SPORTS AND GAMES
WEEK 4 • DAY 1
**GREETING**

**ACTIVITY**
Talk about what game your child wants to play today. Discuss which games your child likes the best.

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

**MATERIALS**
N/A

**MORNING MEETING**

**ACTIVITY**
Talk about what you did during the weekend. What games did you play? Did you go outside to play? Where can you play games? Prepare the ice balloon balls the night before. Fill the balloons with water, add food coloring and freeze them overnight.

**LEARNING SKILLS**
Working memory, planning, fine motor skills

**MATERIALS**
Balloons, food coloring

**TRANSITION**

**ACTIVITY**
Make a game out of how many steps you can climb in a minute. Provide your child with a timer, and let your child try this on his or her own.

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

**MATERIALS**
Timer
### Pre-Exploration

**Activity**
Talk about how ice forms and why it freezes. Discuss the rules of bowling, and create your own rules for a bowling game.

**Learning Skills**
Responsibility

**Materials**
N/A

### Purposeful Exploration

**Activity**
Let’s go bowling! Take 10 water bottles, and fill them with water and food coloring to make pins. Set up the pins in a hallway or the kitchen, and take turns rolling a ball to knock over the pins. Keep track of the number of pins you knock over on a chart, and add up the total number of pins you have knocked over at the end of the game.

**Learning Skills**
Creativity, gross motor skills, critical thinking, following directions

**Materials**
Water bottles, food coloring, balls, chart paper, markers or crayons

### Post Exploration

**Activity**
After bowling in the house, research how a bowling ball is made. Pack up all the water-bottle pins and ice-balloon balls to take outside after lunch. Draw a picture of your bowling game in your journal.

**Learning Skills**
Organization

**Materials**
Journal or paper, markers or crayons
MEALTIME

ACTIVITY
During lunch, discuss fruits and veggies that are round. List them on a chart, and try a few during the week.

LEARNING SKILLS
Healthy habits

MATERIALS
Round fruits or vegetables

TRANSITION

ACTIVITY
Try a few yoga moves to calm down before the learning lab. Get creative and see whether you can come up with moves that mimic the way animals in nature move.

LEARNING SKILLS
Listening skills, gross motor skills

MATERIALS
N/A

LEARNING LAB

ACTIVITY
Try this fun game with pom-poms. Use the tape to make a starting line and finish line. Line up pom-poms at the starting line, and put straws by the pom-poms. Your child should use a straw to blow the pom-poms to the finish line. If your child can’t blow through the straw, then he or she should just blow the pom-poms to the finish line. If you don’t have pom-poms, try cotton balls or ask your child what other items might work for this game.

LEARNING SKILLS
Fine motor skills, following directions

MATERIALS
Pom poms, straws, tape
### OUTSIDE TIME

**ACTIVITY**
It’s time to go ice bowling. Take all the items you used for bowling outside. If you have a yard, use a hose to wet the sidewalk or driveway. Set up the water bottle pins, and roll the ice balls as bowling balls. Keep track of how many pins you knock over. Can you knock over all ten for a strike?

**LEARNING SKILLS**
Gross motor skills, following directions, counting

**MATERIALS**
Balloons, water bottles, food coloring, chart paper, markers or crayons

### 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 what the best thing that happened today was.

**LEARNING SKILLS**
N/A

**MATERIALS**
N/A
## Child’s Choice

<table>
<thead>
<tr>
<th>Activity</th>
<th>Use this time to play the game your child wanted to play this morning. You can also play this game 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>
</tr>
</tbody>
</table>