GODDARD
AT HOME

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

WATERPLAY WONDERS
WEEK 3 • DAY 3
### GREETING

**ACTIVITY**
Greet your child with a warm “Good morning.” Discuss the daily routine and what they want to do for the day.

**LEARNING SKILLS**
Organization

**MATERIALS**
N/A

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### MORNING MEETING

**ACTIVITY**
Talk about what you did yesterday. “What was the most fun?” “Do you want to do it again?” Children love to repeat favorite activities. Outline the plan for the day and add it to your chart. Take small toys, put them in a bucket full of water and put it in the freezer for purposeful exploration.

**LEARNING SKILLS**
Working memory, writing skills, communication

**MATERIALS**
Daily chart, paper, pencil or marker, small bucket, small toys, water, freezer

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### TRANSITION

**ACTIVITY**
Play follow the leader around the house.

**LEARNING SKILLS**
Gross motor skill development

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

**ACTIVITY**
Talk about how you think water freezes and how ice melts. Ask, “What will we need to melt the water? Collect the materials that you and your child think you will need for the experiment.

**LEARNING SKILLS**
Science, natural habitats

**MATERIALS**
N/A

### Purposeful Exploration

**ACTIVITY**
Set up an area with saltshakers and spray bottles with colored water. Add the block of ice made during Morning Meeting. Ask your child to try and get the toys that are frozen out of the ice.

**LEARNING SKILLS**
Creativity, science, natural habitats, fine motor skill development

**MATERIALS**
Saltshakers, spray bottles, food coloring, water

### Post Exploration

**ACTIVITY**
Talk about what worked to melt the ice. Ask, “Why did the ice melt?” Explain that ice melts when the air around it gets to a higher temperature. The energy in the heat, melts the ice.

**LEARNING SKILLS**
Reflection, scientific exploration

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

**ACTIVITY**
Add ice to your drink for lunch and time how long it takes to melt.

**LEARNING SKILLS**
Scientific exploration

**MATERIALS**
N/A

### TRANSITION

**ACTIVITY**
After lunch, do a cardio exercise sequence of jumping jacks, push-ups and crunches.

**LEARNING SKILLS**
Learning healthy habits

**MATERIALS**
N/A

### LEARNING LAB

**ACTIVITY**
Learn about water displacement. Set up materials on a table and allow your child to play on his or her own. Take a large bottle or jug and fill it halfway with water. Mark the bottle or jug with a marker at the waterline. Collect small toys or rocks. Add each toy or rock and see what happens to the water. Mark the jug or bottle after you add the toys or rocks. Explain that water displacement happens when an object is submerged in water and the water is pushed out of the way, or displaced. The amount of water displaced is related to the volume of the object.

**LEARNING SKILLS**
Scientific exploration

**MATERIALS**
Jug or bottle, marker, small toys or rocks
### OUTSIDE TIME

**ACTIVITY**
Create with water chalk art. Take sidewalk chalk and draw pictures on the patio, sidewalk or driveway. Use large paintbrushes to paint over the chalk with water and see what happens. Take pictures for a journal.

**LEARNING SKILLS**
Fine motor skill development, creativity

**MATERIALS**
Large paintbrushes, chalk

### TRANSITION

**ACTIVITY**
Do a few yoga poses to calm down before rest time.

**LEARNING SKILLS**
Gross motor skill development

**MATERIALS**
N/A

### REST TIME

**ACTIVITY**
Time to relax. Establish a routine before naps that supports your child to calm his or her body and settle the mind.

**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