



GODDARD AT HOME

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

LEAPING INTO LITERATURE

WEEK 1 • DAY 2





GREETING

ACTIVITY **Good Morning** - Read your child's favorite book.

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 your routine for the day. Make a schedule with pictures to review in the morning.

LEARNING SKILLS Working memory, planning and organization, understanding time

MATERIALS Pictures of the times of day for the schedule

TRANSITION

ACTIVITY Have a three-minute dance party. Let your child choose a song and dance.

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

MATERIALS N/A



PRE-EXPLORATION

ACTIVITY	Talk about what the Dewey Decimal System is and how to find books in a library. If you are unfamiliar with it, use Google and talk about it with your child.
LEARNING SKILLS	Language and vocabulary
MATERIALS	N/A

PURPOSEFUL EXPLORATION

ACTIVITY	Provide your child with books for creating a library. Have your child create a system like the Dewey Decimal System and shelve the books. Then, play library together. Your child can pretend to check out a book and return it.
LEARNING SKILLS	Fine motor, creative expression
MATERIALS	N/A

POST EXPLORATION

ACTIVITY	Write a journal. The entries can be drawings about the library game or a story.
LEARNING SKILLS	Critical thinking, language and vocabulary
MATERIALS	N/A



MEALTIME

ACTIVITY Have your child help make lunch.

LEARNING SKILLS Responsibility, self-confidence

MATERIALS N/A

LEARNING LAB

ACTIVITY Make modeling dough with your child. Afterward, let your child play with the modeling dough. Have your child write out his or her name and use the modeling dough to create the letters. Make a large ball of modeling dough and let it dry – you'll need this for outside time!

LEARNING SKILLS Language and vocabulary, fine motor skills

MATERIALS Recipe for modeling dough

TRANSITION

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

LEARNING SKILLS Gross motor skills

MATERIALS N/A



OUTSIDE TIME

ACTIVITY	Take that large ball of modeling dough you made earlier outside and play catch with it.
LEARNING SKILLS	Gross motor skills
MATERIALS	N/A

TRANSITIONS

ACTIVITY	Read a favorite story 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