EXPLORING WITH EXPERIMENTS
WEEK 3 • DAY 4
# Greeting

**ACTIVITY**

Greet your child with a warm “Good morning.” Ask your child why it is important to brush his or her teeth in the morning. Why are our teeth important to us?

**LEARNING SKILLS**

Science, healthy habits

**MATERIALS**

Toothbrush, toothpaste

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# Morning Meeting

**ACTIVITY**

Reflect and plan by talking about what you did yesterday and what is going to happen today. Remember to make time for fun things you and your child would like to do. Put the main themes on your chart.

**LEARNING SKILLS**

Planning and organization, reflection

**MATERIALS**

Daily chart, paper, pencils or markers

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# Transition

**ACTIVITY**

Let’s have some fun experimenting with things in the kitchen to build a tower. Ask your child to use the materials to build the highest tower he or she can in five minutes. Take a picture and save it.

**LEARNING SKILLS**

Innovation, creativity, engineering

**MATERIALS**

Ideas: plastic cups and plates, flatware, pots, pans, baking sheets, etc.
### Pre-Exploration

**Activity**

BONUS! Enjoy an activity as Goddard presents Root for Earth. In honor of Earth Day, play a game by making old cloth new again. Talk about how important it is to recycle items that are still in good condition. Let your child know he or she can play with and collect the items for the upcoming activity.

**Learning Skills**

Science, cause and effect

**Materials**

See below

### Purposeful Exploration

**Activity**

Goddard presents Root for Earth. Prepare the items together, such as red cabbage, pomegranates, blueberries, tomatoes, carrots and spices by cutting them up and soaking them in various containers of water. Experiment by adding mustard, ketchup and tomato juice to containers. What happens to the water? Next, use tongs or wear gloves to dip the cloth into the dyes. You can also use spoons and paintbrushes to dye the cloth. Try twisting the cloth. What happens to the colors? Let the cloth dry and hang up your designs.

**Learning Skills**

Science, cause and effect, creative expressions, visual arts, creating

**Materials**

Used white cotton T-shirts or any white cotton cloth; food items - red cabbage, mustard, ketchup, frozen blueberry juice, tomatoes, pomegranates; clear foodservice non-latex gloves or tongs to dip

### Post-Exploration

**Activity**

Goddard presents Root for Earth. Plan how you will use the cloth or T-shirts. Guess how long it will take them to dry. What other foods might be good for dyeing cloth?

*Share a photo of you and your child doing this activity with us at PR@goddardsystems.com. Please include your child’s name and age and which Goddard School location your child attends. We may use your photo in our media outreach (including broadcast, print and electronic news media).*

**Learning Skills**

Reflection, planning

**Materials**

N/A
### Mealtime

**Activity**
Ask your child to help you prepare a sandwich or a salad. Ask, “What should we include that you love to eat?”

**Learning Skills**
Collaboration, decision-making

**Materials**
N/A

### Transition

**Activity**
Let’s try building the tower again. Ask your child to use the materials to build the highest tower he or she can in five minutes. Take a picture and compare it to the first tower. Which one was the tallest? Which one was the most stable?

**Learning Skills**
Innovation, creativity, engineering, science, data collection and interpretation

**Materials**
Try new items this time, or try to go higher with the same items from earlier in the day.

### Learning Lab

**Activity**
Play with some baking soda, vinegar and dish soap. This classic experiment is fun. First, put baking soda in a shallow bowl, then pour vinegar on it. Wow, what happened? What will happen if you add dish soap to the baking soda and then pour some vinegar on it? More fun! Test with different amounts of the three ingredients. Talk about what happened. Which made the biggest reaction? Older children can make a chart.

**Learning Skills**
Science, matter and energy, inquiry and prediction

**Materials**
Shallow bowl, baking soda, vinegar, dish soap
### OUTSIDE TIME

**ACTIVITY**
Make a simple sundial. Ask your child to collect 12 stones and a stick or 12 of anything that he or she would like for the sundial. Place the stick in dirt or a cup filled with stones or sand so the stick stays upright and creates a shadow. Place the 12 items around the stick like an old-fashioned clock. Adjust the sundial stick to make sure the stick’s shadow is pointing to the current time. Go out each hour during the day. Is the sundial telling the current time?

**LEARNING SKILLS**
Science, Earth and sun, prediction, math, understanding time, counting

**MATERIALS**
Cup, stick, sand, stones or pebbles

### REST TIME

**ACTIVITY**
Time to relax. Establish a routine before naps that supports your child in calming his or her body and settling the mind.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

### TRANSITION

**ACTIVITY**
Reflect on the day’s experiments. What did you learn? What was the funniest thing that happened?

**LEARNING SKILLS**
Working memory, communication

**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>
<td>N/A</td>
</tr>
</tbody>
</table>