



GODDARD AT HOME

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

EXPLORING WITH EXPERIMENTS

WEEK 3 • DAY 4





GREETING

ACTIVITY Greet your child with a warm “Good morning.” Explain that he or she is going to be a scientist for the day.

LEARNING SKILLS Scientific exploration

MATERIALS N/A

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.

LEARNING SKILLS Working memory, writing skills, communication

MATERIALS Daily chart, paper, pencil or marker

TRANSITION

ACTIVITY As you get ready for the day, imagine you are a scientist and predict how many jumping jacks you can do in a minute.

LEARNING SKILLS Gross motor skill development

MATERIALS Stopwatch or timer



PRE-EXPLORATION

ACTIVITY	Talk about how scientists work on experiments. Discuss how experiments can be long or short and easy or hard to do. Gather all materials for today's experiments.
LEARNING SKILLS	Science, natural habitats
MATERIALS	N/A

PURPOSEFUL EXPLORATION

ACTIVITY

Take a piece of contact paper and tape it to a window with the sticky side out. Have your child cut out pieces of tissue paper and stick them on the contact paper to make a mosaic. When the sun shines through, talk about how the light filters the colors out.

Take a clear plastic jar or a small baby-food jar. Have your child take glue and paint the jar. Take long strips of tissue paper and stick them to the jar to create a lantern. Paint a thin coat of glue over the tissue paper. After it dries, add a battery-operated candle and see how it lights up.

BONUS! Enjoy an activity as Goddard presents Root for the Earth! In honor of Earth Day, experiment with how fast items dry. Take clothing, towels, washcloths, socks, etc. and get them all wet. Have your child hang them up in a variety of places outside, in the sun, in a dark place, etc. Make a chart and have your child predict how fast he or she thinks the items will dry. In the afternoon after Rest Time, check all the items and complete the chart. Encourage critical thinking by asking "Why do you think the one in the sun has dried out the quickest?" or say, "I'm surprised that the jeans took the longest to dry. Why do you think that is?" Talk to your child about ways that we can help conserve to help the planet. This is an example of conserving energy by drying clothes without a machine.

Share a photo of you and your child doing this activity with us at PR@goddardsystems.com. Please include your child's name and age and which Goddard School location your child attends. We may use your photo in our media outreach (including broadcast, print and electronic news media).

LEARNING SKILLS	Creativity, science
MATERIALS	Jar, tissue paper, contact paper, glue, paintbrush, battery-operated candle, clothing items, water



POST EXPLORATION

ACTIVITY	Talk about how light filters through objects. How does that work? Give your child a flashlight to play with after meals.
LEARNING SKILLS	Reflection, prediction
MATERIALS	Flashlight

MEALTIME

ACTIVITY	Have lunch by candlelight and talk about how the sun and the moon shine. You can compare the light of the sun and the moon to your candle and the lights in your home.
LEARNING SKILLS	Scientific exploration
MATERIALS	Candle

TRANSITION

ACTIVITY	Get out your flashlights and make shadows on the walls.
LEARNING SKILLS	Learning healthy habits
MATERIALS	Flashlights



LEARNING LAB

ACTIVITY	Gather different balls or round objects from around the house. Have your child predict how far he or she can roll each object. Then test which ball or round object rolls the farthest.
LEARNING SKILLS	Planning, organization, creativity, scientific exploration
MATERIALS	Round objects, chart paper, crayons, pencils

OUTSIDE TIME

ACTIVITY	Do you think it will melt? Provide your child with a muffin tin and various items that will melt when in the sun. Place one item in each muffin tin and leave them outside for 10 minutes. Have your child predict what will or will not melt and make a chart to document. After 10 minutes, check to see what happened. While waiting, play red light, green light.
LEARNING SKILLS	Scientific exploration
MATERIALS	Muffin tin, ice cube, marshmallow, wooden block, rock, marble, chocolate, crayons in pieces, bar of soap, cheese

TRANSITION

ACTIVITY	Do some yoga poses with the lights down low to create a calm environment. Breathe together and talk about how deep breaths can help when we are upset, angry, frustrated or sad.
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 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