

FINE MOTOR

Activity: Stacking Tower

Materials: Paper Towel Holder, Any round objects with a hole (Hair Scrunchies/ Elastic Bands/ Bracelets)

Objective: Stacking round objects on to paper towel holder

Extension: Find smaller size round objects to place on holder



GROSS MOTOR

Activity: Tossing Bean Bags

Materials: Using a basket and or a bin as target. Bean bags can be substituted with fold clothes, paper, or sponges

Objective: Practicing throwing “bean bags” into the basket

Extension: Playing bean bag with music:
Song Throw the Bean Bag
and Catch -

youtube.com/watch?v=obEiY-xGOioPI



Activity: Reading Book: The Little Engine that Could

Materials: Book or watch -
https://www.youtube.com/watch?v=_2EhWYGbi5o

Objective: Encourage children to participate by turning book pages and read out loud

Extension: You and your child can join to make people train. Allow your child to lead age appropriate



SENSORY

Activity: Toy Washing

Materials: Empty Bin, Water, Liquid Soap, Scrubbing Tool (Brush/ Cloth/ Sponge), Plastic Toys

Objective: Use scrubbing tools to wash plastic toys in soapy water

Extension: Add cups and bowls to water so children can fill up and pour with



COGNITIVE

Activity: Counting Fruits

Materials: Fruits in the house

Objective: Take turns counting each fruit
(e.g. 5 apples, 3 oranges....)

Extension: Talk about the colors of the fruits



Activity: Sailing A Boat

Materials: Laundry basket/cardboard box,
long wooden spoon/paper towel
roll, paper



Objective: Using a laundry basket and
paper towel to create a boat and
pretend to sail

Extension: Use baby blue blanket /table
cloth /sheet to create water to
sail the boat.

NUTRITION

Activity: Veggie Wrap

Materials: Tortilla bread, humus or tzatziki, cucumber/sweet paper/ avocado

Objective: Children can help to spread humus, put veggies on the bread and roll it together

Extension: Use the same veggie humus on a slice of bread to make veggie sandwich

