IT'S DRAMA TIME

WEEK 6 • DAY 5
### 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 tiptoe 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**

Regulates emotions and behaviors

**Materials**

N/A

### Morning Meeting

**Activity**

Discuss what will make this day fantastic. With your little one, create a list of your child’s five favorite movies.

**Learning Skills**

Working memory

**Materials**

Paper, pencil

### Transition

**Activity**

Act like different animals as you move from one activity to the next.

**Learning Skills**

Explores drama through actions and language

**Materials**

N/A
### PRE-EXPLORATION

**ACTIVITY**
Identify some of your child’s favorite movie characters. Create a list.

**LEARNING SKILLS**
Working memory

**MATERIALS**
Paper, pencil

### PURPOSEFUL EXPLORATION

**ACTIVITY**
Using the list, ask your child to create a puppet of his or her favorite movie character. You could use paper bags, paper plates or socks. Act out a scene using your newly created puppet.

**LEARNING SKILLS**
Fine motor skills

**MATERIALS**
Paper bag, paper plate, sock, crayons or markers

### POST EXPLORATION

**ACTIVITY**
Discuss why your child chose that movie character. Ask open-ended questions. Try asking what your child likes about the character, why the character is important to the movie and what your child does that is similar to what the character does.

**LEARNING SKILLS**
Uses language to express thoughts

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

**ACTIVITY**

See whether you and your child can create a rainbow meal. Ask your child to identify all the colors of the rainbow in your lunch. Eating different colors of healthy foods is a great way to promote balanced nutrition, and it is fun, too!

**LEARNING SKILLS**

Identifies colors

**MATERIALS**

N/A

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**TRANSITION**

**ACTIVITY**

Count how many doors are in your house, and tally the results. What else can you count and tally?

**LEARNING SKILLS**

Counting

**MATERIALS**

Paper, pencil

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**LEARNING LAB**

**ACTIVITY**

Create patterns using spoons and forks. For an extension, add in a third object. Try making patterns with large spoons, plates or cups.

**LEARNING SKILLS**

Patterns

**MATERIALS**

Spoons, forks and other tableware
## OUTSIDE TIME

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Read your child’s favorite book outside. Create a cozy space to read and relax.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILLS</td>
<td>Uses and appreciates books</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>Book</td>
</tr>
</tbody>
</table>

## REST TIME

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>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.</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>

## TRANSITION

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Count how many windows are in your house. Tally the results. Compare the number of windows to the number of doors. Do you have more doors or windows?</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILLS</td>
<td>Counting</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>Paper, pencil, tally of the number of doors from earlier</td>
</tr>
</tbody>
</table>
### 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>