# Greeting

**ACTIVITY**

Greet your child with a warm “Good morning.” Ask your child if he or she would like to make lunch together later – talk about what you’d like to eat; anything goes. Plan a meal to create later in the day.

**LEARNING SKILLS**

Creative expression, planning, organization, collaboration

**MATERIALS**

N/A

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# 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 for a time to do that during the day. Add it to the daily chart.

**LEARNING SKILLS**

Working memory, writing skills, communication

**MATERIALS**

Daily chart, paper, pencil or marker

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# Transition

**ACTIVITY**

Clap out words for foods as you transition (e.g., po-ta-to, wa-ter-mel-on). How many claps are there in each word?

**LEARNING SKILLS**

Understanding syllables, developing phonological awareness, counting

**MATERIALS**

N/A
### PRE-EXPLORATION

**ACTIVITY**
Talk about the activity planned for Purposeful Exploration. Then, work together to gather the materials that your child thinks will be needed for exploration.

**LEARNING SKILLS**
Planning, organization

**MATERIALS**
N/A

### PURPOSEFUL EXPLORATION

**ACTIVITY**
Pull open the kitchen drawers and hold up an object. Ask your child what its purpose is. Switch it up so your child asks you about the next object. Extend the learning by sorting a few of the items into three groups – cooking, measuring and mixing. Your child can do the sorting independently and then show you the results. Have your child make a sign for each group (either drawings or words).

**LEARNING SKILLS**
Classifying, following directions, developing vocabulary

**MATERIALS**
Items in the kitchen, paper, crayon or pen

### POST-EXPLORATION

**ACTIVITY**
As you put the kitchen items away, keep out the things you will need to create the lunch you planned. Talk about what you will need.

**LEARNING SKILLS**
Recalling details

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

**ACTIVITY**
Create the meal you talked about this morning. Enjoy the creating as much as the eating. Talk about the tastes, smells and textures. Ask your child what he or she liked the most.

**LEARNING SKILLS**
Creativity, understanding senses, organization

**MATERIALS**
N/A

### TRANSITIONS

**ACTIVITY**
Do the mashed potato dance. Dance to your next activity by pretending you are mashing potatoes with your feet or stomping on grapes. Turn on some music to set the mood.

**LEARNING SKILLS**
Music and movement, gross motor skill development

**MATERIALS**
N/A

### LEARNING LAB

**ACTIVITY**
Ask your child to create with potatoes and other foods. Your child can make potato people, buildings or animals. Take pictures of the creations before you use the potatoes and other foods to eat.

**LEARNING SKILLS**
Construction, creativity, sculpting

**MATERIALS**
Potatoes, toothpicks, other foods (e.g., apple slices, peppers, carrots, raisins, berries)
### OUTSIDE TIME

**ACTIVITY**
Explore the outdoors with a muffin tin. Ask your child to gather interesting things (e.g., leaves, stones, bark). Place each one in the tin. Ask your child to make labels for each item. Non-writers can put the first letter of the item name (e.g., L for leaf, S for stone).

**LEARNING SKILLS**
Language development, exploration, sorting, inquiry, fine motor skill development

**MATERIALS**
Muffin tin, paper or sticky notes, pen, markers

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### REST TIME

**ACTIVITY**
Time to relax. Establish a routine before naps that helps your child to calm his or her body and settle the mind.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

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### TRANSITION

**ACTIVITY**
Talk about your favorite foods and why you like them so much. Discuss what you might make for dinner.

**LEARNING SKILLS**
Self-expression, understanding feelings of others

**MATERIALS**
N/A
**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>
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</tbody>
</table>