GREETING

ACTIVITY
When your child wakes up, meditate together to start the day. Ask your child how he or she slept and what your child is looking forward to doing today. At breakfast, ask your child where he or she thinks food is made.

LEARNING SKILLS
Self-expression, working memory

MATERIALS
Optional: Meditation app

MORNING MEETING

ACTIVITY
It’s a great time to start a garden. Read a book on gardening or one with vegetables, fruit or flowers together. Discuss what you will need to create a garden and what you will grow. Plan your garden. If you are in a city, discuss which plants grow well inside or on a balcony.

LEARNING SKILLS
Working memory, planning and organization

MATERIALS
Gardening book

TRANSITION

ACTIVITY
Do a cardio circuit of exercises with your child. Complete three sets of five exercises.
• Mountain climbers
• High knees
• Burpees
• Jumping jacks

LEARNING SKILLS
Following directions, gross motor skills, counting

MATERIALS
N/A
### Pre-Exploration

**ACTIVITY**
Discuss what seeds to plant today, and determine how long they will need to grow. Determine all the materials you will need to use to plant the seeds. If you do not have seeds, talk about where you could find seeds in different foods that you have in your home.

**LEARNING SKILLS**
Creativity, planning and organization

**MATERIALS**
N/A

### Purposeful Exploration

**ACTIVITY**
Create a sensory garden bin to explore. Put soil, rocks, seeds and artificial or real flowers into a large plastic bin. Provide shovels for your child so he or she can pretend to plant a garden.

To start the garden, provide your child with egg cartons or biodegradable pots, soil, seeds, craft sticks and shovels. Have your child shovel the soil into the pots, mist the soil with water, plant the seeds, label the craft sticks, place the craft sticks in the soil and place the pots in the sunshine. Create a plant growth chart, and measure how tall they grow in the next few weeks.

**LEARNING SKILLS**
Fine motor skills, counting

**MATERIALS**
Soil, rocks, seeds, real or artificial flowers, plastic bin, shovels, craft sticks, egg cartons

### Post Exploration

**ACTIVITY**
Record what your child shared about seeds and plants. Write a story about or draw pictures of the plants in your garden. Keep documenting your plants’ growth every day.

**LEARNING SKILLS**
Fine motor skills, creativity

**MATERIALS**
Paper, markers, crayons
### MEALTIME

**ACTIVITY**

Have your child’s favorite vegetable or fruit for lunch. During lunch, discuss the health benefits of eating vegetables and fruits.

**LEARNING SKILLS**

Healthy habits

**MATERIALS**

N/A

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### TRANSITION

**ACTIVITY**

Hide paper or plastic letters from your child’s name beside things that start with that letter, such as the letter T by a table or the letter D by the door. Give your child a list of the letters and continue until he or she has found all the letters. Then, encourage your child to spell his or her name with the letters.

**LEARNING SKILLS**

Listening, gross motor skills, following directions, letter recognition

**MATERIALS**

Paper or plastic letters, tape

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### LEARNING LAB

**ACTIVITY**

Take a real flower, like a tulip, and learn the parts of a flower by dissecting it. Tell your child to pull the flower apart gently. Then, pull the petals off using child-friendly scissors to cut the stem in half and glue the parts on to paper. Finally, label the parts of the flower.

**LEARNING SKILLS**

Fine motor skills, scientific investigation

**MATERIALS**

Large flower like a tulip, child-friendly scissors, paper, glue
OUTSIDE TIME

ACTIVITY
Go on a flower hunt. Take paper and a writing utensil outside, and write down or draw all the flowers you see. Count each flower’s petals. Discuss all the colors of flowers on the walk. Discuss why flowers have different colors. You can take pictures of flowers that you do not know and look them up later.

LEARNING SKILLS
Gross motor skills, fine motor skills, scientific investigation

MATERIALS
Paper, writing utensil, camera

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 the best thing that happened today.

LEARNING SKILLS
N/A

MATERIALS
N/A
## Child’s Choice

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