



# GODDARD AT HOME

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

WONDERS OF NATURE

WEEK 1 • DAY 5





## GREETING

ACTIVITY	<b>Good Morning</b> - Ask how your child slept and what he or she is looking forward to doing for the day. Discuss what he or she sees outside.
LEARNING SKILLS	Self-expression, working memory
MATERIALS	N/A

## MORNING MEETING

ACTIVITY	<b>Reflect and Plan</b> – Talk about what you did yesterday. Go on a nature hike; if you're in a city, walk to the park. During the hike, collect some natural items such as rocks, leaves, sticks, pinecones or needles. Bring them home to use later in the day. Ask your child what he or she likes about nature. What lives in nature? What is the difference between living and non-living items in nature?
LEARNING SKILLS	Working memory, planning and organization, understanding time
MATERIALS	You can share pictures from a book about nature to supplement your activity.

## TRANSITION

ACTIVITY	Count the number of steps it takes to go up and down the stairs. Use inside stairs or go outside and use porch steps.
LEARNING SKILLS	Following directions, gross motor skill development, counting
MATERIALS	Stairs



## PRE-EXPLORATION

ACTIVITY	Plan what you will do with the nature items you collected on the morning hike.
LEARNING SKILLS	Responsibility, planning and organization
MATERIALS	N/A

## PURPOSEFUL EXPLORATION

ACTIVITY	Provide your child with rocks and paint and have him decorate the rocks. Provide paper and crayons and make leaf rubbing.
LEARNING SKILLS	Creativity, fine motor skill development
MATERIALS	Rocks, leaves, paint, paper, crayons

## POST EXPLORATION

ACTIVITY	Reflect on the nature hike and discuss how these items grow. Discuss what else lives in nature, e.g., animals, flowers. Add these drawings to a journal or hang them up around the house.
LEARNING SKILLS	Developing language and vocabulary, fine motor skill development
MATERIALS	N/A



## MEALTIME

**ACTIVITY** Have your child set the table for lunch.

**LEARNING SKILLS** Healthy habits

**MATERIALS** N/A

## TRANSITION

**ACTIVITY** Do a few yoga poses to calm the body before doing the learning lab. Get creative and see if you can come up with ones that are similar to the way animals in nature move.

**LEARNING SKILLS** Developing listening skills, gross motor skill development

**MATERIALS** N/A

## LEARNING LAB

**ACTIVITY** Have your child create homes for plastic animals. They can use sticks and other items from nature found on the hike to build a home using glue.

**LEARNING SKILLS** Engineering

**MATERIALS** Materials collected on the hike, small plastic animals, glue, sticks



## OUTSIDE TIME

ACTIVITY	Play nature “I spy” with your child. Follow the same rules for “I spy” and spy things such as colors in nature, animals, flowers or shapes.
LEARNING SKILLS	Developing vocabulary, gross motor skill development
MATERIALS	N/A

## 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



## 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