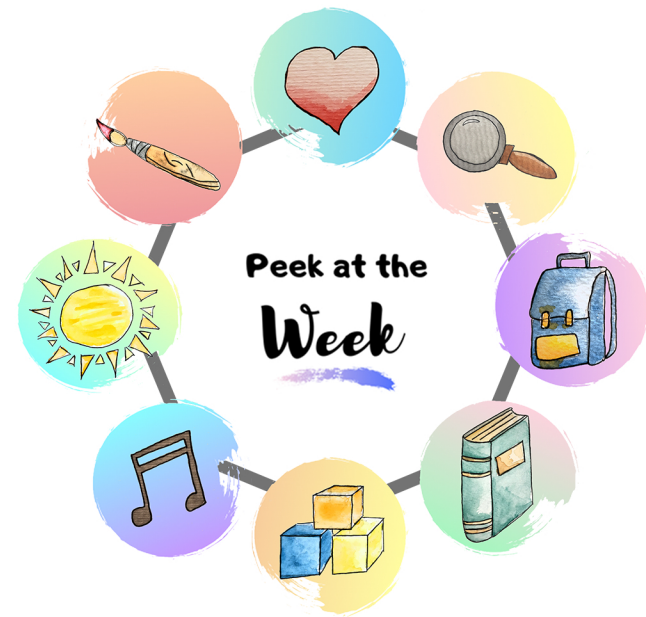


# My LDS TOTSCHOOL

A DIY Toddler Playschool for Families of  
The Church of Jesus Christ of Latter-day Saints



Heart Training is a focus on spiritual development. Each month has a Book of Mormon and Bible verse that provide the foundation for the theme and correlating activities.



Exploration is an open invitation for creative, hands-on learning for your toddler. New props are set out each week to introduce the new weekly theme. The exploration activity can be set up to let your child play independently or you can guide your child as desired. Exploration choices are mostly non-messy learning activities that can typically be contained to a tray if desired.



This is a practice opportunity to guide your growing toddler in being independent with basic life skills.



A toddler friendly book is suggested to go along with each weekly lesson. Feel free to choose the weekly recommended book or choose any other loved book for you and your child to spend time reading together! You may wish to designate a special bag to be your child's tot time book bag to store, replace, or add new books each week.



Mama+Toddler play ideas related to our weekly goals are incorporated for memory-making, learning, and fun.



Each week features a song and/or fingerplay that corresponds with the weekly theme.



Each week includes an activity to do outdoors with your toddler. Fresh air and sunshine are beneficial for wellness year round.



Each week includes engaging projects for you and your child to enjoy together as you encourage fine motor development, sensory experiences and creative expression in your toddler.

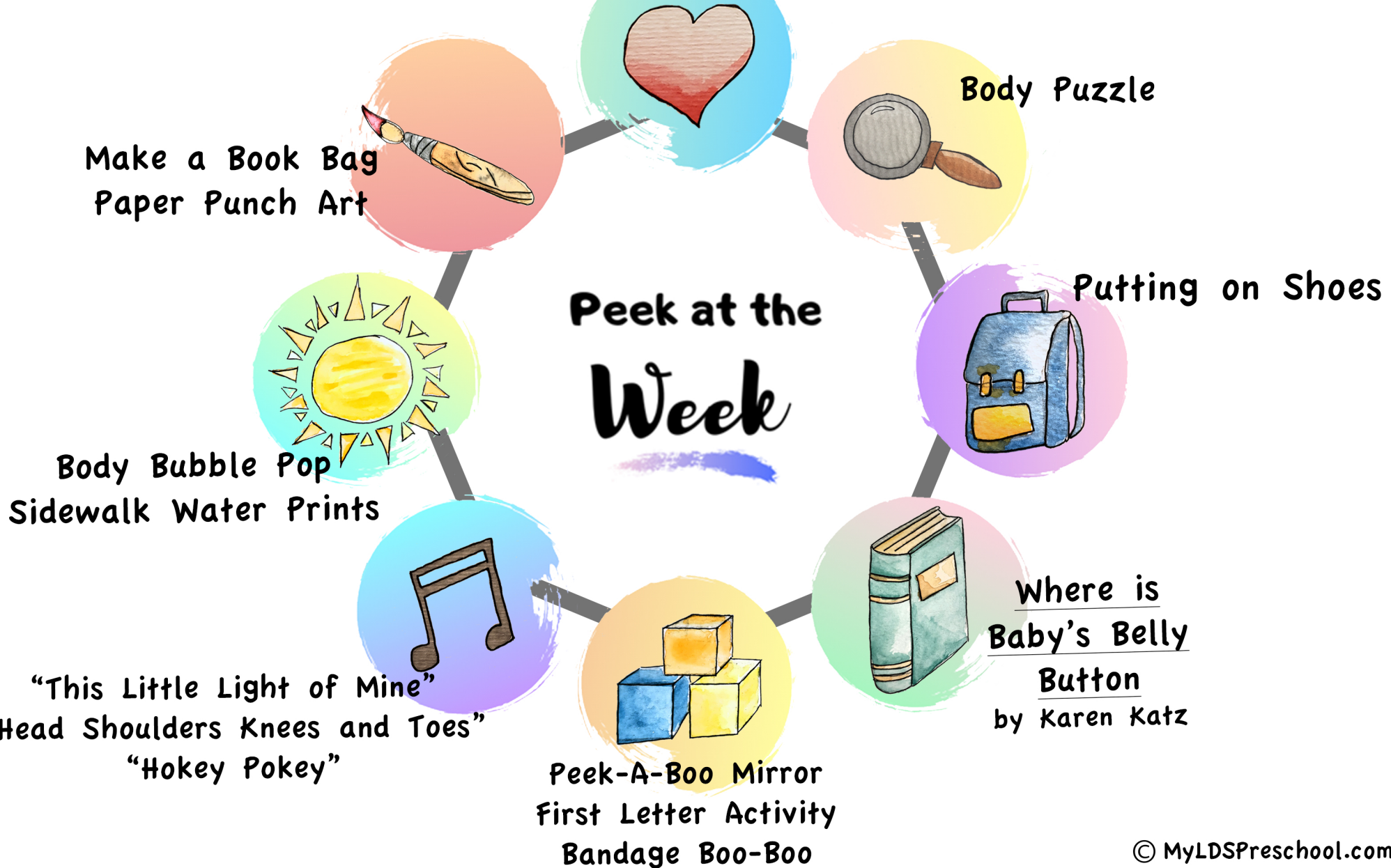
# September I Can Shine For Jesus

Week 1

We can shine for Jesus in the ways  
we use our incredible bodies.



## I Can Shine for Jesus



# September

## I can Shine for Jesus!

**Matthew 5:16**

Let your  
light so shine  
before men,  
that they may see  
your good works,  
and glorify your Father  
which is in heaven.



**3 Nephi 12:16**

Therefore let your  
light so shine  
before this people,  
that they may see  
your good works and  
glorify your Father  
who is in heaven.



**Shape**



**Color**



**Number**

# Serving with our Hands

Help your child use his hands to serve.

It can be something you already do, such as surprising a family member by cleaning up something of theirs, making a treat together to give away or hugging someone feeling sad.

While doing the service, talk with your toddler about how God and Jesus are really pleased that you are both using your bodies to help others.



# Speaking with Love

Teach your toddler to use her mouth to say kind things.

Model complimenting, cheering, and congratulating those around you.

Practice and role play with your toddler during shared imaginary play with stuffed animal friends.

Encourage your toddler to speak kind words in your home and on outings. It can be a simple compliment, such as "You are nice!"

# Scripture Overview

3 Nephi 12:16 & Matthew 5:16 are about shining for Jesus!

Tape the September poster up in your home to read to your toddler often.

The poster serves as a great opportunity to teach the color, shape, and number of the month as well as the monthly scripture verses.

Share with your little one that she truly shines with the light of Christ.

We can use that light to glorify God and Jesus in all we do, specifically focussing on ways we use our bodies.



# Heart Training



## Instructions:

-Print a full body photo of your toddler from head to toe on a full sheet of paper. Have it laminated.

-Option 1  
Cut laminated photo into 2, 3, 4 or 5 pieces depending on your desired complexity.

-Option 2  
Gradually increase complexity by cutting photo in 2 pieces on day 1. Then on day 2, cut the largest of the two pieces in half for a total of 3 pieces. Then on day 3 cut the largest of the three pieces in half for a total of 4 pieces. Continue in this manner until you have reached your desired complexity.

# Body Puzzle

My daughter loves putting together her own picture puzzle!  
At first attempt it was slightly confusing and difficult,  
and she needed some guidance. Now she can  
happily put it together by herself.



## Exploration

# Putting On Shoes

This week we are learning to put shoes on. I love when my kids can independently get themselves ready to go out the door. The fewer shoes I have to put on besides my own, the better!



The key to this is buying easy slip-on velcro shoes. These sweet children do not need to have shoes with shoelaces until the first grade when they can quickly and independently tie them.



## I Can Do It Practice

# Where is Baby's Belly Button

by Karen Katz

A book I love for toddlers learning about bodies is Karen Katz's *Where is Baby's Belly Button?*

It has engaging lift-the-flaps and simple pictures little ones can relate to.

This book is perfect for guiding me in continuing to practice learning body parts with my toddler.



## Book Idea

# Bandage Boo-Boos

This activity combines identifying body parts with empathy. You can use a stuffed animal or doll or draw a paper doll cut out. Be careful to use bandages that won't leave adhesive behind.

Have fun role playing with your child,....  
"Uh oh! Teddy bumped his arm."  
Encourage your toddler to find an arm on the stuffed toy and place a bandage on it.

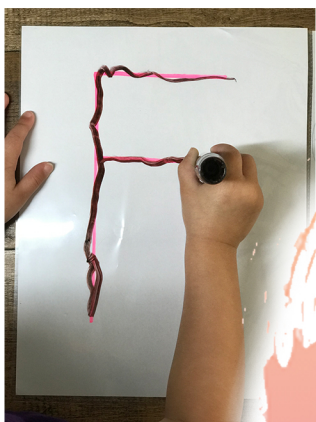
Then repeat with another body part,  
"Ouch! Teddy hurt his foot."  
Can you put a bandage on his foot?"



## Peek-A-Boo Mirror

All you need for this fun mama+toddler activity is a mirror and a blanket. I loved using a stand alone mirror because it was easy to cover with a blanket.

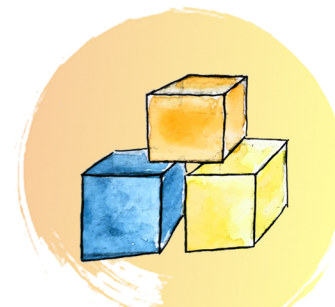
Show your sweet toddler how to move the curtain aside to see himself in the mirror. Peek-A-Boo! Talk with your toddler about the different ways his body parts can move as he admires his reflection.



## First Letter Activity

Relaxed play is a great way to introduce your child to his/her first name letter.

Write your child's first letter on a piece of computer paper. Make the letter large. Place the paper in a sheet protector. Give your child a dry erase marker to draw on top of the letter and practice following your lines. Erase and repeat!



Play

Head, shoulders, knees and toes,  
knees and toes, knees and toes.

Head, shoulders, knees and toes,  
eyes, ears, mouth and nose.



## “Head, Shoulders, Knees and Toes”

What a fun way to practice body parts!

You put your right foot\* in.  
You put your right foot out.  
You put your right foot in,  
and you shake it all about.

You do the Hokey Pokey,  
and you turn yourself around.  
That’s what it’s all about!

\* Substitute other body parts  
as desired

## “Hokey Pokey”

My toddlers LOVE this, especially when they see  
mama being silly and joining in the fun.

This little light of mine, I’m gonna let it shine.  
This little light of mine, I’m gonna let it shine.  
This little light of mine, I’m gonna let it shine.  
Let it shine, shine, shine. Let it shine!

Everywhere I go, I’m gonna let it shine.  
Everywhere I go, I’m gonna let it shine.  
Everywhere I go, I’m gonna let it shine.  
Let it shine, shine, shine. Let it shine!

## “This Little Light of Mine”

“This Little Light of Mine” is a powerful classic.

I remember loving to sing it as a child, and I can feel the special spirit  
of this song as my little ones learn it. It goes perfectly with this month’s  
scripture and the theme to shine for Jesus. It’s also super fun to sing!



## Joyful Noise

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# Body Bubble Pop

Your toddler gets to pop bubbles with his body!  
Crazy fun!

For this activity, your toddler is encouraged to pop bubbles using different parts of her body. Join the fun and show by example.

You might call out, "Pop the bubbles with your hands!" and try to clap the bubbles together. "Pop the bubbles with your feet!" and try to stomp the bubbles.

## Bubble Recipe:

2 T liquid dishwashing soap  
(Joy or Dawn originals work great!)

1 cup warm water

1 T light corn syrup  
(optional but makes the bubbles last longer)

Gently mix together.

Store in a plastic lidded container or labeled mason jar.



## Sidewalk Water Prints

Guide your toddler to dip his hands in the water and make handprints on the sidewalk/driveway.

Join your toddler in making footprints by both dipping your feet in the water and running around to make footprints!



## Outdoor Fun

# Make a Book Bag

Since this is the first week of tot school, you may wish to create a special book bag with your toddler. The bag serves as a designated space for tot time books. Each week you can replace or add to the previous week's book with a new themed book.

The bag may hold one weekly book or it may also hold a couple extra favorite books your toddler enjoys. Taking a book out of the bag is like unwrapping a present!

To create a book bag, you need:  
A plain canvas bag, acrylic paints, a tray, and a paintbrush.

Place a piece of paper inside the bag to separate the front and back fabric so the paint doesn't leak through. Let your child dip one hand in a glob of paint or use a paintbrush to cover your child's whole hand. Your child can place the painted hand on the canvas bag to make a colorful handprint!

If using multiple colors, wash the hand off with a damp washcloth, and invite your child to dip his hand in a new color of paint. Guide your child's hand to make a second handprint on the bag. Continue until your child has a special personalized book bag ready to use throughout the year!



This month we are learning about the shape of a circle.

In this activity, your toddler gets to use her hands to create a 3-D circle! Use a circle paper hole punch to create a pile of little confetti pieces.

Next, draw a large circle on a blank piece of paper. Paint liquid glue inside the circle area.

Then your toddler gets to grasp pinches of hole punched confetti to drop on top of the glue.

Be sure to point out the circle shapes and encourage your toddler to say "circle" as he covers up the paper circle with mini circles.

## Paper Punch Art



## Art Idea