### Greeting

**Activity**

Good morning! Let’s look out at the sky. What do we see? Are there any clouds? Where is the sun? Can we see any stars? Why can’t we see the stars during the day?

**Learning Skills**

Science, earth and nature

**Materials**

N/A

### Morning Meeting

**Activity**

Reflect on what you did yesterday. 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**

On a sunny day when you can see shadows, stand still in the sun. Ask your child to trace around your feet using chalk or painter’s tape. Stand by the tracing later in the day. Is your shadow the same? How did it change?

**Learning Skills**

N/A

**Materials**

Painter’s tape or chalk
**PRE-EXPLORATION**

**ACTIVITY**
Talk about the stars in the sky with your child. Ask, “Can you count them?”
Tell your child about constellations and how some stars can be linked together to make shapes such as a bird, a lion or a dog. You can explore stars on the American Museum of Natural History website for kids.

**LEARNING SKILLS**
Astronomy, data collection

**MATERIALS**
American Museum of Natural History website

**PURPOSEFUL EXPLORATION**

**ACTIVITY**
Create a star map. Have your child sprinkle a little glitter onto a plate or piece of paper. Look at all those stars! Can we make a dog constellation? How about the Big Dipper? Add more glitter as you go. Your child can make up designs. If you don’t have glitter, cut out little shapes from pieces of paper, or you can use dried rice.

**LEARNING SKILLS**
Astronomy, creativity, fine motor skill development

**MATERIALS**
Plate or large sheet of black or white paper, glitter (multi-colored or silver)

**POST-EXPLORATION**

**ACTIVITY**
Ask your child to tell you (or write) the names of the constellations he or she created. Later in the evening, look at the stars before going to bed. Do you see any constellations? Maybe your child can find one of their constellations in the night sky!

**LEARNING SKILLS**
Integration of knowledge, communicating ideas

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

**ACTIVITY**
Make star and moon shapes out of bread before you make sandwiches. Yum!

**LEARNING SKILLS**
Creativity

**MATERIALS**
Bread and other sandwich ingredients

**TRANSITION**

**ACTIVITY**
Check out the tracing from earlier in the day. Is your shadow the same? How did it change? Will you be able to see shadows at night? What makes night shadows?

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A

**LEARNING LAB**

**ACTIVITY**
Ask your child how scientists view the sky. Explain what a telescope is (you can share some great footage from the Hubble Telescope). Ask your child to make a pretend telescope from paper-towel or toilet-paper tubes. Your child can measure for the length of the scope, cut the pieces and glue or tape them together in the desired length. Encourage your child to decorate the telescope. Put one tube inside the other so it can slide in and out like a real telescope. Look at the sky (but never at the sun directly). What do you see?

**LEARNING SKILLS**
Science, astronomy, tools of scientists, creativity, fine motor skill development

**MATERIALS**
Paper-towel or toilet-paper tubes, crayons, tape, glue, scissors, website

*Enrichment provided by National Geographic Kids*
**OUTSIDE TIME**

**ACTIVITY**

Let’s make moon craters and mountains. This fun and messy activity is from *My Sky Tonight*, a project developed by Dr. Jennifer Jipson from Goddard’s Educational Advisory Board. Fill a tub with flour or sand. Have your child make a moon surface by dropping stones or balls of different sizes into the tub. Which ones make large craters? What happens if you hold the object up high and drop it? Is the crater deeper? Your child can also create a moon rover out of cardboard and drive around the moon. Add some water to an area and build a mountain just like on the moon’s surface.

**LEARNING SKILLS**

Science, space investigation, inquiry and prediction, observation, engineering

**MATERIALS**

Plastic tub, flour or sand, cardboard, crayons, glue, balls of varying sizes (can use stones), water, Astronomical Society of the Pacific website

*Enrichment provided by Astronomical Society of the Pacific*

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**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

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**TRANSITION**

**ACTIVITY**

Chant the following rhyme with your child:

*Star light, star bright, first star I see tonight,*
*I wish I may, I wish I might, have this wish I wish tonight.*

Ask, “Did you make a wish? What did you wish for?”

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A
<table>
<thead>
<tr>
<th>CHILD'S CHOICE</th>
<th></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>
</tr>
<tr>
<td><strong>MATERIALS</strong></td>
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