



# GODDARD AT HOME

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

**WATERPLAY WONDERS**

WEEK 1 • DAY 3





## GREETING

ACTIVITY	<b>Good Morning</b> - Discuss whether your child liked making his or her own library yesterday.
LEARNING SKILLS	Self-expression, working memory
MATERIALS	N/A

## MORNING MEETING

ACTIVITY	<b>Reflect and Plan</b> - Talk about what you did yesterday. Ask your child what he, or she, would like to do today. Read a book about vehicles and talk about whether they move on land or in water.
LEARNING SKILLS	Working memory, planning and organization, understanding time
MATERIALS	Book with vehicles

## TRANSITION

ACTIVITY	Count the number of steps it takes to go up or down the stairs. You can count stairs inside your home or go outside and count the porch steps.
LEARNING SKILLS	Following directions, gross motor skills, counting
MATERIALS	N/A



## PRE-EXPLORATION

ACTIVITY	Talk about vehicles that move in water. Let your child decide which one to create during the purposeful exploration period.
LEARNING SKILLS	Responsibility, planning and organization
MATERIALS	N/A

## PURPOSEFUL EXPLORATION

ACTIVITY	Provide your child with a small cardboard box. Talk about vehicles that move and have your child create a vehicle using the box. For example, your child could make the box into a boat or a submarine.
LEARNING SKILLS	Creativity, fine motor skills, problem solving
MATERIALS	Cardboard box, markers, crayons

## POST EXPLORATION

ACTIVITY	Use the journal you made earlier in the week and let your child draw what he or she did during the purposeful exploration period.
LEARNING SKILLS	Language and vocabulary, fine motor skills
MATERIALS	N/A



## MEALTIME

ACTIVITY	Ask your child to choose which fruit he or she wants with lunch.
LEARNING SKILLS	Healthy habits
MATERIALS	N/A

## TRANSITIONS

ACTIVITY	Try a few yoga stretches before the learning lab. Get creative, and see whether you can come up with poses that mimic the movements of sea creatures.
LEARNING SKILLS	Listening skills, gross motor skills
MATERIALS	N/A

## LEARNING LAB

ACTIVITY	<b>Sink or Float</b> - Fill a bucket with water and test whether items will sink or float. Create a chart to keep track of which items sunk and which floated.
LEARNING SKILLS	Critical thinking, estimation, scientific investigation
MATERIALS	Bucket, water, small toy boats, water-safe household items



## OUTSIDE TIME

ACTIVITY	Go outside for a walk. Look for places where your child can find water.
LEARNING SKILLS	Gross motor skills
MATERIALS	N/A

## 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	Self-regulation, self-awareness
MATERIALS	N/A

## TRANSITION

ACTIVITY	As your child wakes up, talk about what activity he or she liked best today.
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