### GREETING

**ACTIVITY**

Good morning! Let’s talk about the ocean, rivers and lakes. What lives in the water besides fish? What do fish eat? Do plants grow underwater?

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A

### MORNING MEETING

**ACTIVITY**

Reflect on what you did yesterday. Explain that today you are going to explore life underwater. Ask, “What is your favorite fish?” 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

### TRANSITION

**ACTIVITY**

Visit [explore.org](http://explore.org) and search for your child’s favorite fish or underwater animal. Both the live and off-season camera highlights are fun to watch. Try the manatees.

**LEARNING SKILLS**

Science, natural habitats and behaviors

**MATERIALS**

N/A
**PRE-EXPLORATION**

**ACTIVITY**
Explore the small creatures that live in the water such as hermit crabs, snails and turtles. Look up the creatures on a smartphone, tablet or computer. Try National Geographic Kids.

**LEARNING SKILLS**
Scientific exploration

**MATERIALS**
Access to the internet and device

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**PURPOSEFUL EXPLORATION**

**ACTIVITY**
Can you make a habitat for the creatures? Create a habitat out of paper, recycled materials, clay and other art supplies. A cup can become a shell for a snail. You can collect outdoor materials as well (e.g., leaves, old acorns). Make a list of what the animals eat. How are they different and what similarities do they have?

**LEARNING SKILLS**
Creativity, building and construction, fine motor skill development, science, natural habitats

**MATERIALS**
Recycled materials, crayons, art supplies (paper, cardboard or whatever you have around the house)

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**POST-EXPLORATION**

**ACTIVITY**
Talk about what your child made. Take pictures and share with friends or family.

**LEARNING SKILLS**
Communication skills

**MATERIALS**
Camera

Enrichment provided by National Geographic Kids
# Mealtime

**ACTIVITY**
Ask your child to help you create a fun meal in a shell. Use a cup as the shell or create a shell container with foil. Layer in fun foods – lettuce, tomatoes, carrots, whatever you like. You can even use lettuce as a shell!

**LEARNING SKILLS**
Creativity, collaboration

**MATERIALS**
Cup or foil, can use a small plastic bag, various foods

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# Transition

**ACTIVITY**
Frogs love to hop, and they stick out their tongues to catch bugs. Pretend you are frogs and hop around. Put your tongue in and out of your mouth. What do frogs sound like? Create a funny frog dance.

**LEARNING SKILLS**
Science, animal behaviors, gross motor skill development

**MATERIALS**
N/A

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# Learning Lab

**ACTIVITY**
The oceans have salt in the water. While it is not great to drink, we can use salt for paint. Have your child mix up some paint using salt, food coloring and cornstarch. Your child can keep playing with the amounts of each ingredient to make the right texture for painting. Have him or her write down the correct amount. Now use the paint to create a picture of something that lives underwater.

**LEARNING SKILLS**
Scientific exploration, fine motor skill development, inquiry and observation

**MATERIALS**
2 tsp. salt, 1 cup water, 1 tbsp. cornstarch, a few drops of food coloring (test amounts needed based on how much paint you want)
### OUTSIDE TIME

**ACTIVITY**
Create a river and float a boat. Have your child build a river with foil or plastic and stones. Your child can add a ramp to make a waterfall and more. Talk about how rivers flow to the sea, and maybe make a big area at the end to represent the sea. Pour water at the beginning and watch it flow.

**LEARNING SKILLS**
Construction, physics, environment, invention

**MATERIALS**
Foil or plastic, water, bucket, natural outside materials

### 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**
Read a story about the sea or follow a read-along. Talk about what is happening in the story and about life underwater. Ask your child to read keywords aloud. You can find stories about the ocean or rivers as e-books or read-alongs online if you don’t have a book at home.

**LEARNING SKILLS**
Listening skills, vocabulary, key details

**MATERIALS**
Suggested books: *Nugget and Fang* by Tammi Sauer, illustrated by Michael Slack; *Sea Shapes* by Suse MacDonald; *All the Water in the World* by George Ella Lyon, illustrated by Katherine Tilotson
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<thead>
<tr>
<th><strong>CHILD’S CHOICE</strong></th>
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<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. You can also do this activity anytime during the day.</td>
</tr>
<tr>
<td><strong>LEARNING SKILLS</strong></td>
<td>N/A</td>
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<tr>
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