GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

PRESCHOOL & PRE-KINDERGARTEN

MUSICAL MOVEMENT

WEEK 4 • DAY 2
### Greeting

**ACTIVITY**
Sing a wake-up song. This will start a day that is all about music. Ask your child how he or she slept and what your child is looking forward to doing today. Have your child get dressed to his or her favorite song and then clap along to the music to learn about rhythm.

**LEARNING SKILLS**
Self-expression, creativity, listening

**MATERIALS**
Favorite song

### Morning Meeting

**ACTIVITY**
Talk about what you did yesterday. Play music, ask what songs your child likes best and explain that today is all about exploring music and making noise.

**LEARNING SKILLS**
Working memory, planning and organization, understanding time

**MATERIALS**
Favorite songs

### Transition

**ACTIVITY**
Turn on some of your child’s favorite songs and hand your child paper plates to use as cymbals. Your child can clap the plates together, rub them together or try making loud and soft sounds.

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

**MATERIALS**
Favorite songs
## PRE-EXPLORATION

### ACTIVITY
Create dice to play a game, using boxes. Write down six action words on six pieces of masking tape. Then stick one to each side of one box. On the other box, add the six directional words. For example, you could use jump, hop, skip, kick, spin, and jiggle for the action words and around, backward, forward, side to side, beneath and above for the directional words.

### LEARNING SKILLS
- Following directions, gross motor skills, counting

### MATERIALS
- Small boxes, masking tape, markers

## PURPOSEFUL EXPLORATION

### ACTIVITY
Get moving with a dice game. Give your child the dice he or she made, and have your child roll the dice. When the dice stop rolling, perform the movement on the dice. You can play your child’s favorite music with this activity.

Play a game of Tissue Dance! Have your child place a tissue on his or her head and dance to the music. The goal is to keep the tissue on his or her head while dancing. If the tissue falls off and your child catches it before it hits the floor, help your child put it back on his or her head. If the tissue hits the floor, start a new round. Make this challenging by providing movements to include in the dance, like hopping on one foot, jumping or spinning around.

### LEARNING SKILLS
- Gross motor skills, music appreciation

### MATERIALS
- Dice, music, tissues

## POST EXPLORATION

### ACTIVITY
Ask your child which game he or she liked the most. Have your child draw or journal about the experience. Explain that there are many kinds of music, and introduce a new genre to your child, such as classical music.

### LEARNING SKILLS
- Listening, vocabulary

### MATERIALS
- Crayons or markers, journal, paper
MEALTIME

ACTIVITY
During lunch, discuss how music is made and what instruments are used. Ask your child what his or her favorite instrument is.

LEARNING SKILLS
Healthy habits

MATERIALS
N/A

TRANSITION

ACTIVITY
Play soft music as you transition to the learning lab. Have your child walk to the beat of the music. For slow music, you can use flowing movements or softly tiptoe.

LEARNING SKILLS
Listening skills, gross motor skills

MATERIALS
Soft music

LEARNING LAB

ACTIVITY
Make paper plate shakers. Provide your child with dry beans or small noodles, paper plates and glue. Have your child put the dry beans or small noodles on one plate. Turn the other plate upside down, put it on top of the first plate and glue or tape the plates together around the edges. Let them dry, and then take them outside with you.

LEARNING SKILLS
Fine motor skills

MATERIALS
Paper plates, glue, dry beans, small noodles
### OUTSIDE TIME

**ACTIVITY**

Take the paper plate shakers outside, and go on a music march. Have your child shake the paper plate to the rhythm of his or her steps. For example, if you are walking slowly, shake them slowly, and if you are walking fast, shake them fast. Try shaking them quietly or loudly.

During the walk, listen for nature sounds. When you get home, make a list of all the nature sounds you heard.

**LEARNING SKILLS**

N/A

**MATERIALS**

Paper plate shakers, music player

### 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 type of music you want to hear in the afternoon. Introduce another kind of music, too. Try sharing a type of music that you enjoy and share why you like it.

**LEARNING SKILLS**

N/A

**MATERIALS**

Music player
## Child’s Choice

<table>
<thead>
<tr>
<th>Activity</th>
<th>Use this time to do the activity your child wanted to do today. You can also do this activity 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>
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</tbody>
</table>