



GODDARD AT HOME

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

EXPLORING WITH EXPERIMENTS

WEEK 1 • DAY 4





GREETING

ACTIVITY **Good Morning** - Discuss what your child liked best about the activities they did the day before. Ask the child if there is anything from the day before that he or she wants to do again.

LEARNING SKILLS Self-expression, working memory

MATERIALS N/A

MORNING MEETING

ACTIVITY **Reflect and Plan** - Talk about what an experiment is and how it works. Discuss how scientists do experiments to find solutions to problems.

LEARNING SKILLS Working memory, planning and organization, understanding time

MATERIALS N/A

TRANSITION

ACTIVITY **Yoga Pose** - See how long your child can hold any yoga pose, e.g., downward-facing dog.

LEARNING SKILLS Following directions, gross motor skill development, counting

MATERIALS N/A



PRE-EXPLORATION

ACTIVITY	Discuss the experiment and provide your child with a definition of the word. Explain what experiments you will do that day. Talk about how scientists keep notes on their experiments and that your child will keep notes in the journal.
LEARNING SKILLS	Responsibility, planning and organization
MATERIALS	N/A

PURPOSEFUL EXPLORATION

ACTIVITY	<p>Independent Experiments</p> <p>Revisit how far the boat, car, etc. rolled down the ramp. Build a tower out of blocks and see how many books the tower can hold. Provide your child with paper; make paper airplanes and estimate how far they will fly.</p> <p>Supported Experiments</p> <p>Floating Eggs – Fill a cup three-quarters full of water. Ask what will happen with the egg. (It will sink.) Take the egg out and add half a cup of salt to the water. Ask what will happen with the egg. (It will float.) Explain that adding salt to water makes it buoyant enough to hold up the egg. This extends the sink-or-float activity from the day before.</p>
LEARNING SKILLS	Creativity, gross motor skill development, problem-solving
MATERIALS	Eggs, salt, water, cup or bucket

POST EXPLORATION

ACTIVITY	Make an experiment journal and keep results like a scientist.
LEARNING SKILLS	Developing language and vocabulary, fine motor skill development
MATERIALS	Notebook



MEALTIME

ACTIVITY	Ask your child what his or her favorite food is and make it for lunch.
LEARNING SKILLS	Healthy habits
MATERIALS	N/A

TRANSITION

ACTIVITY	Have your child set up the next experiment for the day.
LEARNING SKILLS	Following directions, gross motor skill development
MATERIALS	N/A

LEARNING LAB

ACTIVITY	Storytelling Time - Have your child take his or her experiment journal and write or draw a story about his or her experience. Write a prediction for the next experiment. What will you do with the bubbles?
LEARNING SKILLS	Critical thinking, sequencing of a story, fine motor skill development
MATERIALS	Notebook



OUTSIDE TIME

ACTIVITY

Best Bubble Solution – Create bubbles for your child to play with in a water table or bucket. Have your child combine water and dish soap. Allow him or her to blow bubbles with straws, plastic bubble straws or plastic rings. Ask what else might work as bubble blowers.

Explanation – Bubbles are a perfect example of surface tension. Surface tension causes a liquid to pull together and create bubbles that are balls of liquid with air trapped in the center.

LEARNING SKILLS

Gross motor skill development

MATERIALS

Six cups of water, two cups of dish soap

REST TIME

ACTIVITY

Establish a routine before nap that supports your child in calming his or her body and settling the mind. You can even place his or her nap mat for school in the bed or next to it.

LEARNING SKILLS

N/A

MATERIALS

N/A

TRANSITION

ACTIVITY

After your child wakes up, talk about what happened today that he or she liked the best.

LEARNING SKILLS

N/A

MATERIALS

N/A

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PRESCHOOL & PRE-K - EXPLORING WITH EXPERIMENTS



THE
GODDARD SCHOOL®
FOR EARLY CHILDHOOD DEVELOPMENT

CHILD'S CHOICE

ACTIVITY

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.

LEARNING SKILLS

N/A

MATERIALS

N/A