GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

KINDERGARTEN

ANIMAL ADVENTURES

WEEK 1 • DAY 1
### Greeting

**ACTIVITY**

*Good Morning* – Sing a favorite animal song together as you start your day. You can extend the activity by creating new lyrics.

**LEARNING SKILLS**

Listening, vocabulary, collaboration

**MATERIALS**

N/A

### Morning Meeting

**ACTIVITY**

*Reflect and Plan* - Talk about what you did yesterday. Next, talk about the routine for the day. Ask your child what he or she would like to do. Make sure you plan when you will do that activity during the day. Make a simple daily chart and leave space to add to it during the week.

**LEARNING SKILLS**

Working memory, planning and organization, understanding time

**MATERIALS**

Paper, markers

### Transition

**ACTIVITY**

*Jumping Jacks* – Do five jumping jacks together. Then, have your child make up a new move for you to follow, such as jumping and then kicking forward once. Continue taking turns being the leader and inventing new moves two more times.

**LEARNING SKILLS**

Self-regulation, self-confidence, gross motor skills

**MATERIALS**

N/A
PRE-EXPLORATION

ACTIVITY
Talk about the purposeful exploration activity, and work together to gather the materials you will need.

LEARNING SKILLS
Responsibility, planning and organization

MATERIALS
Books about animals

PURPOSEFUL EXPLORATION

ACTIVITY
Storytime Animals – Read the stories about animals. Talk about how the animals live. Challenge each other to move like the animals, such as by walking like an elephant or sliding like a snake.

LEARNING SKILLS
Leadership and planning, vocabulary and comprehension, gross motor skills

MATERIALS
Books about animals

POST-EXPLORATION

ACTIVITY
Slow Animal Dances – Create funny animal moves as you walk to the kitchen.

LEARNING SKILLS
Movement and creativity

MATERIALS
N/A
**MEALTIME**

**ACTIVITY**
Ask your child to help you prepare for lunch, such as by putting out the bread for sandwiches or helping to set the table.

**LEARNING SKILLS**
Responsibility, self-confidence

**MATERIALS**
N/A

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**TRANSITIONS**

**ACTIVITY**
Read your favorite story. Look back over the pictures and talk about your favorite parts and why.

**LEARNING SKILLS**
Listening skills, vocabulary and comprehension, self-soothing

**MATERIALS**
Favorite children’s book

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**LEARNING LAB**

**ACTIVITY**
**Color Mix-Up** - Ask your child to play with the crayons, markers or paints. Encourage your child to mix up or layer the colors. What will happen if we mix the yellow and blue paints? Extend the activity by making a chart and writing the names of the colors.

**LEARNING SKILLS**
Creative expression, science (inquiry and prediction), fine motor skills

**MATERIALS**
Paper, paints, markers or crayons
### OUTSIDE TIME

**ACTIVITY**  
**Animals Play Ball** – Ask whether your child remembers the stories from earlier today and take the learning outside. Try to carry, roll or throw balls as animals would. How would an elephant carry a ball? How would a cat roll a ball? How would a monkey throw a ball? Have your child shout the name of an animal and act out the actions together.

**LEARNING SKILLS**  
Gross motor skills

**MATERIALS**  
Balls of various sizes

### REST TIME

**ACTIVITY**  
It’s time to relax. Establish a routine before naps that supports your child in calming his or her body and settling his or her mind.

**LEARNING SKILLS**  
N/A

**MATERIALS**  
N/A

### TRANSITION

**ACTIVITY**  
Wake up with the song from today’s greeting.

**LEARNING SKILLS**  
N/A

**MATERIALS**  
N/A
<table>
<thead>
<tr>
<th>CHILD’S CHOICE</th>
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<tbody>
<tr>
<td>ACTIVITY</td>
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<tr>
<td>Use this time to do the activity your child wanted to do this morning. You can also do this activity at any time during the day.</td>
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<tr>
<td>LEARNING SKILLS</td>
</tr>
<tr>
<td>N/A</td>
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<tr>
<td>MATERIALS</td>
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