

Quack, Waddle, Chase! A Fun Duck Duck Goose Adventure

This lesson is designed to be a playful way to learn the classic game Duck Duck Goose, with a creative twist to keep your 4-year-old engaged and thinking imaginatively!

Materials Needed:

- A safe, open space for movement (indoors or outdoors).
- Optional: Picture cards of various animals (including a duck and a goose).
- Optional: Soft toy animals.

Lesson Plan:

Part 1: Getting Ready for Fun! (Warm-up - 5-10 minutes)

1. Meet the Animals:

- Start by talking about ducks and geese. Ask your child what they know about them. "What sound does a duck make? What does a goose look like?"
- If you have picture cards or toy animals, show them now. Point out their features.

2. Animal Moves: Let's warm up our bodies!

- "Can you waddle like a duck?" (Waddle around together)
- "Can you stretch your neck long like a goose looking for food?" (Stretch tall)
- "Can you flap your wings like a bird getting ready to fly?" (Flap arms)

Part 2: Let's Play Duck Duck Goose! (Main Activity - 10-15 minutes)

1. Learning the Rules:

- Explain the classic game: "We're going to sit in a circle. One person will be the 'Picker'. The Picker walks around the outside of the circle, gently tapping each person's head and saying 'Duck... Duck...'. When the Picker chooses someone, they'll say 'Goose!' instead. The person who was tapped as 'Goose' has to jump up and chase the Picker around the circle. The Picker tries to sit in the Goose's empty spot before being tagged. If the Picker makes it, the Goose is the new Picker. If the Goose tags the Picker, the Picker tries again!"
- For a 4-year-old, keep it simple. If it's just you and your child, one person sits, and the other is the picker. The "circle" might just be one person. Adapt as needed for two people. For example, the 'sitter' closes their eyes, the 'picker' walks around them, taps, says "Goose!", and then they race to a designated spot and back. The first one to the spot is the next picker (or gets a point).

2. Practice Time:

- You can be the first Picker to demonstrate.
- Play a few rounds of traditional Duck Duck Goose. Focus on gentle taps, taking turns, and having fun running.
- Emphasize safe running and being a good sport whether you tag someone or get to the spot first.

Part 3: Creative Animal Parade Goose! (Creative Play - 10-15 minutes)

1. New Game, New Rules:

- "Let's make Duck Duck Goose even sillier! This time, when the Picker wants to choose someone, instead of 'Goose', they can say the name of ANY animal and make its sound or do its action! For example, 'Duck... Duck... FROG!' and then the Picker hops away, and the 'Frog' hops after them!"
- Or, "Duck... Duck... LION!" The Picker roars and runs, and the 'Lion' roars and chases.

2. Your Turn to Create:

- Encourage your child to think of different animals. "What animal do you want to be when you're the Picker?"
- "What sound does that animal make? How does it move?"
- Let their imagination lead! They could choose a cat (meow and pounce), a snake (hiss and slither – maybe crawling for this one!), or even a friendly monster (make a silly monster noise and move).
- Play several rounds with this new creative twist. Celebrate their ideas!

Part 4: Cool Down & Chat (Closure - 5 minutes)

1. Catch Your Breath:

- After all that running and playing, let's cool down. Take a few deep breaths together. "Breathe in like you're smelling a flower, breathe out like you're blowing out a candle."

2. Game Talk:

- Ask your child: "What was your favorite part of our Duck Duck Goose game?"
- "Which animal was the funniest to be or to chase?"
- "Was it fun making up new animal actions?"

3. Optional Art Extension: If your child is interested, they could draw a picture of their favorite animal from the game or a picture of themselves playing.

Learning Focus:

- **Gross Motor Skills:** Running, chasing, possibly hopping or other movements.
- **Listening & Following Directions:** Understanding and playing by the game rules.
- **Turn-Taking & Social Skills:** Learning to wait for their turn and interact positively.
- **Creativity & Imagination:** Inventing new animal choices and actions for the game.
- **Vocabulary:** Learning or reinforcing animal names and sounds.