



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

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

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



CHILD'S CHOICE

ACTIVITY	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.
LEARNING SKILLS	N/A
MATERIALS	N/A