GREETING

ACTIVITY
“Good morning. What is your favorite exercise? Is it hopping around, skipping or jumping jacks? Let’s do your favorite 10 times to begin the day.”

LEARNING SKILLS Physical movement, gross motor skill development

MATERIALS N/A

MORNING MEETING

ACTIVITY Talk about how today you will be playing in the kitchen as scientists. Write the plan on the chart and ask your child what he or she would like to do.

LEARNING SKILLS Planning and organization

MATERIALS Daily chart, paper, pencils or markers

TRANSITION

ACTIVITY Place some raisins in a glass. Add clear soda. Watch as the raisins rise to the top and fall again. Ask your child why the raisins move.

LEARNING SKILLS Science, data collection, matter and energy

MATERIALS Raisin, clear soda (or sparkling water)
### PRE-EXPLORATION

**ACTIVITY**
Explain that you are going to test three things in the kitchen today. Talk about how scientists work and how they test things they think about.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

### PURPOSEFUL EXPLORATION

**ACTIVITY**
1. Ask your child to test which materials absorb water and which ones do not (e.g., paper towel, cardboard tube, glass, plastic).
3. Can you make glue out of milk, baking soda, vinegar and water? Try different amounts of each ingredient to make glue.

**LEARNING SKILLS**
Science, matter, scientific exploration, inquiry and prediction

**MATERIALS**
Paper, cardboard, glass or plastic, pepper, water, dishwashing liquid, baking soda, vinegar

### POST-EXPLORATION

**ACTIVITY**
Talk about each experiment. What happened? What was the most fun and interesting?

**LEARNING SKILLS**
Reflection and interpretation

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

**ACTIVITY**
Wash the lunch dishes by hand. Ask your child to rinse or dry the dishes. Talk about how you work together as a family to keep your home clean and healthy.

**LEARNING SKILLS**
Healthy habits, collaboration

**MATERIALS**
N/A

**TRANSITION**

**ACTIVITY**
Compare your body to a car engine. Whole foods (e.g., whole grains, fruits, vegetables, lean meat and dairy products) are better fuel than simple carbs and junk food. Ask your child what kinds of fuel our bodies need to keep going.

**LEARNING SKILLS**
Science, biology, healthy habits

**MATERIALS**
N/A

**LEARNING LAB**

**ACTIVITY**
Make food slime. Ask your child to test different amounts of pudding or gelatin powder with cornstarch or flour to make slime or dough. Add water, too. How much is needed to make a slimy goo? How much to make playdough? Test again by adding olive oil. What happens to the slime? Yuck. How does it taste? Don’t eat too much of this but a few tastes are okay.

**LEARNING SKILLS**
Science, texture, testing trials, matter

**MATERIALS**
Pudding or gelatin powder (can use cake powder), cornstarch, water, olive oil, bowls
### OUTSIDE TIME

**ACTIVITY**

Try this classic story outside. Read or tell the story of “Stone Soup.” There are many versions of this old tale. We like the one where the villagers help each other. Have your child collect natural materials outside and make a bowl of stone soup in a bucket or pail. Use smaller bowls to “serve” the soup to family members.

**LEARNING SKILLS**

N/A

**MATERIALS**

“Stone Soup” tale (many versions are available online or in books)

### 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. Put on some soothing music.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A

### TRANSITION

**ACTIVITY**

Place a meat thermometer in cold water. Now place it in hot water. Record the temperatures. Talk about why we need a thermometer.

**LEARNING SKILLS**

Measurement, observation

**MATERIALS**

Thermometer, writing utensil and paper/writing board
### Child’s Choice

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACTIVITY</strong></td>
<td>This may be a good time to do the one thing your child wanted to do today.</td>
</tr>
<tr>
<td></td>
<td>You can also do this activity anytime during the day.</td>
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</tbody>
</table>

| **Learning Skills**                           | N/A                                                                         |
| **Materials**                                 | N/A                                                                         |