



THE

**GODDARD SCHOOL**<sup>®</sup>

FOR EARLY CHILDHOOD DEVELOPMENT



# AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

KINDERGARTEN (5+ YEARS)





### DAY 1



## LANGUAGE AND LITERACY

### ACTIVITY

**Sharing a Story** – Tell your child you are going to record your own stories to share with family and friends. Use your phone, tablet or computer microphone to record stories.

1. Choose an interesting story from one of your child's favorite books or tell a funny story about the family. Practice telling or reading the story aloud.
2. Record the story. It may take a few tries.
3. Play it back for fun. Listen to your story or read along as the book is read aloud..

For extra fun, make up songs to go with the story and sing them into the recording.

**Five- to six-year-olds:** Memorize or read your favorite story. Use musical instruments or objects to make sound effects. For example, you could hit two blocks together to imitate the sound of someone walking upstairs or whistle softly to imitate the sound of the wind blowing through trees.

**Seven- to eight-year-olds:** Read and record favorite picture-book stories as a gift for younger siblings or friends.

### SKILLS DEVELOPED

Developing vocabulary, creating stories with three parts, expressing creativity

### MATERIALS

Smartphone, tablet, computer with a microphone or a favorite book



## COGNITIVE AND MATHEMATICS

### ACTIVITY

**Number Mystery Bag** – An air of mystery makes learning math facts fun!

1. Prepare ahead of time. Write each of the numbers 0-9 on a separate index card or slip of paper. Put the cards in a bag or pillowcase.



### COGNITIVE AND MATHEMATICS (CONTINUED)

2. Explain to your child that the bag of mystery contains numbers. Have them reach in and grab two cards. Ask what numbers they have.
3. Ask your child how the numbers are related, e.g., how to get from one number to the next by adding or subtracting. Keep going until all cards are used.

**Five- to six-year-olds:** Make a simple fishing game by putting a paper clip on each index card. Tie a little magnet to a string and spread the numbers out on the floor. Have your child “fish” for two numbers. Then play the game as suggested.

**Seven- to eight-year-olds:** Use larger numbers, going up into double digits.

#### SKILLS DEVELOPED

Developing vocabulary, creating stories with three parts, expressing creativity

#### MATERIALS

Cloth bag or pillowcase, paper or index cards, pencil, magnet, paper clip



### SCIENTIFIC EXPLORATION

This activity can be taken outside for fresh air and physical activity!

#### ACTIVITY

We are often fascinated by airplanes, especially young children. Follow Pilot Small in this wonderful story about flight.

**Test Your Flying Skills** – Clear for takeoff! Any room can be a runway or science lab when you and your child turn paper into airplanes. Skinny, wide, pointy or sleek – it’s up to you as pretend pilots to fashion your fleet. As you help your child experiment with different designs, make predictions. Which planes will go the farthest? Why? With older children, you could even figure out which different shapes make the planes fly in different ways.

#### SKILLS DEVELOPED

Learning concepts of physics, predicting, testing and modification

#### MATERIALS

Suggested Book: *The Little Airplane* by Lois Lenski

Different types of paper (thick, light)



### DAY 2



## ENGINEERING

### ACTIVITY

**Cardboard Building** – What do children love more than playing with a big empty box? Find out in this engaging activity that turns your child into an engineer and innovator!

1. Show your child the boxes and materials. Ask what they would like to make. It could be a castle, a fort, a house, a space station, a road with ramps or anything they imagine. Once decided, talk about what they will need. Will it need doors, windows, etc.?
2. Have your child draw the outlines of any doors, windows, etc. Adults should use scissors or a box cutter to cut out the doors and windows for young children.
3. Have them paint and color the box any way they want.

**Five- to six-year-olds:** Your child might like to use all sorts of found items to decorate their boxes. Wrapping paper, cloth scraps, pictures from magazines and anything else you can think of can help give their creations a special touch.

**Seven- to eight-year-olds:** Older children can try drawing a plan first and sketching their ideas before they build.

### SKILL DEVELOPED

Measuring and comparing length, area, weight and capacity

### MATERIALS

Various sizes of empty cardboard boxes, scissors, tape, paint or markers, scissors or box cutter for adult, paper plates

*Optional:* wrapping paper and cloth scraps, old magazines



## SOCIAL-EMOTIONAL

### ACTIVITY

Enjoy the funny story together about the emotions between a parent and child.

**Match That Face** – Humans are a social bunch, responding and connecting every day. Mix and match facial parts to make new silly faces.



### SOCIAL-EMOTIONAL (CONTINUED)

1. Cut photos apart in horizontal strips so the eyes are on one strip, the noses are on one strip, and so forth.
2. Mix and match the strips to make silly new faces. Maybe mom's nose goes with dad's eyes.
3. When you're done, glue the silly faces onto construction paper.
4. Talk about the expressions and emotions each new face shows.

**Extra Fun Things to Do** – Make a feelings book when you're done playing the game. Draw pictures or find magazine pages depicting specific emotions. What makes you feel mad, happy, scared or sad? What do you do when you're feeling blue to help you feel better?

#### SKILL DEVELOPED

Recognizing others' personal traits that guide behavior

#### MATERIALS

Suggested Book: *I Love You, Stinky Face* by Lisa McCourt, illustrated by Syd Moore

Closeup photos of faces enlarged to 8x11, scissors, glue, construction paper



### MUSIC AND MOVEMENT

This activity can be taken outside for fresh air and physical activity!

#### ACTIVITY

*The Icky Sticky Frog* is a great book to share as a lead-in to this fun and active game.

**Leap-Lunge Lily Pad** – Have fun weaving through the lily pads while building agility, spatial awareness and motor planning!

1. Lay pieces of paper (e.g., lily pads) out in a curvy line. Place each rectangle a small distance from the others.
2. Tell your child they are an insect, and on each lily pad is a frog with a sticky tongue. The object of the game is to move through as fast as you can without touching a lily pad.



## MUSIC AND MOVEMENT (CONTINUED)

This activity can be taken outside for fresh air and physical activity!

3. Have your child run and weave in and out of the lily pads like a slalom skier.
4. After a few practice runs, have your child time themselves and set a time goal to beat.

Play music to add to the fun.

**Five- to six-year-olds:** Bounce a ball while weaving through the lily pads.

**Seven- to eight-year-olds:** Build hand-eye coordination by dribbling a ball with your hands – and then your feet – while moving through the lily pads.

### SKILL DEVELOPED

Demonstrating coordination and body movement

### MATERIALS

Suggested Book: *The Icky Sticky Frog* by Dawn Bentley, illustrated by Salina Yoon

Magazines, newspapers or pieces of scrap paper



### DAY 3



## LANGUAGE AND LITERACY

### ACTIVITY

Read the book and talk about all the ABC steps the builders had to go through to build the park.

**Artsy Letters** – For each letter of the alphabet, help your child think of words that begin with that letter. Now have your child write the letter in the center of a piece of paper. Ask your child to pick one of the words you thought up together. They can then use crayons or colored pencils to add details to the letter on the page to make it look like a picture of that word. For instance, they might make the letter “A” look like an apple or an acorn.

Continue the fun with all the letters in your child’s name or your family’s name. This may take a few days to complete. When all the letters are done, your child can make a cover and the papers can be put together to make a book.

### SKILL DEVELOPED

Making logical connections between writing and drawing

### MATERIALS

Suggested Book: *B Is for Bulldozer* by June Sobel,  
illustrated by Melissa Iwai

Paper, markers or crayons



## COGNITIVE AND MATHEMATICS

### ACTIVITY

**Homemade Match Game** – Everyone loves to play matching games. This fun matching game adds a three-dimensional element to enhance children’s memory and sorting skills.

1. Start by collecting small objects (see materials list) with your child. Ensure you have two of each object.
2. Place the objects under overturned paper cups on a table and slide the cups around before placing them in rows.
3. Take turns checking under the cups, two at a time, for matching pairs. If you find two matching items, you get to keep them.
4. The person with the most items once all the pairs have been found is the winner!



## COGNITIVE AND MATHEMATICS (CONTINUED)

**Five- to six-year-olds:** Your child might like to collect the objects for this game from nature, such as acorns, wildflowers, pebbles and little leaves.

**Seven- to eight-year-olds:** To help develop reading skills, find items as before, but instead of using pairs of items, write the name of each item on a slip of paper and place the items and the slips under the cups. You make a match when you find the object and its written name.

### SKILL DEVELOPED

Matching, predicting, recalling information

### MATERIALS

Paper or plastic cups, small objects such as coins, beads, stamps, toys and, of course, bottle caps (in pairs), paper, pencil



## SCIENTIFIC EXPLORATION

### ACTIVITY

Read the story with your child. Talk about how Charlotte used science to help her family. Do you have a problem in the house you all want to solve?

**Light Show** – Try this fun experiment to practice the scientific method of asking a question, gathering information, guessing what might happen (hypothesis), testing and looking at the results. Ask what happens to light as we move.

1. Turn off the lights. Turn on the flashlight and point it toward a wall, about two inches from the wall. What does the light look like on the wall?
2. Pull the flashlight back another four inches. What does the light look like now? How has the light changed?
3. Pull the flashlight back about one foot from the wall. Place your hand between the flashlight and the wall at about six inches. How has the light changed?
4. Pull the flashlight back about three feet from the wall. Place your hand about one foot in front of the flashlight. What has happened to the light? How has the light changed?



# AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

KINDERGARTEN (5+ YEARS)



THE  
**GODDARD SCHOOL**<sup>®</sup>  
FOR EARLY CHILDHOOD DEVELOPMENT



## SCIENTIFIC EXPLORATION (CONTINUED)

For extra fun, play with hand shadows on the wall!

### SKILL DEVELOPED

Using the scientific method

### MATERIALS

Suggested Book: *Charlotte the Scientist Is Squished* by Camille Andros, illustrated by Brianne Farley

Flashlights, blank wall



### DAY 4



## ENGINEERING

### ACTIVITY

This special story is all about problem-solving and engineering. Read the book with your child and then enjoy designing something together.

**Recycled Creations** – Ask your child to build something out of recycled materials. Can you create a robot, a piece of furniture, ramps, pulleys or a toy? Let your child decide and assist them with the materials. Take photos and send them to family and friends to show off the creations.

### SKILL DEVELOPED

Combining a variety of materials to create art

### MATERIALS

Suggested Book: *The Giant Jam Sandwich* by John Vernon Lord and Janet Burroway

Recycled items, glue, scissors, paint or markers



## SOCIAL-EMOTIONAL

### ACTIVITY

**Silent Story** – How do you tell a story without using words? Act out a silent story with your child.

Hold up fingers, make facial expressions, use hand motions – how will your child tell the tale? To start, try doing charades for classics like “Goldilocks and the Three Bears” or “Little Red Riding Hood.” Increase the difficulty by making your partner guess along while you invent a story! For extra fun, video the storytelling and play it back for lots of giggles.

### SKILL DEVELOPED

Using imagination and creativity to express themselves

### MATERIALS

Smartphone or tablet with video



## MUSIC AND MOVEMENT

### ACTIVITY

**Math and Clapping** – Music and math go hand-in-hand! Your child learns musical rhythms while practicing basic math skills.

1. Try clapping out a simple rhythm and see if your child can follow it. If they can, try one that's a little harder.
2. Now let your child come up with a pattern and see if you're able to follow it.
3. Keep it going like this, taking turns and seeing who's better at following clap patterns. As you go on, you can add sounds and movements other than clapping. Try patting your shoulders, stomping your feet, knocking your knees together or anything else you can imagine. It will start getting tricky, so do your best to keep up!

**Five- to six-year-olds:** Try clapping out the syllables of words as you speak. Start with the names of your family members and pets to develop interest.

**Seven- to eight-year-olds:** Older children can develop a clap code. They can use colors and symbols to represent different motions. For instance, a blue star can stand for clapping hands and a yellow smiley face for tapping shoulders. Then record patterns and "play" them back.

### SKILLS DEVELOPED

Exploring rhythm, counting, expressing creativity

### MATERIALS

Suggested Book: *This Jazz Man* by Karen Ehrhardt, illustrated by R.G. Roth

*Optional:* colored paper, crayons or markers



### DAY 5



## CREATIVITY

### ACTIVITY

**Simple Creations** – Beads and pipe cleaners use the imagination to develop patterning skills. Pipe cleaners are easier to use than string and allow creative young artists to take their creations into three dimensions!

1. Show your child the beads and pipe cleaners. Ask what they think they could make with them.
2. Let your child play and experiment with the beads and pipe cleaners. They will enjoy stringing the beads on pipe cleaners, and they might like to follow a pattern.
3. Your child might enjoy making bracelets or necklaces or even going 3D. They can bend and twist the pipe cleaners to make animals, people, vehicles - whatever they can imagine!

**Five- to six-year-olds:** Give your child additional materials to make their creations. Try ribbon, yarn, bits of construction paper, or whatever else you can think of! Ask them to present their creations to the family!

**Seven- to eight-year-olds:** See if your child can use the pipe cleaners to make models of three-dimensional shapes, such as cones, cubes or pyramids. Have your child make a commercial video to share the features of their creations.

### SKILL DEVELOPED

Presenting visual arts to express creativity

### MATERIALS

Pipe cleaners, pony beads (lightweight plastic beads with large holes) in various colors



## COGNITIVE AND MATHEMATICS

### ACTIVITY

Read the book together and talk about the kinds of foods your family loves. Extend the activity by having your child interview everyone in the family about their favorite foods.

**Cookin' Up Something Good** - Children love to help in the kitchen. Get out a favorite recipe and make something yummy together. Have your child do the measuring, mixing and counting out the steps. This helps your child build math, collaboration, measurement and vocabulary skills.

### SKILLS DEVELOPED

Sequencing, measuring, learning volume and fractions

### MATERIALS

Suggested Book: *Feast for 10* by Cathryn Falwell

Family-favorite recipe and the ingredients to make it



## SCIENTIFIC EXPLORATION

This activity can be taken outside for fresh air and physical activity!

### ACTIVITY

**Exercise Science** – Ask your child what happens to your body when you exercise. Find out with this fun experiment.

1. Have your child do any kind of exercise – running, jumping rope, hula-hooping, skating, bicycling, playing tag – for five straight minutes. Ask your child to check to see how exercise changes their bodies. Are you sweating? Do you have more energy? How do you feel? What's your mood like? Is your heart beating quickly or slowly?
2. Now increase the time (e.g., 10 minutes, then 15). Did anything change?
3. Make a chart each day by jotting down answers. You can write the chart for children who are not writing yet.

### SKILL DEVELOPED

Describing changes as a result of an action

### MATERIALS

Stopwatch, paper, markers or pen

# AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

KINDERGARTEN (5+ YEARS)



THE  
**GODDARD SCHOOL**<sup>®</sup>  
FOR EARLY CHILDHOOD DEVELOPMENT

## ENJOY AND REPEAT!

When we repeat activities, books and songs with children, we help them master skills, build confidence and create lasting and more meaningful connections with learning and with people they care about.

## FOR EXTRA FUN

1. **Spring Cleaning** – Think of this as a fun time to spring clean. Have your child help sort out closets and drawers. Turn on some music to add to the fun. Make a pile to donate to those in need. Sorting is a great way to develop math skills as well as practice decision-making.
2. **Game Night** – Play a different game each evening. You can also create your own games by changing the rules of a favorite or using game pieces to make up a new game. Games help children develop self-regulation (learning to take turns and share).
3. **Puzzle Challenge** – Get out several puzzles. Lay them on a table and family members can work on them a little each day. How many can you do in a week?