GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

KINDERGARTEN

MUSICAL MOVEMENT

WEEK 4 • DAY 2
GREETING

ACTIVITY
Start today with a song. Ask your child to pick the song.

LEARNING SKILLS
Music, working memory

MATERIALS
Music player

MORNING MEETING

ACTIVITY
Ask your child to mark music on the chart today. It is time to dance and sing all day. What are his or her favorite songs? Remember to make time for fun things you and your child would like to do.

LEARNING SKILLS
Planning and organization, reflection

MATERIALS
Daily chart, paper, pencils or markers

TRANSITION

ACTIVITY
Ask your child to help you take a familiar song and change the words. For example, sing “Twinkle, Twinkle, Little Star” but make it a handwashing tune such as “Sudsy, Sudsy, Bar of Soap.” What song did you create? This would be fun to record and watch again later in the day.

LEARNING SKILLS
Critical thinking, vocabulary

MATERIALS
Music recorder or smartphone
## GODDARD AT HOME: F.L.EX.® DAILY ACTIVITY PLANS
### KINDERGARTEN - MUSICAL MOVEMENT

### PRE-EXPLORATION

**ACTIVITY**
Explain to your child what a mime is: a person who moves and acts out feelings and actions. You can demonstrate being a mime or check out a fun website to see a mime.

**LEARNING SKILLS**
Understanding a form of art, observation

**MATERIALS**
Website – Kiddle.co

### PURPOSEFUL EXPLORATION

**ACTIVITY**
Write actions or feelings on cards. If your child is writing, he or she can write a few words as well. Place the cards upside-down. Take turns picking a card and acting out the word or action. Can you guess what the person is doing or feeling? This is a great activity for the whole family.

**LEARNING SKILLS**
Following directions, movement, self-expression, print knowledge

**MATERIALS**
Cards or paper, pen or markers

### POST-EXPLORATION

**ACTIVITY**
Talk about how our faces and movements can express what we are feeling. Write down a few more action words to play mime again.

**LEARNING SKILLS**
Understanding emotions, writing

**MATERIALS**
Cards or paper, pen or markers
### Mealtime

**Activity**
Before lunch, ask your child to make music using the flatware as instruments. Talk about what made the best sounds as you sit together enjoying your meal.

**Learning Skills**
Creativity, innovation

**Materials**
Flatware, various surfaces

### Transition

**Activity**
Put on some music and dance. Try doing something traditional and simple for children such as the twist. How about a pretend tap dance?

**Learning Skills**
Following directions, gross motor skill development

**Materials**
Music player

### Learning Lab

**Activity**
Get out some art supplies and recycled materials (see the sample list). Encourage your child to make a simple drum, horn or guitar. Allow your child to get creative. Use the suggested materials or anything else you can find around the house. Enjoy playing the homemade instruments. Dance around the room as your child plays.

**Learning Skills**
Creativity, science, engineering, innovation, musical expression

**Materials**
Small box (cereal or pasta box), rubber bands or string, glue, scissors, crayons, cardboard tubes, smooth-edge can, wax paper
OUTSIDE TIME

ACTIVITY
Encourage your child to express him- or herself through interpretative movement with scarves or towels. Your child can run, jump, skip and dance as he or she pretends to be the wind, a tree or a flying bird. What other things can your child pretend to be as he or she swishes around the room?

LEARNING SKILLS
Musical and movement expression, balance

MATERIALS
Long scarves or towels

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. Try stretching or lying on your backs and slowly taking deep breaths. Put on some soothing music.

LEARNING SKILLS
N/A

MATERIALS
Music player

TRANSITION

ACTIVITY
Remember the transition song you made up earlier in the day? Play your recording. Ask your child to sing it again with you. Sing it loudly and then softly.

LEARNING SKILLS
Reflection, understanding musical elements

MATERIALS
Music player
**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