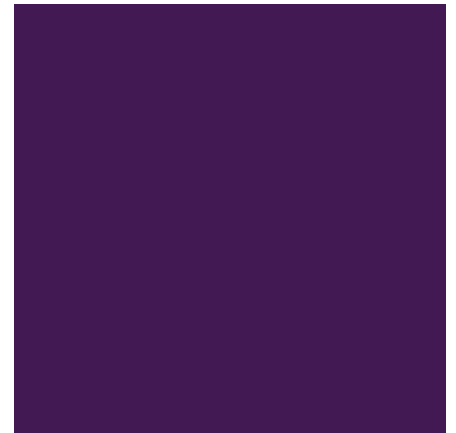
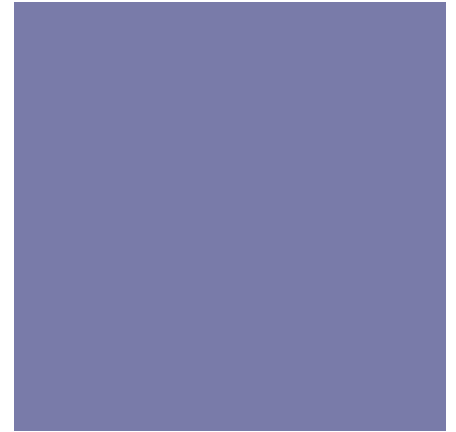
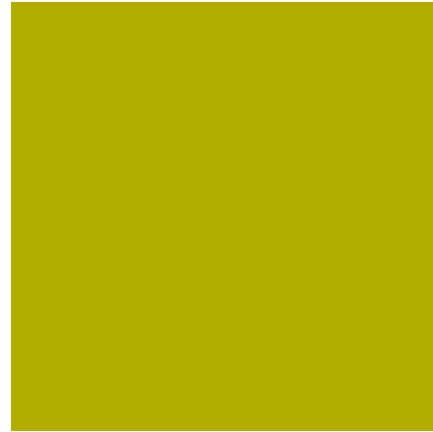




What are  
we going  
to do  
today?



Demonstration of how  
to actual do it.  
Hands On!

# + Lets be creative

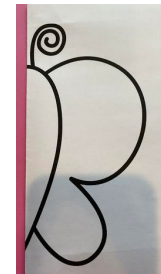
- Lots of open ended materials for art to flourish. Use what you have paper, backs of cereal boxes, the back of wrapping paper. Go on a scavenger hunt in your house and put these items in a box or bin to use during this time.

- **Butterfly Symmetry**

- Make your own paint
- In a mixing bowl, combine even parts of water, salt, and flour.
- 1 cup flour
- 1 cup Salt
- 1 cup Water
- Once fully combined put the mixture into as three bowls. Place small drops of food coloring in each bowl for color.
- You can also use shaving cream on construction paper.
- You can print out the Butterfly Symmetry page, you can free hand draw it, be creative.
- Have your child paint one side then fold paper in half so paint touches both sides. The paint will be symmetrical or match on both sides.

- Making Shape Art

- Each day put out shapes and paper and let your child explore building.
- You can precut paper into different shapes. You can use construction paper, newsprint, ads, cereal boxes, anything will work for this project. Then let your children's imagination and creative take over.
- If you have tape, glue, glue sticks, stickers you can use this to hold the shapes in place.



# + Lets build it

- Young children love to build things with just about anything you have in the house. Blocks, boxes, pillows, paper towel rolls, blanket forts, what ever you have. This can be open to anything or you can give them a challenge like can you build a bears cave?

- **Box Road Build**

- Flatten out a box and draw a road in marker. Add blocks, trucks and other toys for kids to build a city. Bring out the recycled materials to make buildings from boxes and tunnels from paper towel rolls. Be creative.



- **Building Towers**

- Toilet paper tubes, plastic cups, paper towel tubes cut up, plastic water bottles – Go look through your recycling bin for materials you can use.
- Cardboard platforms can be made out of any recycled boxes.
- A simple tower is one of the first things that children can build. You'll notice that knocking the buildings down is part of this activity. Why? Well, we know kids will do it anyway. May as well make it a fun and completely acceptable part of the day.



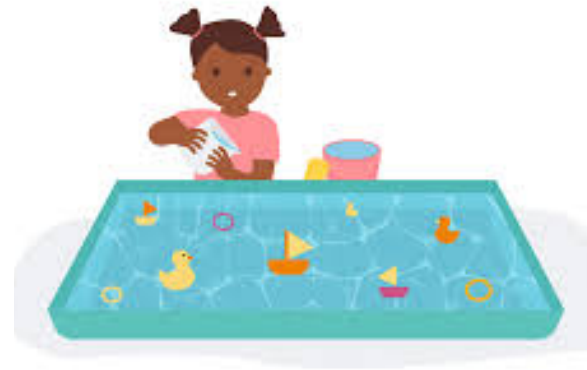
- **Build A Bear's Den**

- Use blocks, boxes, duplos, pillows, sheets, blankets anything you have around the house. Challenge your kids to build a bear's den large enough to house six different types of stuffed animals



# + Lets Feel It - Sensory Play

- Give your kids a bucket of water and some kitchen gadgets or cups to explore with. You can use sand, rice, shaving cream, ice anything you have in your house. Think of dumping and pouring skills.



- **Create your own Bubbles**
- 
- Put  $\frac{1}{2}$  cup of liquid dish **soap** into a bowl
- Add 1  $\frac{1}{2}$  cups of **water**
- Add 2 spoons of **sugar**
- 
- Stir ingredients gently.
- Poke a hole in a small cup to blow through.
- Dip the big end of the cup in the bubble mix and blow



# + Lets Do It - Fine Motor

- Fine motor skills are what helps your child get ready for writing. They are developed through the tiny muscles in your hands and are developed as we use our hands and fingers in play.

- Lacing Cards – Make your own. Cut up scrap cardboard into shapes and use yarn, shoe string, regular string, or ribbon.
- Playdough (See recipe at end!)

- **Make a Puzzle Together**

- You can make it by drawing lines on paper, you can cut a magazine picture into ten parts. Be creative.
- **Help your child(ren)** draw and color their favorite part of a book from this week. Try to fill the whole box below. Help them cut along the dotted lines to make a puzzle. Try to put it back together in order.



- **Fine Motor Fun Challenge**

- Easiest: Fill a bag with shaving cream and have your child trace a path to the bear cave on the bag.
- Medium: Fill a bag with ice cubes and one item (I used a rock) that your child has to move through the bag following the path on the bag.
- Hardest: Fill a bag with cotton balls and have your child move a pompom (or color a cotton ball) through the path. Much harder than it seems. Builds critical fine motor skills your child needs for writing.

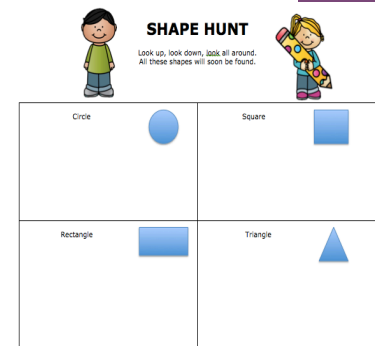


# + Lets Add It- Math Play

- Math is all around us!  
Patterns and number are everywhere. Every time you make or recognize a pattern, shape, quantity, or count, you are developing your child's math skills!
- Patterns
  - Use house hold objects to make a pattern! The important thing to remember is that patterns repeat. Try some simple "ABAB" patterns like spoon, fork, spoon, fork etc or AAB (spoon spoon fork, spoon spoon, fork) or ABC (spoon fork knife). What else can you find in your house to make a pattern?!

## ■ Shape Hunt

- You can print out this from the resource section or just leave it open on your phone or tablet and play the game. Go on a shape hunt with your child through your house and find items that can be sorted into one of the four boxes. You can set items out for younger children to help them "find" these items.
- Cut pieces of paper into the four shapes and "hide" them around the room. Make the shapes from recycled paper, but make sure to make the shapes big, medium and small. You can also use household items like,
- Cookie cutters, cup lids, boxes, plates, money, anything you have lying around



## COUNT

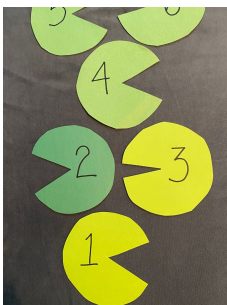
- Count every day with your child. You can count toys, jumps, claps, books, table legs, ANYTHING!

# + Lets Move It

## ■ Structured

- You can take walks, go on a scavenger hunt, play tag, baseball, soccer, basketball, anything with a ball.

## ■ Lily Pad Target Practice



- Place your lily pads on the ground, or draw a target with chalk on a sidewalk or in your driveway, or pick a target outside, such as a tree, a garage door, or the side of your apartment building. Encourage your child to throw a beanbag, small ball, rolled up sock at the lily pads or alternative target. Have your child start very close to the target and then move back a few feet, and show them how to throw underhand and overhand. Be sure to cheer for them when they hit the target.

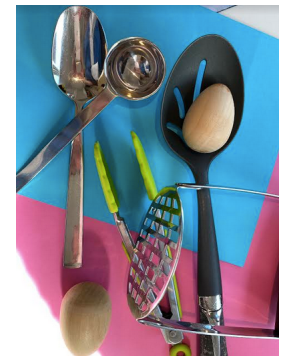
## ■ Color in Nature

- Take a walk outside and collect objects in nature to match this color wheel. You can also color your own wheel for the objects you find.



## ■ Balance Walk

- Fill a bowl with plastic items or rolled up socks and lay out a variety of kitchen utensils: wooden spoon, table spoon, potato masher, ice cream scooper, baby spoon. Put a second bowl for your child on the other side of the room.
- Have them practice balancing the eggs on utensils. Give simple instructions to get each of the items from the bowl to the bowl using one of the utensils. You can make it easier or harder but adding another skill like hopping, skipping and running.





YOU GOT THIS

And we are here to help.

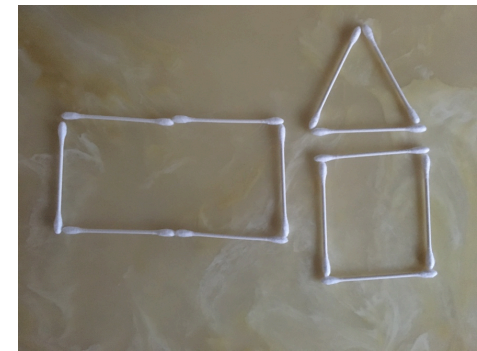
# + What's in the Kitchen

- How can you play with things in your kitchen? Here are some ideas of things to use:
  - Plates, cups, bowls (stacking)
  - Silverware (patterns)
  - Boxes (roads, sorting, what's inside)
  - Cans (stacking, rolling)
  - Bottles (put things in, golf)
  - Recycled materials (build)
  - Tongs (fine motor)
  - Food (rice, flour, dry pasta)
  - What else can you find?!



# + What's in the Bathroom

- There are many items you can find in the bathroom to use in play:
  - Facecloths (use as a blanket)
  - Towels (make a tent)
  - Cotton balls (paint, use with tongs)
  - Q-tips (make shapes, paint)
  - Conditioner (but some in a bowl and mix with cornstarch to make dough)
  - Shampoo (use to make bubble with water)
  - Shaving cream



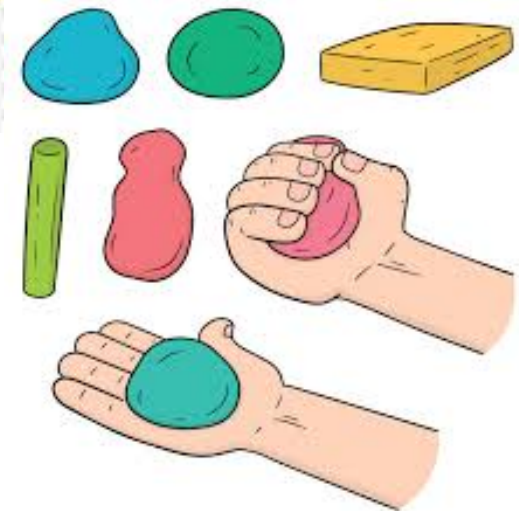
# + Sensory Box/Bowl Ideas

- Rice
- Flour
- Pasta
- Rocks
- Dirt
- Cotton Balls
- Shredded paper
- Beads
- Water
- Conditioner
- Popcorn
- Beans
- Pompoms
- Shaving Cream

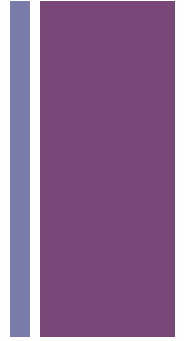


# + Play Dough Recipe

- 1.5 cups of flour
- 1 cup of Boiling Water
- 1/2 cup of salt
- 2 Tsp Cream of Tartar
  - dont have this, don't worry!
  - You can make it without it will just dry up quicker
- 2 Tbs oil (I used canola oil)
- Food coloring

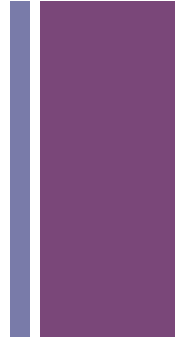


# + Play Dough Directions



- Using a bowl add all of the dry ingredients and mix well. Flour, salt, cream of tartar
- On a separate bowl mix the food coloring and boiling water.
- Mix the dry ingredients, the oil, and colored boiling water and mix with a spatula.
- Once the water cools down a bit, you can start kneading the dough.
- When you have a good consistency, add some flour onto your cutting board and knead some more. If the dough sticks to your fingers it needs more flour. Add a little bit at a time to not dry the dough. If you dry it by mistake, just add a little bit of water.

# + Websites



- <https://babbledabbledo.com/>
- <https://preschoolsteam.com/>
- <https://happyhooligans.ca/>
- <https://www.totschooling.net/>
- <http://peepandthebigwideworld.com/>
- <https://www.getepic.com/>
- <https://www.bostonchildrensmuseum.org/museum-virtual-tour>
- <https://www.abcya.com/>