GREETING

ACTIVITY
Ask your child how he or she slept and what your child is looking forward to doing today. Discuss what your child wants to make for breakfast.

LEARNING SKILLS
Self-expression, working memory

MATERIALS
N/A

MORNING MEETING

ACTIVITY
Reflect and Plan. Talk about what you did yesterday and discuss what foods you like to make in the kitchen. Let your child choose a book to read about food. Discuss how food is prepared and cooked and how baking is chemistry.

LEARNING SKILLS
Working memory, planning and organization, understanding time

MATERIALS
N/A

TRANSITION

ACTIVITY
Sing the hokey pokey with your child to get moving in the morning.

LEARNING SKILLS
Following directions, gross motor skills, counting

MATERIALS
N/A
PRE-EXPLORATION

**ACTIVITY**  
Plan what you will need for today’s experiment and what you will be cooking for dinner. Predict what will happen during the swirly milk experiment.

**LEARNING SKILLS**  
Responsibility, planning and organization

**MATERIALS**  
N/A

PURPOSEFUL EXPLORATION

**ACTIVITY**  
Provide cooking tools for your child to play with and dress up like a chef. Have your child create a menu as if you were in a restaurant. Use the menu for dinner, and have a night out in your home.

How do you make swirly milk? If your child is allergic to milk, try it with water.

- Pour enough milk onto a plate to cover the bottom;
- Drop food coloring into the milk;
- Dip a cotton swab in liquid dish soap;
- Touch the coated swab to the milk in the center of the plate;
- Don’t stir the milk. The colors will swirl on their own as soon as the soap touches the liquid.

**LEARNING SKILLS**  
Creativity, fine motor skills, science investigation

**MATERIALS**  
Measuring spoons and cups, wooden spoons, whisks, ladles, mixing bowls, 2% or whole milk, food coloring, dishwashing liquid, cotton swab, plate

POST EXPLORATION

**ACTIVITY**  
Discuss why the milk swirls when you add the dish detergent. The detergent lowers the surface tension of the liquid, and the protein reacts with the detergent to allow the food coloring to flow through the milk.

**LEARNING SKILLS**  
Language and vocabulary, science investigation

**MATERIALS**  
N/A
### MEALTIME

**ACTIVITY**
Use the menu from the restaurant activity during dinner. Everyone can order from the menu. Allow your child to take orders and serve the food when it is ready.

**LEARNING SKILLS**
Healthy habits

**MATERIALS**
The menu you created, apron

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### TRANSITION

**ACTIVITY**
Take time to breathe. Meditate for 5 to 10 minutes to calm down.

**LEARNING SKILLS**
Listening skills, gross motor skills

**MATERIALS**
N/A

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### LEARNING LAB

**ACTIVITY**
Reflect on the experiments and think like a scientist. Use a journal to keep all the documentation about the experiment. Think about the scientific method and ask what, how and why questions. Have your child draw pictures of the experiment.

**LEARNING SKILLS**
Science investigation, language and vocabulary

**MATERIALS**
Journal, pencils
OUTSIDE TIME

ACTIVITY
Mix one part water with one-and-a-half to two parts cornstarch. You may wish to start with one cup of water and one-and-a-half cups of cornstarch, and then work in more cornstarch if you want a more solid oobleck. It will take about 10 minutes of mixing to get a nice oobleck. You can also mix in a few drops of food coloring.

Oobleck is a type of fluid called a dilatant. Its viscosity changes according to the conditions to which it is exposed. Your hands can sink in the solution, but it will be difficult to remove your hands from it quickly. You can squeeze the solution, but the starch will not move and will feel solid. You can store it in a container, but it will lose its shape when you remove it from the container. Discuss what else happened when you played with the solution. Write a journal entry about playing with oobleck.

LEARNING SKILLS
Gross motor skills, vocabulary, science investigation, following directions

MATERIALS
Water, cornstarch, food coloring, bowl

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
Wake up and talk about the best thing that happened 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 |