GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

PRESCHOOL & PRE-KINDERGARTEN

GARDENS GALORE

WEEK 2 • DAY 3
**GREETING**

**ACTIVITY**
When your child wakes up, meditate together to start the day. At breakfast, ask your child where he or she thinks food is made.

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

**MATERIALS**
N/A

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**MORNING MEETING**

**ACTIVITY**
Reflect and Plan. Talk about what you did yesterday. Read a book on gardening. Discuss what you will need to create a garden and what you will grow. Discuss what composting is and why it is important. Here are some questions to ask about gardening:
- What do you want to grow in our garden?
- What tools will we need to plant a garden?
- When will we plant everything?
- How will we take care of the garden?

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

**MATERIALS**
Book on gardening

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**TRANSITION**

**ACTIVITY**
Do a cardio circuit of exercises with your child. Complete three sets of five exercises.
- Mountain climbers
- High knees
- Burpees
- Jumping jacks

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

**MATERIALS**
N/A
**Pre-Exploration**

**Activity**
Review the gardening book and ask what kind of garden your child wants to grow. Does your child want to grow herbs, vegetables or wildflowers? Read the seed packets and discuss how the seeds grow, what the planting instructions are and what the pictures show.

**Learning Skills**
Responsibility, planning and organization

**Materials**
Seeds

**Purposeful Exploration**

**Activity**
You can grow gardens in the soil outside or in pots inside. Provide soil, paper cups and seeds for your child to plant. Have your child predict how long it will take the plants to grow. Create a garden journal to keep all your child’s notes and pictures together.
- Put an ear of corn in a large bin of water and observe what happens over a few days;
- Talk about the concept of ripening. Put various pieces of unripe fruit in different areas, such as in a paper bag or on the windowsill in the sun, to see how quickly they ripen. When they are ripe, eat them for a snack.
- Provide art materials, and have your child draw a garden;
- Provide seeds and have your child create a collage.

**Learning Skills**
Fine motor skills, gross motor skills, creativity, critical thinking

**Materials**
Soil, paper cups, seeds, crayons, paper

**Post Exploration**

**Activity**
Plan when you will plant seedlings in pots or in the yard. Start a science experiment journal, and document what is happening with the corn and how the fruits are ripening. Discuss when to water the plants, and create a garden chore chart to follow.

**Learning Skills**
Language and vocabulary, fine motor skills

**Materials**
N/A
### MEALTIME

**ACTIVITY**
Have your child’s favorite vegetable or fruit for lunch. During lunch, discuss the health benefits of eating vegetables and fruits.

**LEARNING SKILLS**
Healthy habits

**MATERIALS**
N/A

### TRANSITION

**ACTIVITY**
Hide paper or plastic letters from your child’s name beside things that start with that letter, such as the letter T by a table or the letter D by the door. Give your child a list of the letters and continue until he or she has all the letters. Then, see whether your child can spell his or her name with the letters.

**LEARNING SKILLS**
Listening, gross motor skills, following directions, letter recognition

**MATERIALS**
N/A

### LEARNING LAB

**ACTIVITY**
Print out the rabbit number sheets. Then, have your child use orange modeling clay to create carrots, and add the number of modeling clay carrots that match the number on the sheet.

**LEARNING SKILLS**
Mathematical concepts

**MATERIALS**
Modeling clay
OUTSIDE TIME

ACTIVITY
Take a bin outside and fill it with sand. Add large seeds, and have your child search for the seeds. Once your child finds the seeds, help your child count them.

Play red tomato and green grapes, which is like red light green light, but have your child stop when you say red tomato and go when you say green grapes.

LEARNING SKILLS
Gross motor skills, vocabulary

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
N/A

MATERIALS
N/A

TRANSITION

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

LEARNING SKILLS
N/A

MATERIALS
N/A
## CHILD’S CHOICE

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILLS</td>
<td>N/A</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>N/A</td>
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</tbody>
</table>