**GREETING**

**ACTIVITY**

Begin the day with positive energy. Start your day with a big smile as you say good morning to your child. Then, try a simple breathing activity.

Encourage your child to take a deep breath and watch his or her belly go out and in with each inhale and exhale. Try to inhale for three seconds and exhale for five seconds. While doing the breathing exercise, have your child stretch his or her arms high above his or her head and stand on tiptoes to make his or her body as tall as possible. Relax, and then repeat this exercise three times.

You can do this activity throughout the day to help your child unwind or refocus.

**LEARNING SKILLS**

Self-expression, working memory

**MATERIALS**

N/A

---

**MORNING MEETING**

**ACTIVITY**

Talk about the fun you will have today. Ask your child to identify the five senses, then review them in Spanish, too. In Spanish, see is ver, hear is oir, smell is oler, taste is gusto and touch is toque.

**LEARNING SKILLS**

Communication skills, working memory

**MATERIALS**

N/A

---

**TRANSITION**

**ACTIVITY**

Play a traditional game of Simon Says, and include the five senses in your directions.

**LEARNING SKILLS**

Follows directions

**MATERIALS**

N/A
**PRE-EXPLORATION**

**ACTIVITY**
Read a book or listen to a read-aloud about the five senses. A great one is *My Five Senses* by Aliki.

**LEARNING SKILLS**
Comprehends and responds to a book

**MATERIALS**
Any book about the using the five senses or read-aloud

**PURPOSEFUL EXPLORATION**

**ACTIVITY**
Before this activity, gather objects from around the house and place them in an opaque bag for your child to explore independently. Don’t let your little one peek! During the activity, encourage your child to feel the objects, describe what he or she feels and name the objects. Let your child draw what he or she thinks the objects are.

Have your child close his or her eyes or blindfold your child, and ask him or her to use hearing, touch, smell or taste to identify different household items.

**LEARNING SKILLS**
Recall, scientific exploration

**MATERIALS**
Opaque bag, various household items that fit in the bag

**POST EXPLORATION**

**ACTIVITY**
Ask your child what his or her favorite sense is and why.

**LEARNING SKILLS**
Recall, critical thinking

**MATERIALS**
N/A
### MEALTIME

**ACTIVITY**
While eating lunch today, ask your child questions about the five senses. Try asking, “What do you smell?” or “Can you describe how your food tastes without using the name of the food?”

**LEARNING SKILLS**
Recall

**MATERIALS**
Mealtime foods

### TRANSITION

**ACTIVITY**
Clap and snap to a rhythm as you move from one part of the house to the next.

**LEARNING SKILLS**
Fine motor

**MATERIALS**
N/A

### LEARNING LAB

**ACTIVITY**
What color are your eyes? Tally the eye colors of your family members or stuffed animals. You can have a video call with your family members to see. Discuss the most common eye color in your family.

**LEARNING SKILLS**
Uses number concepts, makes connections

**MATERIALS**
Stuffed animals, paper, crayons, phone
OUTSIDE TIME

ACTIVITY
Be an observer while you are outside.

Part one - What do you see? What do you hear? You can have your child draw pictures or write down his or her answers in the journal, or you can assist your child in writing about the observations.

Part two - What is different when you wear sunglasses? What is different when you cover your ears? Your child could try this independently and share his or her findings with you later.

LEARNING SKILLS
Scientific exploration

MATERIALS
Sunglasses, journal, pencil, 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.

LEARNING SKILLS
N/A

MATERIALS
N/A

TRANSITION

ACTIVITY
As your child wakes up, talk about the best thing that happened today. Ask your child what he or she might like to do again.

LEARNING SKILLS
N/A

MATERIALS
N/A
## Child's Choice

<table>
<thead>
<tr>
<th>Activity</th>
<th>Use this time to let your child complete an activity of his or her choice.</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>