



# Daily Activities - Age 2

Friday, February 6, 2026



**Parent Note:** These activities are designed for toddlers with short attention spans. Each activity should last 5-10 minutes. Follow your child's interest and energy level. Make it fun and pressure-free! Praise effort, not just results. ❤️



## Scripture Story Time

### Today's Scripture:

"Seek learning" - Doctrine & Covenants

88:118

**How to Share:** Sit together and say: "Heavenly Father wants us to learn new things! Every day

we can learn something new. Let's learn together today!" Keep it simple and cheerful. 

## **Faith Time**

### **Simple Prayer for Toddlers:**

"Heavenly Father,  
Thank you for this day.  
Help me learn.  
Help me be kind.  
Amen."

**Activity:** Help your toddler fold their arms and bow their head. Encourage them to repeat simple phrases after you. Clap and smile when they try! 

1  
2  
3  
4

# Numbers & Counting



## Counting Games:

- **Count Toys:** Gather 5 toys. Count them together: "One... two... three... four... five!" Touch each toy as you count.
- **Count Body Parts:** "Let's count fingers! One, two, three, four, five!" Do it on both hands.
- **Count Snacks:** At snack time, count crackers, grapes, or cereal pieces before eating them.
- **Moon Counting:** Draw or find pictures of moons. Count them together. "One moon, two moons, three moons!" 

**Tip:** Repeat often! Toddlers learn through repetition. Make it silly and fun with different voices!



## Colors & Shapes

**Today's Color:** **YELLOW** 🌟 (like the moon!)

**Today's Shape:** **CIRCLE** ○ (like the moon!)

### Activities:

- **Find Yellow Things:** Walk around the house together. Point out yellow things: "Look! A yellow banana! Yellow is the color of the moon!"
- **Draw Circles:** Give your toddler a crayon and paper. Draw circles together. Say "circle!" each time. Make big circles, small circles, silly circles!
- **Moon Craft:** Cut out a big yellow circle from construction paper. This is the moon! Let your child decorate it with crayons or stickers. 🌙



## Story Time

**Theme:** The Moon and Space! 🚀🌙

### Book Suggestions:

- "Goodnight Moon" by Margaret Wise Brown

- "Papa, Please Get the Moon for Me" by Eric Carle
- Any simple book about space, stars, or bedtime

### **Interactive Reading Tips:**

- Point to pictures and name them: "Moon! Star! Rocket!"
- Make sound effects: "Zoom!" for rockets, "Whoosh!" for flying
- Let your toddler turn the pages
- Ask simple questions: "Where's the moon?" "Can you point to the star?"

## **Music & Movement**

### **Songs to Sing & Dance:**

#### **1. "Twinkle Twinkle Little Star" (Classic!)**

Twinkle, twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky!

 Action: Open and close your hands like twinkling stars!

## 2. "Zoom, Zoom, Zoom (We're Going to the Moon)"



Zoom, zoom, zoom,  
We're going to the moon!  
  
Zoom, zoom, zoom,  
We're going to the moon!  
  
If you want to take a trip,  
Climb aboard my rocket ship!  
  
Zoom, zoom, zoom,  
We're going to the moon!



Action: Crouch down, count "5-4-3-2-1-BLAST OFF!"  
and jump up!

## 3. Dance Party! 🎉

- Play upbeat music
- Dance like an astronaut (slow, bouncy movements)
- Spin like planets
- Jump like you're on the moon!



## BONUS: Friday Fun Science!

Optional sensory activity - supervision required!



## Activity: Moon Sand Sensory Play

### What You Need:

- 2 cups of flour
- $\frac{1}{4}$  cup of baby oil or vegetable oil
- A large tray or bin
- Small toys (optional: toy astronauts, small rocks, toy animals)

### How to Make It:

1. Mix the flour and oil together in a bin until it feels like wet sand.
2. Let your toddler squish, squeeze, and play with the "moon sand"!
3. Add small toys for them to bury and find.
4. Show them how to make "craters" by pressing objects into the sand.

### What to Say:

"This feels like the sand on the moon! The moon has lots of dust. Can you make a hole? That's called a crater! Astronauts walked on the moon and left footprints. Can you make footprints with your fingers?" 

### Learning Benefits:

- Sensory development (touch, texture)

- Fine motor skills (squeezing, squishing)
- Imaginative play
- Cause and effect (pressing makes shapes)

**Safety Note:** Supervise closely! This activity can be messy. Lay down a towel or do it outside. If your child tries to eat it, redirect gently. Moon sand is non-toxic but not meant to eat. 



## Physical Play

### Gross Motor Activities (Big Movements!):

- **Moon Jumps:** "On the moon, you can jump really high! Let's jump like astronauts!" Jump together on a soft surface. 
- **Rocket Ship:** Pretend to be a rocket. Crouch down, count "5-4-3-2-1-BLAST OFF!" and jump up!
- **Star Stretches:** Stretch your arms and legs out wide like a star. 
- **Space Walk:** Walk around the room slowly like you're floating in space. Make "whoosh" sounds!



# Snack Time Learning

## Moon-Themed Snacks:

- **Moon Crackers:** Round crackers with cream cheese (looks like the moon!)
- **Banana Moons:** Slice a banana into circles. "Look! Little moons!"
- **Star Cheese:** Cut cheese into star shapes with a cookie cutter 

## Learning While Eating:

- Count the snacks together
- Name the colors: "This banana is yellow!"
- Talk about shapes: "Your cracker is round like the moon!"
- Practice saying "please" and "thank you"



# Evening Routine

## Moon Watch:

Tonight before bed, look out the window together. Can you see the moon?

- Point and say "Moon!"
- Wave at the moon: "Hi, Moon!"
- Say: "Heavenly Father made the moon! It's so pretty!"

### **Bedtime Prayer:**

"Thank you, Heavenly Father,  
For the moon and stars.  
Thank you for today.  
Help me sleep good.  
Amen."

---

You're doing a great job learning!  Sweet dreams! 