



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS
KINDERGARTEN

EXPLORING WITH EXPERIMENTS

WEEK 1 • DAY 4





GREETING

ACTIVITY	Good Morning – Encourage your child to play with soap as you wash hands this morning. Ask questions like –“Can we make bubbles as we squeeze our hands? What happens when we add more water? Can you count the bubbles?”
LEARNING SKILLS	Healthy habits, science, inquiry and prediction
MATERIALS	Soap, water

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	Count to twenty as you walk to another room. Now, try counting backward.
LEARNING SKILLS	Counting 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	See below

PURPOSEFUL EXPLORATION

ACTIVITY	Parts to a Whole – Look around the room and ask your child how many parts or pieces are in an object, such as a chair, a table or a pillow. Encourage your child to choose objects. Make a simple chart with 10 to 15 objects. Which one has the most parts?
LEARNING SKILLS	Counting, fractions, engineering
MATERIALS	Paper, markers or crayons

POST-EXPLORATION

ACTIVITY	Say this chant together as you clean up the area: “I am one. You are one. We are two together.” Repeat it, and add a tune or dance steps.
LEARNING SKILLS	Music and movement, responsibility
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	Talk about your favorite foods. Ask your child what his or her favorite dessert is. What does it taste like and smell like? Tell your child about your favorite.
LEARNING SKILLS	Working memory, reflection
MATERIALS	N/A

LEARNING LAB

ACTIVITY	What Is That? - Try a smell test with your child. Blindfold your child or ask your child to shut his or her eyes. Place a piece of fruit, such as a slice of lime or apple, on a plate in front of your child. Have your child smell the food and guess what it is. Can your child describe the smell? Is it a nice smell? Now, close your eyes, let your child choose the food and try to guess it. You can also try a taste test.
LEARNING SKILLS	Scientific exploration, senses, language and vocabulary
MATERIALS	Small dishes with various food items



OUTSIDE TIME

ACTIVITY	Airplane Trial – Make a few different paper airplanes. Try airplanes with one fold, two folds or an added tail. Test how they fly. Consider adding open-ended questions: Which plane goes the farthest? Why do you think that is? Which one doesn't fly at all? What do you think we could do to fix that? Have fun and enjoy the outdoors.
LEARNING SKILLS	Data collection and interpretation, fine motor skills
MATERIALS	Paper, scissors, tape

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 the day. What was the most fun activity? What was the hardest thing you did? What was the easiest thing you did? Ask what you should do next.
LEARNING SKILLS	Decision making, cognitive flexibility
MATERIALS	N/A

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THE
GODDARD SCHOOL®
FOR EARLY CHILDHOOD DEVELOPMENT

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