

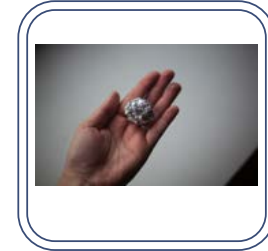
FINE MOTOR

Activity: Tin Foil Balls

Materials: Tin Foil

Objective: Child rips varying sizes of tin foil and squeezes each tightly making balls of varying sizes

Extension: Create different shapes using the tin foil balls i.e. a square or a circle



GROSS MOTOR

Activity: Laundry Basket Pull

Materials: Laundry basket, skipping rope, string, thin belt

Objective: Lace the rope/string/belt through the openings of the laundry basket and child pulls it

Extension: Add weight to the laundry basket by adding objects



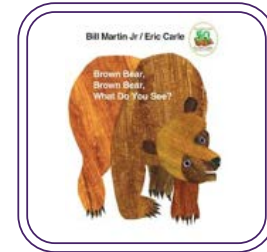
LANGUAGE

Activity: Read Together!

Lyrics: Books

Objective: Have a designated time each day where you and your child sit and read together. It's important that books and reading become a part of your routine. Have books available during play time so you child can also explore them on their own!

Extension: See if your child is able to read to you! Stories like Brown Bear, Brown Bear are great because of the repetition. Children become experts quickly!



SENSORY

- Activity:** Sensory Walk
- Materials:** Blanket, bubble wrap, tin foil, cardboard, tape, sand paper, etc.
- Objective:** Search for different textured materials around your house (hard, soft, smooth, rough). Place them in a path and have your child walk/crawl around to explore the different textures!
- Extension:** Talk about what they are feeling!



COGNITIVE

Activity: Bubble Play

Materials: Bubbles and wands (or make your own solution here: <https://www.thesprucecrafts.com/make-your-own-bubble-blowing-mixture-1244214>)

Objective: Encourage your child to chase and pop the bubbles or try blowing them him/herself. Experiment with wands and tools of different shapes and sizes. Try blowing your bubbles by waving your arms. Watch them float in the wind, and see where they land!

Extension: Once all the bubbles have popped, wait a few seconds, encourage your child to ask for more. Disclaimer: All activities need to be supervised



SOCIAL EMOTIONAL

Activity: Singing If Your Happy and You Know it.

Materials: Mirrors

Objective: Throughout the song, practice role-playing how that emotion might look like when it is expressed. Use a mirror and examine how your face changes when it moves from one emotion (happy) to another (sad).

Extension: For older children, you could use the mirrors to draw self-portraits of their faces being made when a certain emotion is being expressed. Afterwards, try gluing all the self-portraits onto a paper plate to create a personalized emotion wheel.



NUTRITION

Activity: Making Strawberry/ Banana Frozen Yogurt

Materials:

- 3 cups frozen strawberries
- 2 frozen bananas, sliced
- ½ cup plain yogurt
- bowl, blender, sealed container

Directions:

- combine ingredients into blender, process until consistently pink and completely smooth
- pour into container and smooth into an even layer
- freeze for 2 hours or until frozen but still a little soft for scooping
- scoop into a bowl and top with your favourite toppings!

Recipe from: www.dishonsea.com

