UNDERWATER LIFE

WEEK 5 • DAY 1
**GREETING**

**ACTIVITY**
Ask your child how he or she slept and what your child is looking forward to doing today. Talk about the animals that live under the water. Discuss which underwater creatures your child likes best.

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

**MATERIALS**
N/A

**MORNING MEETING**

**ACTIVITY**
Talk about what you did during the weekend. Read a book on underwater creatures and their habitats. A few fun ones are, *The Fidgety Fish* by Ruth Galloway, *Ocean Life* by Jill McDonald, or *This Is Not My Hat* by Jon Klassen.

**LEARNING SKILLS**
N/A

**MATERIALS**
Books

**TRANSITION**

**ACTIVITY**
Pretend to be a fish, and swim around the room for two minutes.

**LEARNING SKILLS**
Gross motor skills

**MATERIALS**
N/A
## PRE-EXPLORATION

**ACTIVITY**
Discuss what kinds of shells you can find at a beach. Explain that shells are homes for sea animals. Look around the house, and collect different kinds of shells and pebbles.

**LEARNING SKILLS**
N/A

**MATERIALS**
Shells, pebbles

## PURPOSEFUL EXPLORATION

**ACTIVITY**
Sort ocean items. You will need seashells, tongs or chopsticks and a divided platter, such as a chip-and-dip plate. Invite your child to the table and have him or her use the tongs or chopsticks to pick up and sort the shells. Your child can count the shells and pebbles and make a chart to show how many of each kind there are.

Make an ocean mural. Provide your child with construction paper or bright printer paper, and have him or her cut out all kinds of ocean-related shapes. Tape the contact paper to a wall with the sticky side out. After your child is finished cutting out the shapes, invite your child to add them to the contact paper to create an underwater world.

**LEARNING SKILLS**
Counting, sorting, fine motor skills

**MATERIALS**
Shells, pebbles, divided chip-and-dip plate, chopsticks or tongs, chart paper, bright printer or construction paper, contact paper, tape, scissors, markers

## POST EXPLORATION

**ACTIVITY**
Discuss what your child included in the underwater world and how animals live underwater. Take pictures of the mural to add to a journal, and have your child write or dictate a story about the mural.

**LEARNING SKILLS**
Fine motor skills, creativity

**MATERIALS**
Paper, pencils, markers, camera
### MEALTIME

**ACTIVITY**
During lunch, discuss what creatures eat underwater. What might we eat that is the same?

**LEARNING SKILLS**
Healthy habits

**MATERIALS**
N/A

### 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 move in the water. Try the **Jellyfish Pose**.

**LEARNING SKILLS**
Listening skills, gross motor skills

**MATERIALS**
Yoga pose

### LEARNING LAB

**ACTIVITY**
Read or listen to the story *The Seaside Switch* by Kathleen Kudlinski and Lindy Burnett. Have your child name all the creatures in the book. Provide construction paper so your child can make a creature from the sea, such as a crab, clam or fish. Fill a large tub with water, and allow your child to pour water into and out of the tub as if the tide is coming in and going out.

**LEARNING SKILLS**
Listening, fine motor skills, creativity

**MATERIALS**
Construction paper, scissors, tub, plastic sea creatures, book or read-aloud
### OUTSIDE TIME

#### ACTIVITY
Let’s make art outside today! Set up paper bags, markers and paint outside so you can make a jellyfish puppet. Let your child paint the paper bag. While the bag is drying, play a game of hopscotch together. Once the bag is dry, add googly eyes or draw eyes on the closed end of the bag, which will be the top end, and talk about jellyfish. Cut the bag from the opening toward the top to make strips like jellyfish tentacles.

#### LEARNING SKILLS
Creativity, fine motor skills

#### MATERIALS
Paper bags, markers, paint, googly eyes

### 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. Try to connect what they say with various options for the afternoon.

#### LEARNING SKILLS
N/A

#### MATERIALS
N/A
<table>
<thead>
<tr>
<th>CHILD'S CHOICE</th>
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<tbody>
<tr>
<td><strong>ACTIVITY</strong></td>
<td>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.</td>
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<tr>
<td><strong>LEARNING SKILLS</strong></td>
<td>N/A</td>
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<tr>
<td><strong>MATERIALS</strong></td>
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