**GREETING**

**ACTIVITY**
Good morning! Explain to your child you are going on a pretend trip today. Where would your child like to go? What will you do when you get there? It could be to the moon.

**LEARNING SKILLS**
Communication, creativity

**MATERIALS**
N/A

**MORNING MEETING**

**ACTIVITY**
Reflect and plan. Talk about trips you have gone on as a family, even if it is just to the park. What was the funniest thing that happened? Add travel to the plan for the day. 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**
Time to get moving. How would you get to the moon? Act out being a rocket ship. Jump up for liftoff and fly around the room. Will you have a soft or hard landing?

**LEARNING SKILLS**
Gross motor skill development

**MATERIALS**
N/A
### Pre-Exploration

**Activity**  
Tell your child you are going on a virtual (pretend) tour. Ask if he or she remembers what you talked about earlier. Where should you go? Younger children can go somewhere in the community and older children can go to another country or outer space.

**Learning Skills**  
Planning, design

**Materials**  
N/A

### Purposeful Exploration

**Activity**  
Locate the place your child wishes to go on a map. Point out the symbols on the map (e.g., water, directions, land, borders of countries). Ask your child what the best way is to get to where he or she wants to go (e.g., plane, car, train, boat). Ask your child what he or she will need to “build” the train, plane, etc. Gather the materials and have your child construct the item. For extra fun, act out going on the trip, avoiding natural obstacles such as a river or mountain (can be a table or pillow) along the way to the destination.

**Learning Skills**  
Geographic concepts, planning, design, construction, collaboration, innovation

**Materials**  
Items in the home (recycled materials, kitchen objects, etc.), map

### Post-Exploration

**Activity**  
Talk about how your child built the mode of transport. What was hard? What was easy? What can you build next?

**Learning Skills**  
Reflection, cognitive flexibility

**Materials**  
N/A
MEALTIME

ACTIVITY
Ask your child, “If you could go out to lunch, where would you go?” Why did he or she choose that place? What is your child’s favorite meal there? Maybe you could plan to make that meal at home.

LEARNING SKILLS
Reflection, decision-making

MATERIALS
N/A

TRANSITION

ACTIVITY
Using the tune from “I’m a Little Teapot,” change the words to “I’m a Helicopter.” (This is a classic twist on an old song that many teachers use.) You and your child can dance like helicopters while singing these lyrics: I’m a helicopter landing on the ground. My rotor-blades slowly turning around. Faster and faster, they’re swirling around. Take off, spin around, and landing down.

LEARNING SKILLS
Music and movement, working memory

MATERIALS
N/A

LEARNING LAB

ACTIVITY
Create a word train by putting letters on each train car (index card or construction paper) to spell the word or name. Older children can make sentences. Next, try a number train or a three-car train with addition (e.g., 2+4=6).

LEARNING SKILLS
Print knowledge, print vocabulary, fine motor skill development, counting, computation

MATERIALS
Paper or index cards, markers, tape
### OUTSIDE TIME

**ACTIVITY**
Build a boat from newspaper! This is a fun activity based on the book *Curious George Rides a Bike* by Margret Rey. Fold up newspaper into a boat, get creative, there are lots of types of boats. Then, see how long it will float. You can try this with other materials like foil too. Can you put anything in your boat? For a full description of the activity check out “What floats your boat.”

**LEARNING SKILLS**
Scientific exploration, matter and energy, cognitive flexibility

**MATERIALS**
Newspaper, string, bucket and water, Tinkergarten® website for further instructions

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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**
Use large paper, small cars or trucks and paint. Mark a start and finish point on the paper. Children dip the wheels of the vehicles in the paint and roll the vehicles on the paper.

**LEARNING SKILLS**
Creativity, fine motor skill development

**MATERIALS**
Paper, paint, toy cars or trucks
### Child's Choice

<table>
<thead>
<tr>
<th>Activity</th>
<th>LEARNING SKILLS</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<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>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
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