thanks again! - Aja My kids loved the activities! Thank you so much for offering such easy, creative activities! I feel like I

have hit the lottery! Thanks for making my life easier!! – C.Ranson, OTR/L

Frequently Asked Questions:

Celebrate Activity Plans Format: PDF download, 8.5" x 11", 81 pages **Method of Delivery:** You will receive an email with a link to download the PDF. There is a full eBook PDF as well as another PDF of just the printables that you can print at home (or keep a copy on your phone or tablet for handy ideas). **Can I see a sample of one of the pages?** You can see [samples weeks of weekly activity plans here](#). **Can I return the eBook?** The eBooks are a digital download, no, you cannot actually 'return' it. *But I do offer a 14-day money back guarantee.* With a 14-day money back guarantee you can purchase the eBook today. If you find it isn't a right for you, you get your money back. **Is this site secure?** Yep! Look for the "Secure" lock in your browser web address bar. **How do I open the eBooks?** The eBooks are in PDF format, you will need Adobe Reader to open them ([download it here](#)). **Can you mail me the activity plans?** These weekly activity plans are in digital format. You can also purchase [a physical print version of ENGAGE on Amazon here](#).