

Lesson Title: The Many Faces of Peek-A-Boo!

Materials Needed:

- Your own smiling face and hands!
- A few lightweight, breathable scarves or small, soft blankets of different textures (e.g., a silky scarf, a sheer muslin cloth, a fluffy hand towel).
- One of Kara's favorite small, soft toys (like a stuffed animal).
- A child-safe mirror, large enough for Kara to see her face.

Lesson Plan (Approx. 20-25 minutes)

Part 1: Classic Peek-A-Boo Warm-Up (5 minutes)

Learning Goal:

To reinforce the basic concept of Peek-A-Boo and encourage Kara's responsive engagement (smiling, laughing, reaching).

Instructions:

1. Sit on the floor facing Kara in a comfortable, well-lit space. Make sure you have her attention.
2. Start with the most classic version: Cover your face with your hands. Say in a playful, suspenseful tone, "Where's Mommy/Daddy?"
3. Uncover your face with a bright expression and say, "Peek-A-Boo! I see you!"
4. Repeat this 3-4 times, watching her reaction. Exaggerate your facial expressions to make it fun.
5. Now, gently take Kara's hands and help her cover her own eyes. Ask, "Where's Kara?" Then gently move her hands away and exclaim, "There she is!"

Teacher's Tip:

Your tone of voice is key! Use a higher pitch and a sing-song rhythm to build anticipation and excitement. If Kara initiates the game by trying to cover her face or yours, celebrate it with lots of praise!

Part 2: Sensory & Toy Peek-A-Boo (10 minutes)

Learning Goal:

To introduce texture and apply the concept of object permanence to a favorite toy, encouraging Kara to actively search for a hidden object.

Instructions:

1. **Scarf Peek-A-Boo:** Take one of the lightweight scarves. Instead of your hands, use the scarf to cover your face. The sheer fabric allows her to still vaguely see you, which can be less startling and more intriguing. Repeat the "Peek-A-Boo!" game.
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2. **Sensory Variety:** Switch between the different textured scarves/blankets. Let her touch and feel each one before you use it for the game. Notice if she has a preference.
3. **Gentle Drape:** Gently drape a very lightweight, breathable scarf over Kara's head. Quickly and playfully pull it off, saying "Peek-A-Boo!" See if she starts to pull it off herself.
4. **Toy Hide-and-Seek:** Show Kara her favorite soft toy. Get her excited about it! Then, while she is watching, slowly hide the toy completely under one of the scarves. Ask with curiosity, "Where did the bunny go?"
5. Pause and give her time to process. Encourage her to pull the scarf away to find the toy. If she needs help, lift a corner of the scarf and say, "Is he under here?" When she finds it, celebrate with excitement! "You found him!"

Teacher's Tip:

This activity directly teaches object permanence. Her act of searching for the toy proves she knows it still exists even when she can't see it. Don't rush her; allow her thinking time to solve the "puzzle."

Part 3: Mirror Peek-A-Boo & Cool-Down (5-10 minutes)

Learning Goal:

To foster self-recognition and provide a calm, loving conclusion to the lesson.

Instructions:

1. Sit with Kara in your lap, facing the child-safe mirror.
2. Wave to your reflections together. Point and say, "I see Kara! And I see Mommy/Daddy."
3. Play Peek-A-Boo in the mirror. Use your hands to cover your face, so she sees your hands in the mirror, then your face reappearing.
4. Next, gently help her cover her own face, and watch her reaction in the mirror as her face "reappears."
5. **Cool-Down:** End the lesson by putting the props away. Hold Kara close, give her a hug, and whisper one last, soft "Peek-a-boo... I love you." This transitions from active play to quiet connection.

Teacher's Tip:

Mirror play is fantastic for developing a sense of self. Seeing the game happen to her own reflection adds a fascinating cognitive layer to a familiar game.

Developmental Milestones Addressed

- **Cognitive:** Understanding object permanence (knowing things exist even when hidden).
 - **Social-Emotional:** Engaging in reciprocal play (turn-taking), strengthening attachment through shared fun, developing a sense of humor.
 - **Language:** Responding to verbal cues ("Peek-A-Boo!") and beginning to understand question-and-answer patterns ("Where's Kara?").
 - **Fine Motor:** Reaching, grasping, and pulling at the scarves.
 - **Sensory:** Exploring different textures with her hands and face.
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Assessment (Informal Observation)

- Did Kara anticipate the "boo!" moment with a smile, giggle, or body movement?
- Did she attempt to pull the scarf/blanket off you, herself, or the hidden toy?
- When the toy was hidden, did she actively look for it?
- Did she show interest and recognition when looking in the mirror?

Differentiation & Extension

- **For Extra Support:** If Kara seems hesitant or fussy, stick to the simple hands-over-face version. Make the "hiding" time very short. Let her lead the pace of the game.
- **For an Extra Challenge:** Hide the toy under one of two different scarves. Ask, "Is it under the blue one? Or the red one?" This introduces early problem-solving and choice-making. You can also start playing Peek-A-Boo around furniture, like peeking out from behind a chair, to introduce the concept on a larger scale.