

FINE MOTOR

Activity: Free the Animal

Materials: toy, rubber bands

Objective: Wrap rubber bands around one of your child's toys and watch as they free their toy.

Extension: Use more rubber bands and wrap them around more times, making it more difficult to grasp.



GROSS MOTOR

Activity: Walking on Pillows

Materials: Pillows

Objective: Gather all the pillows and cushions you have. Line them up to create different paths on the floor. Try walking across the pillows.

Extension: You could also spread the pillows apart and have your child jump from one pillow to another!



Activity: Head, Shoulders, Knees & Toes

Lyrics: Head, shoulders, knees & toes (x2)
Eyes, ears and mouth and nose.
Head, shoulders, knees & toes,
knees & toes!

Objective: Labelling body-parts &
Body-Awareness

Extension: On a large piece of paper, trace
around your child's whole body so
that your child can visually
label each body part.



SENSORY

- Activity:** Washing Toys
- Materials:** Dish soap, toys that need cleaning (waterproof ones), towels, scrubs, sponges sink, tub or a bin.
- Objective:** A fun water play activity that involves your child taking care of his/her toys. It's also a great opportunity for imaginative play too!
- Extension:** Depending on the age and interest of your child, you can include your little one within the dishwashing routine. Help by washing, drying or loading the dishes!



COGNITIVE

- Activity:** Colour Sorting the Laundry
- Materials:** Any laundry you may have.
- Objective:** A fun way to complete a daily household task. Invite your child to help colour sort the laundry into two categories: colours & whites
- Extension:** You can add a various categories to sort: tops & pants or pattern & no pattern



SOCIAL EMOTIONAL

Activity: Stone Breathing

Materials: Stones or any small weighted object

Objective: Have your child lay down in a comfortable area. Place the stone gently on top of your belly button. Slowly Breathe in through your nose and out through your mouth. Notice the stone on your belly rise up and down as you breath in and out.

Extension: Try adding some simple yoga moves, while you practice breathing.



NUTRITION

Activity: Making Ants on a Log

Materials: Peanut Butter or Cream cheese, raisins, blueberries, celery

Objective: Cut celery into long pieces (to represent the log) Add filling into hollows of celery. Place raisins, blueberries on top (to represent the ants).

Extension: If you child likes the classic tradition of Ants on a Log, try doing variations of it!

