

# INFANT ACTIVITIES

## ACTIVITY

### “You Are My Sunshine”

By Rae Pica

Statistics show that babies are spending an upward of 60 hours a week *in* things, like high chairs, car seats, and baby carriers. That means, for one thing, that they're not getting enough *cuddle* time. This activity ensures closeness, touch, and a feeling of being loved.

**Before You Start**

•Pick the baby up and hold her in your arms!

**Let's Begin**

1. As you hold the baby close, rock her, sway, or dance while singing “You Are My Sunshine” (or any “feel-good” song). Make eye contact so the infant knows you're singing only to her!

**Furthermore**

Nothing makes a child feel more special than the sound of her name. By substituting her name for *you* (“Amber is my sunshine”), you increase self-awareness and make the child feel even better about being her!

## ACTIVITY

### Happy Baby, Sad Baby

By Katherine Graff

In this activity, your Infant will discover more about emotions and feelings by identifying facial expressions.

**Before You Start**

•Sort through your magazines and select a variety of faces (baby or adult) with varying expressions. Cut the head from the page and glue it on to a piece of construction paper in which the color seems to match the mood (dark blue for happy, green for calm and relaxed, yellow for excited or surprised, red for angry, grey or light blue for sad, etc...) Trim the construction paper to fit into the album sleeves and place in the sleeves. If you wish, write a caption of “Happy” or “Sad” on the paper with your marker.

**Let's Begin**

1. Introduce your infant to your album. Study a picture with her and describe the emotion to her. Try mimicking the faces with her and see if she responds. Give positive reinforcement for each reaction.

**Furthermore**

You can also try this exercise with parts of the body. Choose and cut out pictures of an eye, ear, nose, arm, foot, etc..., glue them on the construction paper the size of album sleeves and slip them into the album.