



# GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS  
*KINDERGARTEN*

**MUSICAL MOVEMENT**

WEEK 2 • DAY 2





## **GREETING**

ACTIVITY	Greet your child with a warm “Good morning.” Ask him or her to get out of bed and get ready for a stretching dance. Turn on some music and flex your bodies.
LEARNING SKILLS	N/A
MATERIALS	Music

## **MORNING MEETING**

ACTIVITY	Reflect and plan. Talk about what you did yesterday. “What was the most fun?” “Do you want to do it again?” Children love to repeat favorite activities. Outline the plan for the day and add it to your chart.
LEARNING SKILLS	Working memory, writing skills, communication
MATERIALS	Daily chart, paper, pencil or marker

## **TRANSITION**

ACTIVITY	What song does your child know every word to right now? Have him or her make a move for each part of that song throughout the day. Find the rhythm and count it out for each move. The challenge is to keep the beats consistent with the body movements. By the end of the day, your child will have a dance routine that you and your family can all try!
LEARNING SKILLS	Mathematic correspondence to artistic expression
MATERIALS	Music, your child’s favorite song



## PRE-EXPLORATION

ACTIVITY	Ask your child if he or she knows what makes a song. Write down ideas on a list. It might be that you need instruments, you need paper and a pencil to write down notes or lyrics. It might even be a genre of music that dictates how your child creates a song.
LEARNING SKILLS	Brainstorming, organizing, planning
MATERIALS	Paper, writing utensils

## PURPOSEFUL EXPLORATION

ACTIVITY	Set out anything that might be used to create music. You can have a center of non-traditional instruments, such as pots and pans and spoons, and traditional instruments, such as tambourines and egg shakers. If you have real instruments in your home or even a program for creating music, you can set up centers to explore those, too. Apple's Garage Band is a fun way to record melodies - it is preloaded on most Apple products and can also be found to download for Android devices.
LEARNING SKILLS	Decision-making, testing, creativity
MATERIALS	Household musical materials, music-making programs

## POST-EXPLORATION

ACTIVITY	How did the creative songwriting go? Is there something to record? What did your child use to create his or her song? What else might he or she want to do to share his or her song with the world? Take some time to figure out what the tough parts of the process were, what the best parts were and how your child would write another song the next time.
LEARNING SKILLS	Recall, interpreting connections
MATERIALS	N/A



## MEALTIME

ACTIVITY	Talk about your favorite types of music and why you like them as you sit together to have a meal.
LEARNING SKILLS	N/A
MATERIALS	N/A

## TRANSITIONS

ACTIVITY	What song does your child know every word to right now? Have him or her make a move for each part of that song throughout the day. Find the rhythm and count it out for each move. The challenge is to keep the beats consistent with the body movements. By the end of the day, your child will have a dance routine that you and your family can all try!
LEARNING SKILLS	Mathematic correspondence to artistic expression
MATERIALS	Music, your child's favorite song

## LEARNING LAB

ACTIVITY	Write down as many instruments as you can brainstorm. Then break each part of the words up by their sounds. It is fun to play with phonemic sounds while looking at instruments that make sounds. You can also try writing or spelling sounds. Try the sounds of a bell, a horn or a drum. Your child can interpret the sounds and then figure out how to spell based on what he or she hears. Then he or she can draw the words out in expressive ways – just like in a comic book!
LEARNING SKILLS	Phonemic awareness, using onomatopoeia
MATERIALS	Notecards or paper, writing utensils, coloring utensils



## OUTSIDE TIME

ACTIVITY	Make a parade routine outside. Figure out what instruments you can act out and what pattern you will march to, and pretend to be a drum major. You can even draw the routine on the driveway or sidewalk with sidewalk chalk and then test it out.
LEARNING SKILLS	Using music to express aesthetic responses
MATERIALS	Optional: chalk

## REST TIME

ACTIVITY	Time to relax. Establish a routine before naps that supports your child to calm his or her body and settle the mind.
LEARNING SKILLS	N/A
MATERIALS	N/A

## TRANSITION

ACTIVITY	Try your child's dance for his or her favorite song. Have your child teach you the moves through counting his or her motions. You can record it for family members to watch, too – super fun!
LEARNING SKILLS	Mathematic correspondence to artistic expression, performance
MATERIALS	Music, your child's favorite song, camera



## CHILD'S CHOICE

**ACTIVITY**

This may be a good time to do the one thing your child wanted to do today. You can also do this activity anytime during the day.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A