



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS
KINDERGARTEN

WONDERS OF NATURE

WEEK 1 • DAY 5





GREETING

ACTIVITY	Good Morning - What is the weather like outside? Talk about the weather as you both plan what your child will wear today.
LEARNING SKILLS	Science - weather
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	Gather some wooden or metal spoons and use them as instruments as you march around the house and get ready to play.
LEARNING SKILLS	Movement and keeping time, creativity
MATERIALS	Wooden or metal spoons



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	Mirror Reflections – This classic activity is fun indoors and outdoors. Go outside with a small hand mirror. Ask your child to hold the mirror so it faces up and is right below his or her eyes. What does the mirror reflect? Walk around and look at the sky, the tops of trees and the birds. Ask your child to describe what he or she sees. Now, ask your child to try holding the mirror just above his or her eyes with the mirror facing down. The ground will look strange. You can tilt the mirror a little to change the reflections.
LEARNING SKILLS	Fine motor skills, inquiry and scientific exploration
MATERIALS	Hand mirror

POST-EXPLORATION

ACTIVITY	As you get ready to transition to mealtime, try to walk without making any noise. What do you hear? Do you hear the refrigerator, a bird or the wind?
LEARNING SKILLS	Listening skills
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	After lunch, take a few minutes to sit down together and complete a favorite puzzle. Mix it up by taking turns handing each other pieces and finding where they go.
LEARNING SKILLS	Spatial recognition, collaboration, problem solving
MATERIALS	A favorite puzzle

LEARNING LAB

ACTIVITY	Spring Flowers - Ask your child to use the materials to create spring flowers. You can color or paint on the paper, cut out pieces of paper or glue different pieces of paper together. Talk about how the changing weather helps plants get the sunshine and rain that they need.
LEARNING SKILLS	Science, creative arts
MATERIALS	Paper, markers, crayons, paints, tissue paper



OUTSIDE TIME

ACTIVITY	Outdoor Engineers – Create simple structures with natural items you find outdoors, such as rocks, stones or sticks. Let your child know you can use anything. Take pictures and share your child’s work with your family and friends.
LEARNING SKILLS	Engineering, creativity, fine motor skills
MATERIALS	Natural items found outside

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	Ask your child what was their favorite activity so far, and what are they most excited to do next.
LEARNING SKILLS	Social-emotional skills, self-confidence
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