



THE

GODDARD SCHOOL[®]

FOR EARLY CHILDHOOD DEVELOPMENT



AT-HOME LEARNING ACTIVITIES TO DO WITH YOUR CHILD

PRESCHOOL (3 YEARS - 4 YEARS)

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DAY 1



LANGUAGE AND LITERACY

This activity can be taken outside for fresh air and physical activity!

ACTIVITY

Simon Says “Tell a Story” – Mix up the classic Simon says game by imagining you are somewhere new. Let your child decide the scenario – are you jaguars prowling through the jungle or secret agents on an important mission? As you and your child take turns giving and following directions, tell stories about your adventures. Are you healing a wound when you touch your nose? Are you avoiding a venomous snake when you step on the crack in the tile? “Simon says, ‘Jump over the crack!’”

SKILLS DEVELOPED

Using a simple sentence with details in a story that the audience can understand

MATERIALS

Smartphone, tablet or computer with a microphone



COGNITIVE AND MATHEMATICS

ACTIVITY

Homemade Math – In that pile of laundry lurks a fun math game. Ask your child to help you sort socks into pairs. Can you find all the mates? How about sorting the clothes by color? Put all the whites in one pile and the colors in another. Once the clothes are clean and folded, sort them by type of clothing – pants in one pile, shirts in another. Even simple household chores can teach important skills!

SKILLS DEVELOPED

Sorting, classifying, matching

MATERIALS

Laundry



SCIENTIFIC EXPLORATION

This activity can be taken outside for fresh air and physical activity!

ACTIVITY

Enjoy reading *Stuck in the Mud*. It will bring lots of giggles. Talk about how much fun mud play can be. We can be scientists while we play!

Muddy Science – Playing in the dirt is always fun, and you can add science into the game. How much water is needed to make mud?

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SCIENTIFIC EXPLORATION (CONTINUED)

This activity can be taken outside for fresh air and physical activity!

Get out a few plastic bowls, water and sand or dirt. Test each bowl of dirt by adding water to make mud. How much water was needed to make the thickest mud? Which amount resulted in the best mud for playing?

SKILLS DEVELOPED

Estimating, predicting, measuring, conducting simple experiments

MATERIALS

Book suggestion: *Stuck in the Mud* by Jane E. Clarke

Plastic bowls, water, dirt or sand



DAY 2



ENGINEERING

This activity can be taken outside for fresh air and physical activity!

ACTIVITY

Share the book together and learn how a dump truck works.

Dumping for Fun – Get out several balls, trucks and other vehicles in varying sizes and pieces of cardboard. Have your child use the cardboard as a ramp and hold it at different angles. What happens to the ball or the vehicle when they roll it down the ramp when the ramp is held high, low, etc.? Does the speed change with different sized items? Make two ramps and test which items go the farthest.

SKILLS DEVELOPED

Predicting, simple experimenting, demonstrating body coordination

MATERIALS

Book suggestion: *Curious George and the Dump Truck* by H.A. Rey and Margret Rey

Cardboard, balls, trucks and other vehicles



SOCIAL-EMOTIONAL

ACTIVITY

Name That Face to Learn About Feelings – Winks, smiles, furrowed brows – what do they all mean? What does it look like to be happy, sad or excited?

Take turns making faces with your child, guessing which emotion is showing and talking about why you might feel happy or sad. When your child gave you a drawing, you felt happy. When the dog had an accident on the carpet, you felt frustrated. For an extra challenge, see how fast you and your child can go! You can do this in front of a big mirror to add to the fun or record it and play it back for more giggles.

SKILLS DEVELOPED

Distinguishing and labeling emotions, recalling information

MATERIALS

Mirror, smartphone or tablet

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MUSIC AND MOVEMENT

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ACTIVITY

Giggle and Wiggle – The world is a noisy, overwhelming place for young children, which is why some children go into meltdown mode by late afternoon. Large-muscle activities help burn off steam and regulate your little ones' overloaded sensory systems. Try a wiggle walk to restore calm.

SKILLS DEVELOPED

Demonstrating coordination and balance in active movement, self-regulating

MATERIALS

None



DAY 3



LANGUAGE AND LITERACY

ACTIVITY

Have fun practicing rhyming while reading a classic by Dr. Seuss. Rhyming helps children understand words and how they are made.

Rhyme Time – Set up a contest to see who can rhyme the most words at a time. What rhymes with tree, can or cat? Try taking turns until you run out of words or see how many you can do at one time. For an extra challenge, add rhythm to your rhyme by rapping or singing. Can you and your child make all the lines rhyme? For younger children, use simple words and count how many words you rhyme together.

SKILL DEVELOPED

Demonstrating an understanding of spoken words, syllables and sounds

MATERIALS

Book suggestions: *One Fish, Two Fish, Red Fish, Blue Fish* by Dr. Seuss; *Green Eggs and Ham* by Dr. Seuss



COGNITIVE AND MATHEMATICS

This activity can be taken outside for fresh air and physical activity!

ACTIVITY

Yummy Math – Cut up fresh strawberries, blueberries and grapes (or any other colorful fruit).

Arrange the fruit in simple patterns and challenge your child to complete the patterns. Can they make their own, more complex patterns? For example, make a pattern of three in a row of one type then two of another. Now compare: which pattern is longer, shorter, easier or harder? When you're done, cleanup is easy: just gobble it up!

SKILLS DEVELOPED

Recognizing patterns, making comparisons, measuring

MATERIALS

Variety of fruit (cut up)

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ACTIVITY

Body Double – Have your child lie down on the floor on a large sheet of paper and draw an outline of their bodies on the paper. Then you all can enjoy coloring in clothes, features, etc. Take turns tracing the bodies of each family member. Name the body parts and what they do as you go along.

SKILL DEVELOPED

Identifying body parts and what they do

MATERIALS

Large piece of paper or smaller pieces taped together (large enough for your child to lay on), markers or crayons



DAY 4



ENGINEERING

ACTIVITY

Read this classic tale together. Talk about how the goats fooled the giant.

Help the Goats - Discuss how bridges are made.

1. Gather connecting blocks, cardboard tubes and boxes and toy cars and trucks.
2. Work with your child to create a bridge. How can they make sure the bridge doesn't fall? They can test how much weight the bridge can hold. Can an animal cross? What about a car? Expand this activity by asking your child to act out the story.

SKILLS DEVELOPED

Understanding weight, testing gravity, critical thinking

MATERIALS

Book suggestion: *Three Billy Goats Gruff* by Paul Galdone (or any version of the story)



SOCIAL-EMOTIONAL

ACTIVITY

Read about Pinkerton and talk about how he was fooled. How did he treat his friends?

Follow the Leader with Tunes - Turn on the music and play follow the leader. Everyone has a chance to be first. Take turns being leaders with other family members. Challenge the leaders to march around the whole house. Add new steps to the march, such as a skip or a jump.

SKILLS DEVELOPED

Engaging in reciprocal interactions, controlling the body

MATERIALS

Book suggestion: *Me First* by Helen Lester, illustrated by Lynn Munsinger

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ACTIVITY

Old Fun Is New Again – Bring back old-fashioned, active games that you can play indoors or outdoors.

Remember red light, green light? One person is the stoplight. When the stoplight says, “Green,” everyone runs toward that person. Stop before the stoplight says, “Red,” though, or you have to take two steps backward. The first person to touch the stoplight becomes the new stoplight. How about playing hide-and-seek? No place is off limits: hide in the closet, the laundry basket or behind the couch. Run to base before you’re tagged!

SKILLS DEVELOPED

Controlling the body, listening for understanding, setting and following rules

MATERIALS

None



DAY 5



SCIENTIFIC EXPLORATION

ACTIVITY

Eat the Color Wheel – Talk about healthy eating and where foods come from as you plan for dinner. A side dish can become a work of art when your child creates a salad that includes every color in the rainbow. What vibrant veggies will your chef choose to complete the spectrum? Some great options are green lettuce, red tomatoes and yellow peppers. What other colorful additions can your child find in your crisper? Do a taste test and have your child describe the taste of each vegetable.

SKILL DEVELOPED

Identifying foods that keep the body healthy

MATERIALS

Salad bowl or plate, variety of vegetables



CREATIVE EXPRESSION

ACTIVITY

Everyone can be an artist. Explore this story with your child.

Paint, Fold and Wow! – Painting a picture is great, but that's not all you can do with paint. Your child can create wild and interesting designs by simply folding the page. Mix colors, fold over and over, then put a spot here and a spot there. What curls, swirls, lines and geometric designs can you and your child make? Help your child experiment and find patterns in their play.

SKILL DEVELOPED

Using imagination and creativity to express themselves through visual arts

MATERIALS

Book suggestion: *Invisible Scribble* by Diane Alber



LANGUAGE AND LITERACY

ACTIVITY

Clap the Words – Long before children start reading, they're learning the patterns and rhythms of language. Play a simple game to reinforce this instinctive skill. Say a word that contains only one syllable, clapping once as you say it. Now say a word with two syllables, clapping twice. Try a few more words, clapping for each syllable. How many claps are in each word? Can you clap for a really long word? Clap out your names. How about some silly nonsense words just to keep your child guessing?

SKILL DEVELOPED

Growing phonological awareness

MATERIALS

None

ENJOY AND REPEAT!

When we repeat activities, books and songs with children, we help them master skills, build confidence and create lasting and more meaningful connections with learning and with people they care about.

EXTRA FUN THINGS TO DO

1. **Always Time for Puzzles** – Get out all of your child's puzzles and do one each day. Talk about the images you see as each puzzle comes together. Make your own puzzles by cutting magazine pages into five to ten pieces, then put them back together.
2. **Build It** – Use recycled materials, books, magazines, blocks and other household items to build towers and other structures. Try a new one each day.
3. **Read a Story a Day** – Pick out your favorites and talk about the characters and why you and your children like the story, then draw pictures about the story or act out a scene.