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

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**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

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**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