

FINE MOTOR

Activity: Card Slot Drop

Materials: Container with lid, Playing Cards

Objective: To drop cards in cut out slot in container

Extension: Using a different container, create smaller size holes in lid, children can drop smaller items (popsicle sticks/ pom poms) into smaller hole.



GROSS MOTOR

Activity: Tape Balance

Materials: Tape
(Masking tape/Painters Tape)

Objective: Stick a straight line of tape on to floor and walk along tape like a balancing beam

Extension: Create different types of lines such as zig zag, curvy, S- shape



Activity: Mystery Bag

Materials: Bag, Different Objects (easy to identify by touch eg. keys/ comb/ fork)

Objective: Have child place their hand in the bag, describe what an object feels like and guess what the object is before taking it out

Extension: Adult can describe an object first and then have child, place hand in the bag and try to find object described.



SENSORY

Activity: Ice and Water Sensory Bin

Materials: Tub/ Bin, Ice Cubes, Water, Spoons/ Scoops , Bowls, Cups, Towel (optional)

Objective: To scoop ice from the ice water bin into the bowls and cups

Extension: Add tongs or smaller spoons/ scoops/bowls to give a bit of a challenge .



COGNITIVE

Activity: Colour Scavenger Hunt

Materials: Paper, Different Colour Maker/ Crayons

Objective: Draw squares of different colours on paper. Find objects around the house that match the colours on the paper.

Extension: Take it outdoors. Find objects in nature that match the colours on the paper.



Activity: Loose Part Faces

Materials: Any small objects around home
(Buttons/ string / sticks) Circle
Base (Paper Plate/Placemat/lid)

Objective: Create a self portrait face with
different objects /materials

Extension: Create different emotion faces,
Happy, Sad, Angry



NUTRITION

Activity: Fruit Salad

Materials: Different types of fruit, Knife, Bowl, Spoon

Objective: Peel /cut fruits into small pieces and mix together

Extension: Add cut fruit on skewer sticks to make fruit kebabs

