



GODDARD AT HOME

F.L.EX.[®] DAILY ACTIVITY PLANS
KINDERGARTEN

WATERPLAY WONDERS

WEEK 1 • DAY 3





GREETING

ACTIVITY	Good Morning - Funny Bone - Ask your child to talk about something that happened yesterday that made you all laugh. Why was it so funny?
LEARNING SKILLS	Self-expression, working memory
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. Add it to the daily chart.
LEARNING SKILLS	Working memory, planning and organization, understanding time
MATERIALS	Paper, markers

TRANSITION

ACTIVITY	Follow the Leader - Take turns following the leader with funny movements. Experiment with the moves. Take long strides or do short hops as you move from room to room. Turn on some favorite tunes to add to the fun!
LEARNING SKILLS	Following directions, collaboration, gross motor skills
MATERIALS	Music



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	See below

PURPOSEFUL EXPLORATION

ACTIVITY	Does It Sink or Float? - Gather 10 small household items that can be put into water. Get a bowl of water or fill the sink with water. Ask your child to predict whether each item will float or sink, and then test each one. Expand the learning by creating a chart of what floats and what sinks. Your child can decorate the chart.
LEARNING SKILLS	Scientific exploration -inquiry and prediction
MATERIALS	10 household items, a bowl of water or a sink, paper, pen or marker

POST-EXPLORATION

ACTIVITY	As you clean up together, ask your child to think of words that rhyme with float, such as boat, coat or tote, and then words that rhyme with sink, such as ink, pink or stink. How many can you list?
LEARNING SKILLS	Vocabulary and phonemic awareness
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	Make a Splash – Try out movements you would make in the water, such as paddling, swimming, splashing or diving. Now, you are ready to dive into more learning fun.
LEARNING SKILLS	Listening skills, gross motor skills
MATERIALS	N/A

LEARNING LAB

ACTIVITY	Do Oil and Water Mix? – Make colored water by adding paint or food coloring to the water. Pour the oil into a shallow pan or baking dish. Have your child add colored water with an eyedropper or a 1/4-teaspoon measuring spoon. Watch what happens. What happens if you add more water? The colored water still won't mix with the oil. Why is that? Explain that water and oil have different densities. Look up the word density and discuss it with your child.
LEARNING SKILLS	Scientific exploration, (matter, water), inquiry, vocabulary
MATERIALS	Food coloring or watercolor paint, baby or olive oil, water, pan, eyedropper or 1/4-teaspoon measuring spoon



OUTSIDE TIME

ACTIVITY	Muddy Waters – Let’s learn how to filter water. Fill a bucket or bowl with water and add sand or mud. Hold a coffee filter over a second bowl and pour the water from the first bowl into the second bowl. Is the water cleaner now? How many times did you need to filter the water to get clear water?
LEARNING SKILLS	Scientific exploration - inquiry and prediction
MATERIALS	Water, dirt or sand, coffee filter or thin cloth

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	As your child wakes up, talk about funny things that happened today.
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