**GREETING**

**ACTIVITY**
Greet your child with a warm “Good morning.” Wake up, stretch and see if you can make shapes together with your bodies (e.g., a circle by holding hands or a square with hands outstretched).

**LEARNING SKILLS**
Understanding shapes, gross motor skill development

**MATERIALS**
N/A

**MORNING MEETING**

**ACTIVITY**
Reflect and Plan. Talk about what you did yesterday. “What was the most fun?” Talk about the things in the room. “What materials were used to make them?” (For example, the table is made from wood, the pillow from cloth, the cup from glass.) Let your child know that today he or she is going to learn about building things. Make notes in your daily chart.

**LEARNING SKILLS**
Working memory, writing skills, communication

**MATERIALS**
Daily chart, paper, pencil or marker

**TRANSITION**

**ACTIVITY**
Sing the chorus from classic song from Disney's Snow White, “Heigh-Ho”

*Heigh-ho, heigh-ho, it's Off to Work we go*
*Heigh-ho, heigh-ho*
*Heigh-ho, heigh-ho*
*Heigh-ho, heigh-ho*
*Heigh-ho hum*

Sing and dance around the house.

**LEARNING SKILLS**
N/A

**MATERIALS**
Song lyrics
### Pre-Exploration

**ACTIVITY**
Talk about what roller coasters are and how they have to be built so the carts will roll up and down the hill. Read the book *Roller Coaster* by Marla Frazee.

**LEARNING SKILLS**
Listening, language skills

**MATERIALS**
*Roller Coaster* by Marla Frazee (available as an online reader)

### Purposeful Exploration

**ACTIVITY**
Set up tubing, tape and balls or marbles on a table. If using paper towel or art tubes, your child can decorate the tubes. Challenge your child to connect the tubes with tape and use blocks, tables and chairs to create different heights to build a roller coaster. Let your child do the building and planning. Test the results. Place a ball or marble in one end and listen to it roll and come out the other! Change the height of the tubes. Does the ball roll faster? Are there any low spots that catch the ball? How can we fix those?

**LEARNING SKILLS**
Engineering, creativity, planning, organization, prediction, cognitive flexibility

**MATERIALS**
Tube (cardboard) or make tubes out of heavy paper, small balls or marbles, crayons and markers, blocks, tape

### Post-Exploration

**ACTIVITY**
Talk about how your roller coaster worked. Ask your child what he or she liked about it and what worked or didn’t work. Ask if he or she would like to make another one.

**LEARNING SKILLS**
Reflection, self-confidence

**MATERIALS**
N/A
### MEALTIME

**ACTIVITY**
Spend a few moments constructing with carrots or raisins. Wash your hands first. Use toothpicks to make structures connecting the food pieces.

**LEARNING SKILLS**
Design and construction

**MATERIALS**
Vegetables and toothpicks

### TRANSITIONS

**ACTIVITY**
Talk with your child about the different parts of a house, such as the walls, doors, roof and windows. Then ask your child about different types of houses such as apartment buildings, stone houses, townhouses, brick houses.

**LEARNING SKILLS**
Building and construction

**MATERIALS**
N/A

### LEARNING LAB

**ACTIVITY**
What sort of house would your child build? Help your child choose a box or carton to make into a house. A small milk or juice container works well. For a slightly larger house, you can use an old shoebox. You can set a shoebox on its end for a townhouse or apartment building. Your child can use the materials to decorate and add parts to the house. Add paper or other materials to make doors, windows and other parts of the house. Your child can create animals or people to go into the house. Make a few more to create a neighborhood.

**LEARNING SKILLS**
Engineering, planning, organization, understanding shapes, design

**MATERIALS**
Boxes or cartons, paper, old magazines, scissors, glue, crayons, markers
### OUTSIDE TIME

**ACTIVITY**
Create a path. Give your child the materials and ask him or her to create six to ten stepping stones. Ask your child how far apart they should be. How wide? How many will your child need? Have fun creating and experimenting with the stones.

**LEARNING SKILLS**
Math, counting, measurement, planning, construction

**MATERIALS**
Cardboard, paint and brushes or markers

### REST TIME

**ACTIVITY**
Time to relax. Establish a routine before naps that supports your child to calm their body and settling their mind.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

### TRANSITION

**ACTIVITY**
Quick transition. Take five minutes to build a tower out of plastic cups. Can your child use all the cups? What can he or she build in one minute? Two?

**LEARNING SKILLS**
Construction, fine motor skill development, design

**MATERIALS**
Plastic cups
### Child's Choice

<table>
<thead>
<tr>
<th>Activity</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Skills</td>
<td>N/A</td>
</tr>
<tr>
<td>Materials</td>
<td>N/A</td>
</tr>
</tbody>
</table>