GODDARD AT HOME

F.L.EX.® DAILY ACTIVITY PLANS

PRESCHOOL & PRE-KINDERGARTEN

KITCHEN MASTERS

WEEK 4 • DAY 5
GREETING

ACTIVITY
Ask your child how he or she slept and what your child is looking forward to doing today. Discuss what you and your child can make for breakfast.

LEARNING SKILLS
Self-expression, working memory

MATERIALS
N/A

MORNING MEETING

ACTIVITY
Talk about what you did yesterday, and discuss what you’d like to make in the kitchen that might be unusual, such as fizzy lemonade.

LEARNING SKILLS
Working memory, planning and organization, understanding time

MATERIALS
N/A

TRANSITION

ACTIVITY
Sing the hokey pokey with your child to get moving in the morning. You can change the words to help your child get dressed, too. For example, you could sing, “You put your arm in. You take your arm out. You put your arm in, and you give a little shout. You do the hokey pokey, and you turn yourself around. That’s what it’s all about!”

LEARNING SKILLS
Following directions, gross motor skills, counting

MATERIALS
N/A
PRE-EXPLORATION

ACTIVITY
Collect all the materials you need to make cupcake crayons and fizzy sidewalk paint. Talk about how food items can make chemical reactions. Predict what will happen when you put crayons in the oven and what will happen when the vinegar and baking soda mix. Add your child’s predictions to the columns of a chart.

LEARNING SKILLS
Scientific investigation

MATERIALS
Old muffin tins, cupcake liners, old crayons

PURPOSEFUL EXPLORATION

ACTIVITY
Take some old crayons and break them into small pieces. Put the cupcake liners into the cups of a muffin tin, and place the broken crayons into each liner. Preheat the oven to 275 degrees. Place the muffin tins in the oven for seven to eight minutes. Once the crayons are melted, take them out and let them cool completely before using them.

Make fizzy sidewalk paint. Mix about one cup of baking soda, half a cup of cornstarch, food coloring and warm water in a bowl. The mixture should be thick, not runny. Allow your child to paint a piece of paper or the driveway, sidewalk, patio or balcony, and let the paint dry. Once it is dry, fill a spray bottle with vinegar, and spray the painting to watch it fizz.

LEARNING SKILLS
Scientific investigation, fine motor skills, vocabulary

MATERIALS
Old muffin tins, cupcake liners, old crayons, vinegar, baking soda, cornstarch, food coloring, small bowl, paintbrush, spray bottle

POST EXPLORATION

ACTIVITY
Discuss what happened during the purposeful exploration period and whether your predictions were correct.

LEARNING SKILLS
Language and vocabulary, science investigation

MATERIALS
N/A
### MEALTIME

**ACTIVITY**
Make food kabobs for lunch.

**LEARNING SKILLS**
Healthy habits

**MATERIALS**
Lunch items

### TRANSITION

**ACTIVITY**
Take time to breathe. Meditate for 5 to 10 minutes to calm down.

**LEARNING SKILLS**
Listening skills

**MATERIALS**
N/A

### LEARNING LAB

**ACTIVITY**
You have already made fizzy paint, so try making **fizzy lemonade**. Put a glass in the freezer to get very cold, put one in the refrigerator and leave one at room temperature. Boil two cups of water. Add six tablespoons of sugar to the boiling water and stir the water to dissolve the sugar. Let it cool completely. Squeeze one lemon into each glass. Next, fill each glass halfway with the sugar water. Finally, add a quarter of a teaspoon of baking soda to each glass, and watch what happens. Ask the following questions:
- What do you hear?
- Do you smell the lemons?
- Which glass fizzed more: the one from the freezer, the one from the refrigerator or the one that was room temperature?

**LEARNING SKILLS**
Scientific investigation

**MATERIALS**
Three glasses, three lemons, baking soda, sugar
OUTSIDE TIME

ACTIVITY
Create a mud kitchen outside. Have your child make mud pies and cakes.

Cook outside by lining a pizza box with foil and setting it in the sun to get warm. Put a graham cracker in the box, and put a piece of chocolate and a marshmallow on top of it. The chocolate will melt, making a s'more. Try seeing whether the pizza box will get hot enough to cook an egg.

LEARNING SKILLS
Creativity, scientific investigation

MATERIALS
Pie tins, cake pans, spoons, pizza box, graham crackers, marshmallows, chocolate, egg

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**

| ACTIVITY | 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. |
| LEARNING SKILLS | N/A |
| MATERIALS | N/A |