FINE MOTOR

Activity: Stacking Tower

Materials: Paper Towel Holder, Any round

objects with a hole (Hair

Scrunchies/ Elastic Bands/ Bracelets)



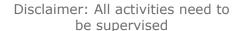
Objective: Stacking round objects on to paper

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-xGOioPl







LANGUAGE

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









SOCIAL EMOTIONAL

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





