SPORTS AND GAMES

WEEK 2 • DAY 1
**Greeting**

**ACTIVITY**
Talk about what game your child wants to play today. Discuss which games your child likes the best.

**LEARNING SKILLS**
Self-expression, working memory

**MATERIALS**
N/A

---

**Morning Meeting**

**ACTIVITY**
Reflect and Plan. Talk about what you did during the weekend. What games did you play? Did you go outside to play? Where can you play games?

**LEARNING SKILLS**
Working memory, planning and organization, understanding time

**MATERIALS**
N/A

---

**Transition**

**ACTIVITY**
Make a game out of how many steps you can climb in a minute. Provide your child with a timer, and let your child do this on his or her own.

**LEARNING SKILLS**
Following directions, gross motor skills, counting

**MATERIALS**
N/A
### PRE-EXPLORATION

**ACTIVITY**  
Ask your child to consider what games he or she wants to play, and discuss the rules of the game. Let him or her change the rules to the game. Offer your child games that he or she can play alone, such as memory games, hopscotch or Jenga.

**LEARNING SKILLS**  
Responsibility, planning and organization

**MATERIALS**  
N/A

### PURPOSEFUL EXPLORATION

**ACTIVITY**  
Have your child make hopscotch squares. If you are outside, let your child draw the squares with chalk on the sidewalk or driveway. Then, use the squares to play hopscotch.

Take out a game, such as checkers, memory matching games, Uno or Jenga, and have your child play the game and then create his or her own rules for it. If your child is too young for these games, allow your child to play with the pieces and make up his or her own rules.

**LEARNING SKILLS**  
Creativity, fine motor skills, gross motor skills, critical thinking

**MATERIALS**  
Color construction paper, sidewalk chalk, game

### POST EXPLORATION

**ACTIVITY**  
Reflect on the games you played and write out the rules in a journal. Clean up any game parts together.

**LEARNING SKILLS**  
Language and vocabulary, fine motor skills, organization

**MATERIALS**  
N/A
# Mealtime

<table>
<thead>
<tr>
<th>Activity</th>
<th>After lunch, let your child clean the table.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Skills</td>
<td>Healthy habits</td>
</tr>
<tr>
<td>Materials</td>
<td>N/A</td>
</tr>
</tbody>
</table>

# Transition

<table>
<thead>
<tr>
<th>Activity</th>
<th>Try a few yoga moves to calm down before the learning lab. Get creative and see whether you can come up with moves that mimic the way animals in nature move.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Skills</td>
<td>Listening skills, gross motor skills</td>
</tr>
<tr>
<td>Materials</td>
<td>N/A</td>
</tr>
</tbody>
</table>

# Learning Lab

<table>
<thead>
<tr>
<th>Activity</th>
<th>Create a scavenger hunt list, and let your child find the items in your house. Have your child bring the items to a table and write about them in a journal.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Skills</td>
<td>Critical thinking, fine motor skills, following directions</td>
</tr>
<tr>
<td>Materials</td>
<td>N/A</td>
</tr>
</tbody>
</table>
### OUTSIDE TIME

**ACTIVITY**

Take containers and balls outside. Set up the containers, and see how many balls you can throw into them. Add rules, such as a rule that you must stand four feet away from the container or that you must only throw with your left hand. You can try throwing a frisbee or another object into the container. Play red light, green light or set up an obstacle course and complete it.

**LEARNING SKILLS**

Gross motor skills, vocabulary

**MATERIALS**

Storage containers, balls or frisbee

### 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

### TRANSITION

**ACTIVITY**

As your child wakes up, talk about what the best thing that happened today was.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A
# Child's Choice

**Activity**
Use this time to play the game your child wanted to play this morning. You can also play this game at any time during the day.

**Learning Skills**
N/A

**Materials**
N/A