



GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS
PRESCHOOL & PRE-KINDERGARTEN

ANIMAL ADVENTURES

WEEK 1 • DAY 1





GREETING

ACTIVITY **Good Morning** – Sing one of your child’s favorite songs together as you start your day. You can extend the activity by creating new lyrics.

LEARNING SKILLS Listening, vocabulary, collaboration

MATERIALS N/A

MORNING MEETING

ACTIVITY **Reflect and Plan** - Talk about what you did yesterday. Ask your child what he, or she, would like to do today. Next, talk about the routine for the day.

LEARNING SKILLS Working memory, planning and organization, understanding time

MATERIALS Pictures of the times of day for the schedule

TRANSITION

ACTIVITY **Touch Your Toes** - Have your child show you how to touch your toes. Do three sets of five toe touches.

LEARNING SKILLS Self-regulation, self-confidence, gross motor skills

MATERIALS N/A



PRE-EXPLORATION

ACTIVITY	Talk about where animals live. What do their homes look like? Discuss what our homes look like and different kinds of homes.
LEARNING SKILLS	Responsibility, planning and organization
MATERIALS	N/A

PURPOSEFUL EXPLORATION

ACTIVITY	Provide your child with materials for building a blanket fort. Explain how a fort is like a home and how an animal can make a home outside.
LEARNING SKILLS	Gross motor skills, critical thinking
MATERIALS	Blankets, sheets, towels, pillows

POST EXPLORATION

ACTIVITY	Discuss what your child liked about playing in the fort. Take pictures of the fort and share them with your family.
LEARNING SKILLS	Language and vocabulary, critical thinking
MATERIALS	Phone



MEALTIME

ACTIVITY Have your child set the table for lunch.

LEARNING SKILLS Responsibility, self-confidence

MATERIALS N/A

LEARNING LAB

ACTIVITY **Sort Blocks** – Have your child sort the blocks by size or color. Have your child explain how he or she sorted the blocks. Ask your child about other ways to sort the blocks.

LEARNING SKILLS Creative expression, science (inquiry and prediction), fine motor skills

MATERIALS Building blocks

TRANSITION

ACTIVITY Have your child put on his or her own coat if you are heading outside. Assist your child as needed.

LEARNING SKILLS Gross motor skills

MATERIALS N/A



OUTSIDE TIME

ACTIVITY	Take a walk, and discuss what you could use to build a fort outside. Try to find where animals live.
LEARNING SKILLS	Gross motor skills
MATERIALS	N/A

TRANSITIONS

ACTIVITY	Read a story about animals to your child before naptime.
LEARNING SKILLS	Listening skills, vocabulary and comprehension, self-soothing
MATERIALS	Favorite children's book

REST TIME

ACTIVITY	It's time to relax. Establish a routine before naps that supports your child in calming his or her body and settling his or her mind. You can even place your child's nap mat for school in or next to the bed.
LEARNING SKILLS	N/A
MATERIALS	N/A



CHILD'S CHOICE

ACTIVITY

Use this time to do the activity your child wanted to do this morning. You can also do this activity at any time during the day.

LEARNING SKILLS

N/A

MATERIALS

N/A