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Child Outcomes



Executive Function Skills

Develops persistence and perseverance to get things done.



Comprehension

Uses a varied vocabulary and increases understanding of communication processes.



Healthy Living

Awareness and understanding of health, physical activity, and safety.



Communication

Communicates effectively for a variety of purposes and with a variety of methods.



Self-Concept

Develops an understanding of self to build confidence.



Phonological Awareness

Connects letters and sounds to words.



Self-Regulation

Understands how to manage emotions both physically and emotionally.



Language and Literacy

Communicates through letters, words, and pictures.



Cooperation

Understands the steps to work together and engage with others.



Numbers and Operations

Understands counting, number sense, and problem solving.



Curiosity

Understands the development and initiation of materials and actions by exploration.



Geometry and Measurement

Understands patterns, spatial relationships, sorting by attributes, and problem solving in the environment around them.



Problem Solving

Understanding and interest in problem and solution.



Scientific Knowledge

Explores, investigates, understands, and learns about the environment around them.



Fine-Motor Skills (Small)

Uses hand and eye coordination to control movements of small objects with fingers.



Arts

Explores creativity, storytelling, dance and movement.



Gross-Motor Skills (Big)

Uses large muscle body movement.

Rainbow Spaghetti



Color pasta noodles with food coloring.

Activity	
Materials	<ul style="list-style-type: none"> • Spaghetti (You can also do this with white rice) • Ziplock bags • Food coloring • Water • Colander • Container/tub for the rainbow spaghetti
Instructions	<ul style="list-style-type: none"> • Cook the spaghetti following the instructions on the package. Drain and rinse. • Put the spaghetti into ziplock bags. You will need one ziplock bag per color. Add food coloring and a few drops of water to each bag. • Zip the ziplock bags up and mix the spaghetti and food coloring together. Squash it, squeeze it, throw it in the air — just keep moving the color around the bag until all of the spaghetti is totally covered. Repeat with each color. • Once all of the spaghetti is covered in food coloring, put each color into your colander and rinse the spaghetti under the tap. This step is really important; if you skip it your child will end up covered in food dye! • Put the rainbow-colored spaghetti into a container or tub for your child to play with.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Messy play. • Explore the texture (and maybe taste) of the pasta. • Explore different utensils and things to put the spaghetti in. • Help to apply and mix the color of the spaghetti or mixing multiple colors together. • Dig through the pasta with hands or tear the pasta apart. • Pretend the pasta is something else, like snakes, crazy hair, worms, etc. • Consider making rainbow spaghetti for lunch or dinner that day. It will make it even more enjoyable to eat!

Rainbow Spaghetti (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Messy play. • Explore the texture and color of the pasta. • Add anything that they are interested in (i.e. if they are into cooking; bowls, tongs, cookie utensils) and watch the animated and imaginative play unfold . • Separate based on color into different bowls or pots. • Does it stick to things (wall, fridge, etc)? • What does it taste like? • Add the coloring/water and mix it all together.
Ages 6-8	<ul style="list-style-type: none"> • How stretchy is spaghetti? • How much can fit into a bowl? • Which arm/hand is stronger for holding the most pasta? • How long does it take for water to boil? How do you cook spaghetti? Peak their interest in learning to cook other things. • Mix colors to make new colors. • Use the noodles to spell sight words or make math problems. • Does this process work with other things like rice or different kinds of pasta?

Laundry Basket Fishing



Fish for different objects outside of the laundry basket while pretending you're in a boat.

Activity	
Materials	<ul style="list-style-type: none"> • Laundry hamper • Kitchen tongs • Toy figures (bath toys, fish toys, plastic animals, action figures, etc.)
Instructions	Using a pair of kitchen tongs as a makeshift pole — have your child get into the laundry basket and use the tongs to “fish.”

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Get in and out of the laundry basket. • Sit in the laundry basket with all of the toys. • Throw or place toys inside or outside of the basket. • Dump the laundry basket full of toys out onto the floor. • Try to use the tongs to grab the toys (with two hands). • Enjoy getting to play with familiar toys. • Adults, try to get into the laundry basket of toys yourself. Kids love to see the adults participate in the activities, and they will also think it is silly!
Ages 4-6	<ul style="list-style-type: none"> • How to use different grabbing utensils (tongs, homemade fishing pole, a big spoon to scoop). • How to use letters, colors, and numbers to fish for. • What other kinds of animals live in water besides fish? • Instead of a fishing boat, use the basket as a safari truck and search for animals on a safari. • Use more than one basket to make a train. • Turn the basket into a ball pit.

Laundry Basket Fishing (Continued)

How they can learn	
Ages 6-8	<ul style="list-style-type: none"> • Use sight words, math problems, etc. instead of fish/toys. • Help with laundry. • Make a mess with dirty/clean laundry and have them fish to pick it up as fast as they can. • Turn the basket into a spider web (that the kids get to design) using yarn and catch different animals in the web. • Turn the basket into a ball pit.

Homemade Play Dough



Make homemade play dough that will keep in an airtight container.

Activity	
Materials	<ul style="list-style-type: none"> • 1 cup of flour • 1/4 cup of salt • 2 tablespoons of cream of tartar • 1 tablespoon of vegetable oil • 1 cup of water • 1 Kool-Aid unsweetened drink mix packet (pink lemonade, cherry, orange, lemonade, green apple, blue raspberry, or grape)
Instructions	<ul style="list-style-type: none"> • Heat the ingredients over low heat, stirring constantly, until the dough thickens and pulls away from the sides of the pot. • Turn off the heat and allow the dough to cool a little in the pot. The dough should still be a little sticky. • Store in an airtight container.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Use the play dough to make multiple things. • Incorporate their toys into play dough (like dinosaurs to make footprints or "fossils"). • Touch and feel the play dough. • Smell the play dough to work on senses. • Let them help put ingredients into the pot (before applied to heat). • After the play dough is made, let them help get the play dough out and put it away.

Homemade Play Dough (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Help mix ingredients, stir as it is heating, and choose the colors. • Make favorite things (animal, place, thing, etc.) from the play dough. • Use cookie cutters to make different shapes, letters, and numbers. • Find small beads or balls that you hide in the play dough. • Use googly eyes and feathers to make monsters. • Practice using cutting utensils. • Use toothpicks to make designs in the play dough. • Use play dough to make a bakery/kitchen/pizza shop.
Ages 6-8	<ul style="list-style-type: none"> • Measure out what is needed of each ingredient. • Stir as it is heating, choose the colors, and try to mix colors to create your own unique color. • Make sculptures. • Combine with uncooked spaghetti to make towers. • Make prints in the play dough (leaves, lace, flowers). • Use for science experiments (volcano, galaxy play dough, solar system).

Sort and Drop Legos

Transform an ordinary cardboard box into your own personal shape sorter.



Activity	
Materials	<ul style="list-style-type: none"> • DUPLO® or LEGO® bricks • Paper • Packing tape • Utility knife • Box • Colored markers or crayons
Instructions	<ul style="list-style-type: none"> • Cover the top of a cardboard box with paper and tape the paper in place. Then, cut five squares into the top of the box, outline each square with a different color, and tape the edges around the squares so that they won't rip. • Once your Sort & Drop box is ready to go, hunt around the house for all of the DUPLO® or LEGO® bricks you can find. Many kids prefer the DUPLO® bricks since they are easier for them to manipulate. • Drop the bricks into the colored squares. While you sort and drop the bricks, talk about the shapes and sizes of each one. For example, some are bigger than others, so you have to turn them or twist them so that they can fit in the right hole.

Sort and Drop Legos (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Play with boxes. • Color the box with the markers and crayons . • Play with bricks. • Explore the shapes, colors, and textures of the bricks. • Build with the bricks. • Use familiar toys (bricks) during the activity. • Drop the bricks into the box (even if it isn't the correct color placement). • Pick up the box and shake it with the bricks or try to shake them out.
Ages 4-6	<ul style="list-style-type: none"> • Use letters, numbers, shapes, animals. • Do a "things that" (you use every day, help you learn, live in the forest/ocean/desert) activity.
Ages 6-8	<ul style="list-style-type: none"> • Set up to use for math problems or sight words. • Do a "things that" (cook with, make noise, make your day better) activity.

Pasta Play

Make a homemade sensory bin using pasta.



Activity	
Materials	<ul style="list-style-type: none"> • Dried spaghetti or pipe cleaners • Colander
Instructions	<ul style="list-style-type: none"> • Turn the colander upside down. • Use spaghetti noodles to poke through the colander holes. • This is an impactful way to practice fine motor skills. Kids like to see the spaghetti poke out of the colander after several have been placed. • You can also use pipe cleaners cut in half.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Poke the pasta or pipe cleaners into the colander holes. • Explore the texture of the pasta or pipe cleaners. • Twist or make fun shapes with the pipe cleaners. • Break the spaghetti noodles. • Add a face to the colander and pretend the pasta or pipe cleaners are silly hair. • Practice colors by sorting the pipe cleaners in different sections of the colander by color.
Ages 4-6	<ul style="list-style-type: none"> • Help set up materials. • Use yarn/string/shoe laces to make patterns. • Roll it up into little balls to stick on dry spaghetti to work on counting.
Ages 6-8	<ul style="list-style-type: none"> • Use straws, pipe cleaners, and toothpicks. Ask if they all fit. Why or why not? • Use yarn/string/shoe laces to make patterns. • What else can you use the colander for (draining canned goods, washing fruits and veggies, etc)?

Dot Stickers



Using stickers for name and letter practice.

Activity	
Materials	<ul style="list-style-type: none"> • Dot stickers • 3 pieces of 8.5" x 11" paper taped horizontally together • Marker
Instructions	<ul style="list-style-type: none"> • Tape the paper together horizontally to make one long piece of paper. • Take a marker and make a line that has zig zags and curves from one end of the paper to the other. • Start covering the line with stickers so your child can see the task, then let them take over.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Take the stickers off of their paper and place them on the line. • If they can't place the stickers on the line, they can place the stickers anywhere on the paper (still developmentally appropriate). • Draw the line themselves with the marker. • Place the stickers on other surfaces, like a shirt, rather than the paper (maybe talk about where stickers belong and don't belong). • Practice sorting the dot stickers by their color. • For babies or younger toddlers, just allow them to decorate the paper with the markers and stickers.

Dot Stickers (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Help set up materials. • Use stickers to create letters, numbers, and shapes. • Name practice. • Spider web color match (match spider to dot). • Match upper and lower case letters. • Play toothpick color drop (match the colored tooth pick to the dot).
Ages 6-8	<ul style="list-style-type: none"> • "I Spy" answers to math problems. • Dot sticker board game (use dice to move that many dots). • Count money to match amount on dot sticker (in muffin pan). • Come up with math problems to do.

Slot Machine

Make a homemade slot machine using a deck of cards and a box.



Activity	
Materials	<ul style="list-style-type: none"> • Deck of cards • Empty shipping, cereal, or cracker box • Utility knife or scissors
Instructions	<ul style="list-style-type: none"> • Tape the box shut. • Make a slit in the top of the box using the utility knife or scissors. • Have your child practice sliding the cards into the slit one by one.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Shake the box with the cards in it or try to shake the cards out. • Help tape the box or pull tape off the box. • Play with the deck of cards and move the cards around . • Lay the cards out on the floor in no particular order. • Practice cleaning-up skills by scattering the cards all over the floor and seeing who can pick up the most cards the fastest.
Ages 4-6	<ul style="list-style-type: none"> • Help get materials ready. • Use different size objects (coins, shapes, shaped pasta) in the slot. • Put playing cards in order.
Ages 6-8	<ul style="list-style-type: none"> • Practice cutting the opening. • Practice counting money by specifying amounts they need to put in. • Put answers to math problems in the box. • Sight words in alphabetical order.

Spring Color Sort Egg Carton

Sort colors using a painted egg carton and pom poms.



Activity	
Materials	<ul style="list-style-type: none"> • Egg carton • Pom poms (assorted colors) • Crayons, markers or paint • Tongs (optional)
Instructions	<ul style="list-style-type: none"> • Discuss what color pom poms your child would like to use. Then, allow your child to color each egg space a corresponding color. • Sort the pom poms into the correct color. • You can also use tongs for extra fine motor work.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Color the egg carton to make it their own (they may not want to make each spot one specific color). • Feel the textures of the pom poms. • Place the pom poms into the carton, even if they are not in the correct spot. • Try to use the tongs to pick up the pom poms. • Dump out the egg carton and fill it back up again.
Ages 4-6	<ul style="list-style-type: none"> • Help get supplies ready. • Write letters, numbers or shapes and match. • Match things by size or same sound matching. • Use buttons or beads to match colors.
Ages 6-8	<ul style="list-style-type: none"> • Help get supplies ready. • Initiate letter match. • Match math problems to answers. • Sort money by amount.

Foil Painting



Create a masterpiece by painting on a foil-covered piece of cardboard.

Activity	
Materials	<ul style="list-style-type: none"> • A piece of cardboard • Foil • Tape • Q-tips • Paint
Instructions	<ul style="list-style-type: none"> • Wrap a piece of foil around a piece of cardboard. Tape it to secure it. • Paint the foil using Q-tips as the paint brush.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Wrap the piece of foil around the cardboard or help to tape it. • Play with the foil and crumble it up in their hands. • If a Q-tip is too small to hold, they can modify by crumbling up the foil and dipping it into the paint, using it to paint on a piece of paper. • Tear the foil.
Ages 4-6	<ul style="list-style-type: none"> • Help get all the supplies ready. • Mix colors. • Use fingers instead of Q-tips to paint. • Use the foil to paint on the cardboard .
Ages 6-8	<ul style="list-style-type: none"> • Help measure the right amount of foil to use. • Can you use something other than a Q-tip to paint with (not a paint brush, think outside the box)? • Do different kinds of paints work the same (acrylic/water color)? • Make different patterns with the foil.

Sensory Bottles



Make homemade sensory bottles with liquids and solids.

Activity	
Materials	<ul style="list-style-type: none"> • Empty bottles or ziplock bags • Hot glue gun or duct tape • Vegetable oil • Water • Food coloring
Instructions	<ul style="list-style-type: none"> • Mix water, oil and a few drops of food coloring into a bottle. Glue the lid on. • This can also be done in a doubled-up ziplock bag that is duct taped shut

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Help put the ingredients into the bottle (gives them a sense of accomplishment because they made the bottle themselves). • Practice colors. • What do you think will happen when you mix them together? • Modify with plastic ziplock bags and duct tape so babies can play while doing tummy time. • Watch the oil bubbles as a calming tactic. • Shake the bottle to promote movement.
Ages 4-6	<ul style="list-style-type: none"> • Help get materials and set up. • Choose the color. • Add more things to the bottle (glitter, stars, beads, etc).
Ages 6-8	<ul style="list-style-type: none"> • Measure the amounts needed of each liquid. • Choose the color. • Add more things to the bottle (glitter, stars, beads, etc). • Mix everything together and ask why the liquids mix and react the way they do to each other.

Lego Bath Time



See what different toys float in the bathtub.

Activity	
Materials	<ul style="list-style-type: none"> • DUPLO® bricks • Bath tub • Water • Bubble bath (optional)
Instructions	Play with DUPLO® bricks inside the bubble bath. They float!

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Pretend to wash the bricks as if they are “dirty”. • Fill up the bricks with water and dump them out. • Hide the bricks in the bubbles and try to find them. • Build with the bricks on the side of the bathtub. • Take all of the bricks out of the bathtub and have the child only put certain colors into the tub to work on learning colors. • Continue to use bricks as bath toys if your child really enjoys the activity!
Ages 4-6	<ul style="list-style-type: none"> • Build a boat or different object and see if it still floats. • Bring in other toys, see if they float. • Go outside and find things to test if they float or sink (leaves, sticks, rocks, etc).
Ages 6-8	<ul style="list-style-type: none"> • Use different types of legos to build different figures or objects (boat vs car vs building vs person). Do they all float? Why or why not? • What else around the house floats? What sinks? • Why do things float or sink?

Pasta Box



Stick pasta in tiny premade holes on a box.

Activity	
Materials	<ul style="list-style-type: none"> • Different shaped pasta (or rice) • Blanket • Measuring cups, spoons, ladles, bowls
Instructions	<ul style="list-style-type: none"> • Lay a blanket out on the floor. Allow your child to explore different shapes of pasta to make an indoor “sandbox.” You can also use rice for this activity. • Shake off afterward outside or in the trash can.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Explore different textures and shapes of the pasta. • Practice sorting the different shapes of the pasta. • Scoop up and pour out the pasta and rice. • Sit the child on the blanket so they can move the pasta around with their hands and feet. • To avoid a choking hazard, put the pasta into a bottle for a sound shaker. • Pretend to cook the pasta with cups and measuring spoons. • Have them help with clean-up by shaking the pasta off the blanket outside or into the trash can. • If you don't want to waste the pasta you used, place it into a container and save it for a great sensory box that they can play with at a different time.

Pasta Box (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • What is different/same about the pasta? • Which is their favorite? • Can they make shapes, letters, numbers with the pasta? • Can they sort it? • Paint with the different pasta types as stamps or brushes.
Ages 6-8	<ul style="list-style-type: none"> • Can they build something with the pasta? • Is there a kind of pasta that works best? • Make bracelets. • Paint with the different pasta types as stamps or brushes.

Pipe Cleaner Fun

Use pipe cleaners to make your own silly box person.



Activity	
Materials	<ul style="list-style-type: none"> • Pipe cleaners • Empty box • Screwdriver
Instructions	<ul style="list-style-type: none"> • Use the screwdriver to poke holes into an empty box. • Have your child stick pipe cleaners through the holes. • Color a face on the box.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Play with boxes (boxes can be anything to children). • Feel the texture of the pipe cleaners. • Work on opposites (long vs. short pipe cleaners). • Practice colors. • Create fun shapes with the pipe cleaners. • Place the pipe cleaners into the holes and take them back out (babies like to pull on things). • Try to shake the pipe cleaners out of the box or holes.

Pipe Cleaner Fun (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Help with poking holes. • Weave the pipe cleaners through the holes. • Twist the pipe cleaners into shapes as they are hanging out of the holes.
Ages 6-8	<ul style="list-style-type: none"> • Help with poking holes. • Poke a shape/design into the box. • Twist pipe cleaners together to make patterns. • Make a 3D animal/object.

Colored Water Play



Mix different colors of water together to create new colors.

Activity	
Materials	<ul style="list-style-type: none"> • Food coloring • Water • Different sized cups
Instructions	<ul style="list-style-type: none"> • Fill different sized cups up with water. Squirt red food coloring in one, blue in another, and yellow in the last. • Allow your child to pour colored water into different cups to make new colors. • This can be done in the bathtub for easy clean up.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • For babies, put the water and food coloring into a pop bottle to shake it up and move it around or put it into bags with duct tape for tummy time. • For toddlers, practice holding a cup with two hands to pour the water and practice mealtime skills. • Practice colors. • Ask them what they think will happen if you mix certain colors together. • Use cold/warm water or big/little cups to work on opposites.
Ages 4-6	<ul style="list-style-type: none"> • Help put the colors into the cups. • Choose the colors used. • Use different size cups and bowls to compare different sizes. • Mix colors together to make new colors.
Ages 6-8	<ul style="list-style-type: none"> • Help get everything ready. • Use hot and cold water to see if there is a different reaction. Why would it make a difference? • Mix new colors. • Make a tie-die painting with the water.

Toilet Paper Roll Painting

Use the end of toilet paper rolls to make different shaped paint stamps.



Activity	
Materials	<ul style="list-style-type: none"> • Toilet paper rolls • Paint • Paper
Instructions	<ul style="list-style-type: none"> • Mold toilet paper roll ends into the shape that you want (triangle, heart, square, or leave a circle). • Allow your child to paint paper by dipping the toilet paper roll end in the paint.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Practice colors with different colors of paint. • Practicing shapes with different shapes made on the end of toilet paper rolls. • Use the rolls as “telescopes” or “megaphones”.
Ages 4-6	<ul style="list-style-type: none"> • Choose paint color. • Mix colors to make new colors. • Work on shape recognition by making different shapes. • Roll the toilet paper roll through multiple colors all at once.
Ages 6-8	<ul style="list-style-type: none"> • Choose paint color. • Mix colors to make new colors. • Use the whole toilet paper roll to paint. • Scrape with the end to paint.

Painting with Fruits and Vegetables

Cut up different fruits and vegetables to discover the different prints you can make by stamping them in paint.



Activity	
Materials	<ul style="list-style-type: none"> • Different fruits and veggies that are near expiration • Paper
Instructions	<ul style="list-style-type: none"> • Cut the fruit and veggies in half. • Allow your child to dip them in paint and stamp onto paper. Talk about the different shapes that the food makes.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Have them taste a small portion of the fruit or vegetable if it's new to them. • Explore the inside of the fruit or vegetable with a spoon or fork. • Practice colors with different colors of paint. • Practice sorting the fruits and vegetables by their color. • Practice sorting what is a fruit and what is a vegetable before painting. • Explore the different textures of the inside and outside of the fruits and vegetables. • Use it as an opportunity to talk about healthy foods. • Allow babies to pick up the fruits and vegetables and play with them as toys.
Ages 4-6	<ul style="list-style-type: none"> • Use all the senses to explore the fruits and veggies. • Sort by shape, size, color. • Do different foods make different prints?
Ages 6-8	<ul style="list-style-type: none"> • Help cut the fruits and veggies. • Explore with different kinds of paint and ask which kind works the best. • Paint with both sides. • What's the difference between the inside and the outside print?

Stuffed Animals in the Bath



Allow children to play in an empty bathtub with all of their stuffed animals.

Activity	
Materials	<ul style="list-style-type: none"> • Empty bathtub • Stuffed animals
Instructions	<ul style="list-style-type: none"> • Pile stuffed animals into the bathtub and watch your child play pretend. • You can also do this with empty laundry baskets flipped over and pretend the animals are in “cages” at the zoo or pet shop.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Throw the stuffed animals in and out of the bathtub. • They love the opportunity to play with familiar toys in a way or setting that they haven’t before. • Pretend to give the animals a bath. • Set babies in the bathtub and let them move the animals around with their hands and feet. • Practice counting as you put the stuffed animals in the tub. • If using a laundry basket, dump it out and fill it up again. • Pretend to use the basket as a cage and practice taking care of a pet. • Pretend to be at the zoo and name all of the different animals.
Ages 4-6	<ul style="list-style-type: none"> • Choose favorite animals. • Practice counting. • Sort by size or type of animal. • Use laundry baskets to make a zoo.
Ages 6-8	<ul style="list-style-type: none"> • Sort by species. • Sort by what the animal eats.

Beautiful Windows

Use dry erase markers on windows and mirrors instead of paper.



Activity	
Materials	<ul style="list-style-type: none"> • Dry erase markers • Window, glass door or mirror accessible to your child
Instructions	<ul style="list-style-type: none"> • Write letters, draw shapes, or write your child's name on the glass surface using the dry erase markers. Encourage your child to trace using a dry erase marker or their finger. • Allow your child to practice letters, words and drawing shapes on their own. • Clean up with glass cleaner, dry, and do it all over again!

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Allow them to color the window however they would like. • Write the alphabet and practice singing it. • Draw shapes and practice naming them. • Practice colors by drawing with different colors. • Have them help wipe down the window or whatever glass you are using. • If using a mirror, you can lay it on the ground and have babies do tummy time while looking in the mirror. • Lean the mirror up against the wall and let babies look at themselves while sitting up. • Talk about what is okay to draw on with marker and what is not. • Draw and create pictures on the windows of your home for neighbors to enjoy if they are out for a walk.

Beautiful Windows (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Practice writing letters, numbers, shapes, and their name. • Draw different pictures. • Go in and use the bathroom mirror instead of a window.
Ages 6-8	<ul style="list-style-type: none"> • Use paint tape to make a pattern on the window and color in. • Draw whatever else they want. • Stained glass art: Use paint instead of dry erase marker.

Letter Magic

Use paint in a bag for a mess-free way to practice letters.



Activity	
Materials	<ul style="list-style-type: none"> • Paint • Ziplock bag • Tape
Instructions	<ul style="list-style-type: none"> • Fill the bottom of a ziplock bag with a few squirts of paint. Zip it tight, getting all the air out. • Tape the top closed to secure it from leaking. Then, tape the bag to a window, a glass door, or to the counter with a light colored piece of paper under it. • Work together to squish the paint all around and encourage your child to use their finger to practice writing letters, drawing shapes, or names.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • For babies, lay the bag on the floor to play with during tummy time and allow them to squish the paint around. • Work on practicing colors by making multiple bags. • Mix colors in the bag. • Add a piece of paper to the ziplock bag for mess-free and sensory painting. • Practice making shapes and introducing letters by tracing them into the paint.
Ages 4-6	<ul style="list-style-type: none"> • Pour paint into bags. • Use finger to draw letters, shapes, numbers. • Mix colors in the bag.
Ages 6-8	<ul style="list-style-type: none"> • Help close the bags and tape them. • Use as a sensory break/calming technique.

Edible Letter Practice

Spread chocolate pudding on a cookie sheet and use fingers to trace shapes, letters, and numbers.



Activity	
Materials	<ul style="list-style-type: none"> • Pudding • Cookie sheet • Clean hands
Instructions	<ul style="list-style-type: none"> • Spread pudding out all over the cookie sheet. • Allow your child to use their fingers to practice drawing letters, words, shapes, or writing their names.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • For babies, allow them to explore the texture of the pudding. • Work on hand-washing skills prior to beginning the activity. • Work on washing dirty hands after the activity is over. • Pretend the pudding is mud and add animal toys, afterward giving them a bath or washing them off. • Practice shapes and letters by tracing them into the pudding.
Ages 4-6	<ul style="list-style-type: none"> • Help get everything set up. • Help mix the pudding ingredients. • Write letters, shapes, numbers, or name.
Ages 6-8	<ul style="list-style-type: none"> • Help make the pudding. • Do math problems in the pudding. • Write sight words. • Play tic-tac-toe.

Traveling Rainbows



Use cups, paper towels, and colored water to watch how color travels from cup to cup.

Activity	
Materials	<ul style="list-style-type: none"> Six small cups or jars Paper towels Water Food coloring (preferably red, yellow and blue)
Instructions	<ul style="list-style-type: none"> Tear off six paper towel sheets. Fold each sheet into thirds lengthwise. Arrange the cups in a circle or triangle shape. Fill every other cup with 3/4 cup of water. Add the food coloring to water, one with red, one with yellow, and one with blue. Adding in the food coloring is a huge part of the fun for this experiment, so don't be afraid to hand the bottle over to your child. Squeezing is also great for strengthening those fine motor skills. Set up the paper towels for the colors to crawl across. Place one end of the folded paper towel sheet in a cup with water and the other end in an empty cup. Repeat this process until every cup is connected to the adjacent cup, with a paper towel creating an unbroken chain. Now sit back and watch the colors crawl!

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> Have them help tear off the paper towels, pour the water, and add the food coloring. Work on practicing colors. Ask them what they think will happen when you add the paper towels. Have them help arrange the cups. If using plastic cups, you can stack them before the activity. Allow babies to play with the cups before adding water. After all the different colors of water are made, pretend to be at a restaurant with their favorite drinks.

Traveling Rainbows (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Get materials, help with set up. • Put in food coloring. • What is going to happen to the paper towels?
Ages 6-8	<ul style="list-style-type: none"> • Measure out water, put in food coloring. • Why do the paper towels change color? How does the color travel from one cup to another? • Use other colors and do the same thing. • Would toilet paper work the same as paper towels?

Snowball Fight

Crumple up paper for an indoor snowball fight.



Activity	
Materials	<ul style="list-style-type: none"> Scrap paper Bucket
Instructions	<ul style="list-style-type: none"> Put a bucket in the middle of the floor. Write color words, names, letters, numbers, and sight words on different pieces of scrap paper. Have an adult or an older sibling call out the words. After your child finds the word, they crumple up the paper and try to throw it in the bucket. If they make it, move on to the next word. If they don't, they have to uncrumple the paper and place it back in the stack. You can play this with multiple children if they each have their own set of the words. Whomever gets all of their snowballs in the bucket first wins.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> Practice colors by writing the color name or coloring the piece of paper one color. Crumple or tear up the paper. Throw the paper into the bucket. Dump out the bucket after it is full. Throw the paper or walk up to the bucket. Practice just throwing the "snowballs" instead of trying to make them into the bucket.

Snowball Fight (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Tear up the paper. • Use letters, colors, shapes, numbers, or animals. • Make it an "I Spy" game.
Ages 6-8	<ul style="list-style-type: none"> • Use sight words. • Answer math problems. • Let them come up with math problems. • Practice dual language. • Use animal facts.

Magnet Money



Use a magnet to see how it picks up coins and other household objects.

Activity	
Materials	<ul style="list-style-type: none"> • Coins • Magnets
Instructions	<ul style="list-style-type: none"> • Dump out coins onto the table and ask your kids to help you “clean up” by using the magnets to pick up different coins. • Sort them into containers by the size, shape, and color. This will help them learn sizes, shapes, and skills of classification and sorting.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • For babies, place coins into a bottle or closed container to create a noise maker. • Talk about how, when we make messes, we need to clean them up. • Use the money afterward to pretend you’re in a store. • Stack the coins and see how high they can go. • Take the magnet and see what else it can stick to in the house. • Work on opposites with the coin sizes. • What will happen if you put the magnet close to the coins?
Ages 4-6	<ul style="list-style-type: none"> • Introduce money, the amount each one is worth. • Sort by amount, size, color. • Stack and build with the coins. • What else do magnets work on?
Ages 6-8	<ul style="list-style-type: none"> • Use the money to add and subtract. • Count money. • Sort coins from most to least valuable. • Why do the magnets work on the coins?

Shiny Pennies



Find out if soap or vinegar makes pennies shiny.

Activity	
Materials	<ul style="list-style-type: none"> • 3 dull pennies • 2 paper cups • Vinegar • Liquid soap • Paper towel
Instructions	<ul style="list-style-type: none"> • Guess which liquid will make a penny shine. • Set one penny aside. • Put each of the other two pennies into its own paper cup. • In one cup, pour enough vinegar to cover the penny. In the other cup, pour enough liquid soap to cover the penny. • Wait at least ten minutes. Remove the pennies, rinse them in water, and rub them with a paper towel. • Compare all three pennies.
How it works	<p>The vinegar made its penny shiny. Pennies become dull over time as copper on the surface reacts with oxygen from the air. The two elements combine to form dark chemicals called copper oxides. The acid in vinegar dissolves these chemicals and leaves the copper surface of the penny looking shiny. Soap can clean lots of things, but it can't dissolve copper oxides.</p>

Shiny Pennies (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Pretend you are giving the pennies a bath because they are dirty. • For babies, you could use a bottle or closed container to put the soap, water, and penny in, or vinegar and penny in. Close it off and let the baby shake it around. • What will happen to each penny? • Practice counting how many pennies you have. • Practice senses by smelling the water, vinegar and soap. Do they have a smell? Does it smell good? Does it smell bad? • Compare the pennies that have been cleaned with the ones that haven't to practice opposites. • Use the pennies after the experiment to pretend you're in a store. • Work on the opposites old and new. • Work on the circle shape. Have your child find other things in the house that are shaped like a circle. • If your child has a piggy bank, have them put the pennies in it when you are all done with the activity. Count as you put them away.
Ages 4-6	<ul style="list-style-type: none"> • Collect the pennies, count the total. • Why do you think the pennies look dirty? • Find different levels of dirty pennies. • Which liquid cleaned the pennies? Compare after. What do they smell like?
Ages 6-8	<ul style="list-style-type: none"> • Collect the pennies. • Find other coins. Does each coin react the same? • Why do you think the pennies look dirty? • Why does the vinegar work better? Can you use other liquids? • What if you let them soak different amounts of time?

Dancing Raisins / Sink & Float



Find out if raisins sink or float in different liquids.

Activity	
Materials	<ul style="list-style-type: none"> • 1 clear glass • Pack of raisins • 1 small bottle of clear soda
Instructions	<ul style="list-style-type: none"> • Fill one glass with clear soda and another glass with water. • Place the raisins in each glass and watch how they dance in the glass with clear soda. • Collect items from around the house and predict if they will sink or float in each cup. How many did you get right?

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Count how many raisins you have in the pack. • Work on senses by smelling the clear soda and the water. Do they have a smell? • Talk about the differences between the soda and water. • Have your child dance like the raisin is dancing to work on gross motor time (add music). • Let babies play with the cups. • Stack the cups as high as they can go. • Build with the cups. • What will happen when you put the raisin in the water or the soda? • Have them help you pour the liquid into the cups and drop the raisins in.

Dancing Raisins / Sink & Float (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Pour water and soda into cups, then drop raisins in. Which one dances? • Is dancing more like floating or sinking? • Find other small objects to test float/sink. • Stack left over cups.
Ages 6-8	<ul style="list-style-type: none"> • Pour water and soda into cups, then drop raisins in. Which one dances? Why does this happen? • Does it work with other dried fruit? Maybe vegetables? • Do other liquids make raisins dance? • Race to stack the cups.

Make a Salt Dough Ornament



Make homemade ornaments by mixing ingredients to bake in the oven.

Activity	
Materials	<ul style="list-style-type: none"> • All-purpose flour (white flour gives a smooth texture and white color to the ornaments) • Salt (table salt works best for salt dough) • Water • Parchment paper • Paint brush • Paint • Food coloring (optional) — you can use either gel or liquid food coloring
Instructions	<ul style="list-style-type: none"> • Preheat the oven to 300 degrees and line a few baking sheets with parchment paper. • In an electric mixer, combine flour and salt and mix well. • With the mixer on low speed, add in the water slowly until the dough comes together in a ball. You may need as little as 1/2 cup of water or as much as 1 cup, so pour slowly and stop when the dough comes together and feels like cookie dough. • Wrap in plastic wrap and refrigerate for about 10 minutes to firm up. • On a very well-floured board, allow your child to help as you roll the dough out to 1/4 inch thick. Have your child cut out ornament shapes using cookie cutters. • Transfer ornaments to prepared cookie sheets and poke a small hole in each using a toothpick. Make hole large enough for an ornament hook or ribbon. • Bake for 30 minutes. The ornaments should only harden but not brown. • Let the ornaments completely cool. • It's now time for your child to paint the ornaments!

Make a Salt Dough Ornament (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Have your child help you dump the ingredients into the bowl or mixer. It may be messy, but that's what they love about it the most! It really makes them feel like they made it all by themselves. • Work on practicing colors with the food coloring and paint. • Mix the colors to make a certain color of dough. • Let your child feel and play with the dough. • Have your child help roll out the dough with their hands. • Talk about the opposites hot and cold. The oven is hot where the ornament bakes. The fridge is cold where the dough cools. • Talk about who you are going to make the ornament for and where you are going to hang it up.
Ages 4-6	<ul style="list-style-type: none"> • Collect and set out materials. • Help combine materials, roll dough. • Pick the cookie cutter shapes they want to use. • Pick colors to paint, combine colors. • Talk about opposites.
Ages 6-8	<ul style="list-style-type: none"> • Teach about oven use/safety. • Help combine materials. • Work on measuring. • Operate the mixer • Choose cookie cutter, or make their own ornament shape/creation. • Put into oven. • Pick paint colors, mix colors.

Mixing Impossible



Create different colors of water by mixing primary colors.

Activity	
Materials	<ul style="list-style-type: none"> • Several drinking glasses • Water • Vegetable oil • Liquid food coloring • A toothpick
Instructions	<ul style="list-style-type: none"> • Ask what will happen when you mix oil and water together. • Pour about 1/2 cup of oil into a drinking glass. Pour the same amount of water into the glass. • Watch how the two separate. • Explain density and ask which is denser, water or oil (the oil floats, showing it's less dense than water). • Ask what will happen when you put one drop of water-based food coloring into the oil. • Have the child put a drop in and observe (if the drop needs encouragement to move downward, use a toothpick). • Ask again which is denser, the water-based drop or oil (the water-based drop sinks, showing it's more dense than oil).

Mixing Impossible (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Have them help pour the water and oil into the cup. • Have them help put the food coloring in and mix it with a toothpick. • For babies, put the mixture into a bottle to shake around or put it in a ziplock bag that is taped off for tummy time. • What will happen when you mix the oil and water? • Work on practicing colors.
Ages 4-6	<ul style="list-style-type: none"> • Pour liquids. • Discuss colors. • Choose the colors. • What happens when you pour the liquids together? • Drop in the food coloring. Is it going to float or sink?
Ages 6-8	<ul style="list-style-type: none"> • Measure and pour liquids. • Talk about what density is. • Which liquid is more dense? • Drop in the food coloring. Is it more or less dense than oil? • Could you use other liquid mixed with oil? What would happen?

Bubble Painting



Create a painting using bubbles.

Activity	
Materials	<ul style="list-style-type: none"> • Bowl or tray • Dish soap • Water • Paint • Drink straw • Paper
Instructions	<ul style="list-style-type: none"> • Put a squirt of paint into the bowl/tray. Add a few drops of dish soap. • Add some water to make a runny consistency to blow bubbles. • Using the drinking straw, blow into the paint mixture to create a lot of bubbles so they rise above the bowl. • Place the paper lightly on top of the bubbles until they stop popping. • Carefully lift the paper so as not to smudge the paint. The popped bubbles will have left a complex pattern of interlinking circles. • Leave to dry. • The creation could then be cut into a shape — e.g. butterfly, flower, car, football.

Bubble Painting (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Work on colors or mixing colors to make new colors. • What will happen when you blow the straw into the paint, soap and water mixture? • Have them help mix the soap, water, and paint together. • Have them help pour all of the ingredients into the bowl. • Since babies won't be able to hold the paper over the bowl, consider giving them a bowl of just the soap and water mixing. Blow up the bubbles and allow them to pop them or play with the mixture. • Have them help hold the paper over the bubble mixture. They love to be independent! • Talk about what you are going to do with the art. Will you hang it up somewhere in your house? Will you give it to someone as a gift? • Work on the opposites wet and dry.
Ages 4-6	<ul style="list-style-type: none"> • Choose paint colors. • Help mix the materials. • Let them place the paper, draw whatever shape/object/animal and cut it out. • Compare the patterns of each picture. What is similar/different? Talk about opposites.
Ages 6-8	<ul style="list-style-type: none"> • Mix the materials. • Choose/mix paint. • Let them draw and cut out a shape/object/animal on paper. • Would any kind of paint/soap work? • Use something other than paper to pop bubbles (cardboard, cover of a notebook, etc). Does it work? Was it better/worse? Why?

Popsicle Stick Activities

Build different figures, tracks, and shapes using Popsicle sticks.



Activity	
Materials	<ul style="list-style-type: none"> • Popsicle sticks
Instructions	<ul style="list-style-type: none"> • Build a race track for your toy cars. • Practice creating and identifying shapes. • Spell your name. • Play hopscotch (A wonderful way to get out all that extra energy). • Color Popsicle sticks and put them into patterns. • See how many you can stack without tipping them over. This one is great for practicing concentration and patience. • Play tic-tac-toe. Make a grid with sticks and grab small toys for the "X" and "O". • Bend them! If you submerge craft sticks in water overnight, you can bend them into shapes. • Make a pretend tight rope and walk across without "falling" off. • Count how many craft sticks you need to span long items in the house.

Popsicle Stick Activities (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Practice picking-up skills by scattering all of the Popsicle stick on the floor and seeing who can pick up the most the fastest. • Put some Popsicle sticks into a closed container and use it as a noise maker for babies. • Have them color the Popsicle sticks to make picture frames • Glue the sticks together to build a house. • Pretend you own a Popsicle stand and are enjoying a cold treat on a hot day (good way to work on the opposites hot and cold, too). • For babies, take an egg carton and turn it upside down. Poke the sticks into the bottom of the carton. • Use the Popsicle sticks as drumsticks and drum on different objects.
Ages 4-6	<ul style="list-style-type: none"> • Build a track for cars. • Spell name with sticks. • Color and make patterns or make shapes. • Letter matching. • Use sticks to measure things.
Ages 6-8	<ul style="list-style-type: none"> • Build basket, tower, building, car. • How many can be stacked before they fall? • Use sticks for adding and subtracting. • Make a picture frame. • Make a bookmark. • Play tic-tac-toe.



Homemade Bubbles

Make homemade bubbles using dish soap and pipe cleaners.

Activity	
Materials	<ul style="list-style-type: none"> • 2 cups warm water • 1/3 cup dish soap • 1/4 cup corn syrup • Pipe cleaners
Instructions	<ul style="list-style-type: none"> • Bubbles: Place ingredients in a jar with an airtight lid and stir gently to combine without agitating suds. Let the mixture sit for a few hours for best results. • Wands: Use the pipe cleaners to create any shape you like and make sure you keep a small section as a handle.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Have them help put the ingredients into the jar. • Since babies won't be able to blow bubbles, blow the bubbles toward the baby and let them enjoy or pop the bubbles. • Practice shapes by creating different shapes with the pipe cleaners. • Practice colors by using different colored pipe cleaners. • Since the mixture works best when it sits for a few hours, find other activities to do while you wait to work on patience. • What will happen when you mix the soap and water together? • Try different ways to blow the bubbles. For example, what happens if you take a really big breath and blow the bubble. Small breath? Blow really hard? Blow really soft? Put the homemade pipe cleaner wand in front of a box fan and see if it will blow bubbles. • Blow the bubbles and have your child run around popping them. Then let them blow the bubbles and you pop them. Work on taking turns.

Homemade Bubbles (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Help combine materials. • Use different color pipe cleaners to work on colors. • Use pipe cleaners to make different shapes. • Do the different shapes still make bubbles? • What happens if you blow hard/soft? • What happens if you wave the pipe cleaner wand?
Ages 6-8	<ul style="list-style-type: none"> • Measure liquids, combine, stir. • What is going to happen when you mix the syrup, soap, and water? • What happens if you stir too fast and make a lot of suds? • Make weird shapes. Do the different shapes still make bubbles?

Exploring Colors



Create different colors by mixing them together.

Activity	
Materials	<ul style="list-style-type: none"> • Tray • Baking soda • Containers to hold liquids (like ice cube trays) • White vinegar • Pipette or dropper • Food coloring
Instructions	<ul style="list-style-type: none"> • Give your child a tray. • Fill the tray with baking soda. • Fill each ice cube tray (or other container) with vinegar. Add food coloring to the vinegar. • Use a pipette or dropper to place a few drops of the colored vinegar onto the tray of baking soda. Watch what happens!

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • What will happen when you put the vinegar on the baking soda? • Work on practicing colors by using different colors of food coloring • Work on senses by smelling the vinegar. Does it smell good or bad? • Have them help you pour contents into the tray • For babies, put the contents into a closed off bottle and allow them to shake it all together

Exploring Colors (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Help fill the trays with materials • Choose colors, mix colors • Drop vinegar onto baking soda. What will happen when mixed? • What if you pour the vinegar? What does it smell like?
Ages 6-8	<ul style="list-style-type: none"> • Fill trays, choose/mix colors • Use the dropper • What if you use a lot of vinegar? Too little? Why does it react the way it does?

Mini Volcanoes



Watch how baking soda and vinegar react to each other.

Activity	
Materials	<ul style="list-style-type: none"> • Cup • Water • 3-4 Tbs of baking soda (for an extra foamy eruption or multiple eruptions, use 4-6 Tbs) • 1 tsp of dish soap • 1-4 Tbs of washable paint, depending on the intensity of the color desired • Dirt, gravel, or sand from outside • 1 cup of vinegar to start with per eruption
Instructions	<ul style="list-style-type: none"> • Put the water inside of the plastic cup. Fill it about 2/3 full. • Add the baking soda, dish soap, and washable paint to avoid staining. • While you mix the base ingredients, have your child make a mound out of pea gravel, sand, or dirt. Once you have a mound, put the cup on top of it and turn it into a mountain. Give it a good stir just before adding the last ingredient. • Now it's time for the eruption! Pour in the vinegar until it starts foaming over for your very own mini volcano.

Mini Volcanoes (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • What will happen when you add the vinegar? • Use different colors of paint for each eruption and practice colors. • For babies, consider putting the rocks or sand into a closed bottle for a noise maker. • Work on senses, smelling the soap, water, and vinegar. • Allow them to help put the ingredients into the cup and pour the vinegar to cause the eruption. • Add to the volcano with more dirt, sand, or rock. You can use sticks, leaves, and grass to make their indoor volcano more nature-like. • Add dinosaurs or animals to the scene.
Ages 4-6	<ul style="list-style-type: none"> • Help gather, mix and pour materials. • Choose paint color. What color is lava usually? • Help build volcano. • What is a volcano made of? • Talk about opposites. • Smell the different liquids .
Ages 6-8	<ul style="list-style-type: none"> • Mix and pour materials. • Build volcano. • What does lava turn into once it cools? • Why does it erupt?

What's that Smell?



Explore your sense of smell using materials from around the house.

Activity	
Materials	<ul style="list-style-type: none"> • Paper sacks • Smelly stuff, such as lemons, bananas, orange peel, pine needles, a cotton ball soaked in perfume, chocolate, coffee, dirt, vanilla, garlic, onion, mint, vinegar, flower petals, hot sauce, pencil shavings, banana peel, or ginger
Instructions	<ul style="list-style-type: none"> • Put a smelly item in each bag. • Write a number on the side of each bag. • Tape a label to the bottom of each bag to say what's inside. • Put on a blindfold and have your child smell each container. • Write down the number of the container and their guess about what's inside. Are the answers right? Which are good smells? Which are gross? Aren't noses an amazing part of our senses?

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Work on senses. What things smell good? What things smell bad? • For babies, give them the paper bag (maybe taped off) and allow them to shake it around. • Allow them to choose what kinds of items they may want to put into the bags. • Have them help put the items into the bags. • Adults, take turns guessing. It's more fun to do the activity together.

What's that Smell? (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Talk about the different senses. • What do you smell with? • What smells good/bad? • Pick different things to smell (food and non food items).
Ages 6-8	<ul style="list-style-type: none"> • What smells good/bad? • Does smell affect any of the other senses? • What types of things usually smell good/bad?

What's the Object?

Explore your sense of touch by using materials from around the house.



Activity	
Materials	<ul style="list-style-type: none"> • Paper bag • Scraps of different cloth, like velvet, wool, cotton, or leather • Foil, plastic bag, paper towel, toilet paper roll, Q-tip, paper clip, penny, orange or banana peel, dollar bill, pen, straw, food wrapper, photograph, LEGO® bricks, etc.
Instructions	<ul style="list-style-type: none"> • Put scraps of interesting objects into a “feely bag.” • Have your child put their hands inside the bag to feel and describe different textures and shapes without peeking.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • For babies, instead of placing the mystery items into bags, allow them to play with the different textured items that you choose. Keep choking hazards in mind. • Also, for babies, you can put items into closed off bags for them to shake around. • Have them help choose what items that they want to put into the bags. • Take turns with your child feeling the objects. • Talk about different textures and opposites that you feel (smooth, rough, pointy, squishy, etc.)

What's the Object? (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Talk about the senses. What part of the body is used for each one? • Help choose what kinds of things to put in bags. • What senses can you use to figure out what is in the bag (without using eyes)?
Ages 6-8	<ul style="list-style-type: none"> • Can you use more than one sense at a time? • Only allow one sense to figure out what is in a bag. • Make it a relay game to do with the whole family.

Sugar Water Rainbows



Watch how to create a rainbow with sugar water.

Activity	
Materials	<ul style="list-style-type: none"> • Food coloring (rainbow colors are red, orange, yellow, green, blue, purple) • Water • 6 small cups (at least 4 inches tall) • Clear straw • Sugar • Tablespoon
Instructions	<ul style="list-style-type: none"> • Fill each of the six cups with the same amount of water. • Add food coloring into the cups; one color in each cup. Line up the cups from left to right. • In the first cup, do not add any sugar. In the second cup, add one tablespoon of sugar. In the third cup, add two tablespoons of sugar. In the fourth cup, add three tablespoons of sugar, and so on. • Stir until all the sugar is dissolved. • To make a sugar rainbow, grab the straw and place the end into the first cup, the one with no sugar. Only insert about half an inch into it. • Cap the other end of the straw with your thumb before lifting it out of the water to prevent the water from falling out of the straw. • Now dip the straw into the second cup (1 tablespoon sugar). • This time, insert it deeper so that the end is one inch below the water level. In one quick move, release the thumb and recap again. Now you should have two layers of color. • Keep dipping the straw into each solution from the one with the least sugar to the one with five tablespoons of sugar. Each time, the straw is inserted half an inch deeper.

Sugar Water Rainbows (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Allow the babies to play with cups or separate the colored water into closed bottles and arrange them in a rainbow fashion. Allow the baby to shake the bottles of colored water and a bottle of sugar all around. • Have them help pour the water and squirt food coloring into each cup. • Practice colors as you put the food coloring into the cups. • Consider having them use a straw to drink whatever they may be drinking that day. They love to see objects they use everyday used for things they never have before. • Have them help you insert the straw into each cup. • What is going to happen when you put the straw in each cup?
Ages 4-6	<ul style="list-style-type: none"> • Collect and set up materials, fill cups with water, add food coloring. • Help with adding sugar and stirring. What is going to happen to the sugar? • What is going to happen when you put the straw in each cup? • What if you used a different liquid?
Ages 6-8	<ul style="list-style-type: none"> • Fill cups, add food coloring, work on measuring and adding the right amount of sugar. Why do the colors not mix? • Talk about density. How can the liquid stay in the straw? • What if you used salt instead of sugar? Would it still work?

Painted Nature



Create a masterpiece by painting materials found outdoors.

Activity	
Materials	<ul style="list-style-type: none"> • Natural objects such as leaves, rocks, sticks, stones • Paint • Paint brush
Instructions	<ul style="list-style-type: none"> • Have your child search for a few objects in nature and bring them inside. • Discuss some of the individual features such as color or texture. Closely observe natural phenomena and look for signs of life and growth. • Allow your child to paint each object.

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Use this as an opportunity to get outside and enjoy the fresh air and weather looking around for your items in nature! • Practice colors by using different colors of paint. • Practice colors by looking at the different colors of the nature items you find. • Talk about where the items came from (leaves came from the tree, sticks came from the tree, flowers came from the garden, etc.). • Add toys from your home like animals or dolls and pretend they are living in the wild or camping in the forest. • Talk about what they will do with the art when they are done. Where will they hang it up? Will they give it to someone? • Talk about opposites wet and dry. • For babies, make a sensory box from items you find outside for them to touch and feel. • Practice hand washing skills after going outside and painting.

Painted Nature (Continued)

How they can learn	
Ages 4-6	<ul style="list-style-type: none"> • Go on a nature hunt. Compare what you found (size, color, weight, texture). • Choose and mix colors. Will they be easy or hard to paint? • Talk about opposites.
Ages 6-8	<ul style="list-style-type: none"> • Nature hunt, separate by living and non living. • Compare similarities/differences. • Will any kind of paint work? Does the same paint work on a leaf and a rock? • Build a sculpture (before or after painting).

Will it Melt?

Learn how solids and liquids react to different temperatures.



Activity	
Materials	<ul style="list-style-type: none"> • Muffin tin covered in foil • Crayon • Ice cube • Penny • Marshmallow • Piece of cheese • Popsicle or scoop of ice cream • Piece of hard candy
Instructions	<ul style="list-style-type: none"> • Talk with your child about temperature. Discuss how it can get high, especially on hot days. Ask your child to hypothesize about what will and won't melt. Then put it to the test! • Put your oven on a very low setting. Put the tin into the oven for 10-20 minutes. • Remove the tin from the oven. Then ask your child to observe what happened to the materials that were in the oven.

Will it Melt? (Continued)

How they can learn	
Ages 0-3	<ul style="list-style-type: none"> • Talk about the opposites hot and cold (some of the items will be cold prior to going into the oven like the ice cube or piece of cheese, and the oven is hot). What other things in the house are hot and cold? • Talk about opposites off and on (show that you are turning the oven on and shutting it off). What other things in the house can turn off and on? • What do you think will happen when you place the items into the oven? • Consider playing kitchen or cooking once this activity is done. • Have the child help you place the items on the muffin tin prior to putting it into the oven. • Talk about the items you are using and what they are usually for (like we eat cheese, we color with crayons, etc). • For babies, they may be able to pick up the items and place them into the muffin tin holes. If items that are listed are too small, you can use other items that are safe in your home. Just don't place those items in the oven. • Babies can also scrunch up the tin foil used in this activity.
Ages 4-6	<ul style="list-style-type: none"> • Choose what to put in the tin. • Talk about what will/will not melt. • Talk about temperatures, opposites, and if their guesses were right • What else would you want to try and melt?
Ages 6-8	<ul style="list-style-type: none"> • Help turn on the oven, put the tin in the oven, talk about cooking safety. • Choose items. What do you think will or will not melt? • Talk about temperature. Will turning up the temperature melt more? • Will leaving the items in longer make them melt? • What would it take to make the items harden again?

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Executive Function Skills

Develops persistence and perseverance to get things done.

Outcomes:

- Sequencing
- Taking Turns
- Patience
- Critical Thinking
- Following Directions
- Creative Thinking and Flexibility

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Healthy Living

Awareness and understanding of health, physical activity, and safety.

Outcomes:

- Washing hands
- Follow a series of directions
- Time Management
- Persistence
- Follows Routines
- Avoids Danger
- Puts Clothing on
- Communicates Needs
- Accepts Feedback
- Self-Care
- Exhibits Independence
- Etiquette
- Edible vs. Non-Edible
- Experiments with Textures
- Clean vs. Dirty

Activities:

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Self-Concept

Develops an understanding of self to build confidence.

Outcomes:

- Listening
- Shows Interest and Engagement
- Exploring
- Using Five Senses
- Language Development
- Similarities and Differences
- Prepositions
- Descriptive Language
- Identifies Self and Others
- First and Last Name Practice
- Identify Characteristics of a Group or Individual
- Independence
- Working as a Team
- Taking Turns
- Problem Solving
- Conversation Practice (Back and Forth)
- Communicates Verbally and Non-verbally
- Accepts Feedback

Activities:

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Self-Regulation

Understands how to manage emotions both physically and emotionally.

Outcomes:

- Turn Taking
- Self-Control
- Calms Self When Frustrated
- Accepts Feedback
- Anticipates Problems
- Safety
- Persistence
- Patience
- Describes Feelings
- Follows Schedule or Routine

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Cooperation

Understands the steps to work together and engaging with others.

Outcomes:

- Empathy
- Emotional Response
- Eye Contact
- Attention Seeking
- Affection Toward Others
- Taking Turns
- Cause and Effect
- Patience
- Practice Helping
- Manners
- Social Conversations
- Sharing

Activities:

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Curiosity

Understands the development and initiation of materials and actions by exploration.

Outcomes:

- Self-Control
- Repetition
- Non-verbal and Verbal Communication
- Perseverance
- Patience
- Asks Questions
- Seeks Answers
- Problem Solving
- Critical Thinking
- Accepts Feedback

Activities:

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Problem Solving

Understanding and interest in problem and solution.

Outcomes:

- Expresses Emotions
- Cause and Effect
- Asks Questions
- Seeks Answers
- Perseverance
- Trial and Error
- Repetition
- Explores 5 senses
- Patience
- Compare and Contrast
- Sequencing
- Reflection
- Pretend Play

Activities:

Laundry Basket Fishing 6

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Gross-Motor Skills (Big)

Uses large muscle body movement.

Outcomes:

- Physical Movement of the Body
- Explores Environment
- Problem Solves Obstacles
- Starts and Stops
- Spatial Awareness
- Climbs Stairs
- Picks up Large Materials
- Body Movement Control
- Uses Limbs with Intention
- Throws Objects
- Bends Down or Squats to Pick Up Materials
- Changes Speed of Movement

Activities:

Stuffed Animals in the Bath 27

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Popsicle Stick Activities 47



Fine-Motor Skills (Small)

Uses hand and eye coordination to control movements of small objects with fingers.

Outcomes:

- Picks up Small Objects with Fingers
- Reaches for Materials
- Grasping materials
- Makes Sweeping Motion
- Uses eating utensils
- Pinches
- Points
- Pulls Toward Themselves or Materials off Something
- Uses Writing Utensils
- Rotates Positions
- Threads Materials
- Stacks Materials
- Connects Materials
- Manipulates Materials
- Pours Materials
- Hand and Eye Coordination
- Opens and Closes items
- Buttons
- Zips
- Visual Spatial

Activities:

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Comprehension

Uses a varied vocabulary and increases understanding of communication processes.

Outcomes:

- Receptive Language
- Environmental Awareness
- Social Gestures
- Schedules and Routines
- Follows Directions
- Accepts Feedback
- Participates in Conversations
- Plays games
- Sequencing
- Responds with Expression
- Retells
- Understands Language Expression

Activities:

Sort and Drop Legos	10
Snowball Fight	34



Communication

Communicates effectively for a variety of purposes and with a variety of methods.

Outcomes:

- Serve and Return (Back and Forth Conversation)
- Eye Contact
- Facial Expressions
- Non-Verbal Communication vs. Verbal Communication
- Taking Turns
- Listens and Comprehends
- Purposeful Play (Role Models, Rhymes, Opposites, Conversation)
- Parallel Play
- Pretends and Imitates
- Interacts with Peers
- Understands Body Language
- Uses Prepositions (Over, Under, Inside, Outside)
- Uses Pronouns (I, She, He, They)
- Describes Feelings
- Changes Word Tense (Past, Present, Future)
- Problem Solving
- Critical Thinking

Activities:

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Phonological Awareness

Connects letters and sounds to words.

Outcomes:

- Understands and Responds to Name
- Attention Practice
- Labels Sounds and Letters
- Imitates Sounds and Letters
- Recognizes Sounds and Letters
- Rhymes
- Syllable Understanding
- Songs, Chants, Poems
- Isolates Sounds
- Beginning, Middle, and End

Activities:

Sort and Drop Legos	10
Beautiful Windows	28
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Language and Literacy

Communicates through letters, words, and pictures.

Outcomes:

- Appropriate Book Knowledge
- Page Turning
- Focus Attention
- Connect Reading and Writing
- Connects Pictures to Words
- Connects Words as a Way to Communicate
- Points at Pictures
- Recalls Words
- Letter Practice
- Sequencing
- Text to Self (Compares Story to Themselves)
- Text to World (Compares Story to the World)
- Shows Interest in a Variety of Literature
- Plays Pretend
- Explores with Writing Utensils (Drawing, Coloring, Writing, Paint Brush)
- Sequence
- Predict
- Recalling Characters, Setting, Plot, Problem and Solution

Activities:

Laundry Basket Fishing	6
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Number and Operations

Understands counting, number sense, and problem solving.

Outcomes:

- Rote Counting (Putting Numbers in Order)
- One to One Correspondence (More or Less and Connecting a Number Physically to an Object)
- Sequencing Ordinal Numbers (1,2,3,4,5)
- Subitize (Knows How Many Without Counting One to One)
- Solves Number Problems

Activities:

Slot Machine15
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Geometry and Measurement

Understands patterns, spatial relationships, sorting by attributes, and problem solving in the environment around them.

Outcomes:

- Observes Objects and People
- Explores Objects Using Five Senses
- Compares Distance, Height, and Weight
- Drops and Watches Objects
- Completes Puzzles
- Problem Solving
- Explores Space and Environment
- Matching
- Comparing and Contrasting
- Explores Shapes and Patterns
- Builds Structures
- Sorts by Shape, Color, and Size
- 2D vs. 3D
- Stacks Objects
- Completes Patterns (Physical and Sound)

Activities:

Homemade Play Dough 8
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Scientific Knowledge

Explores, investigates, understands, and learns about the environment around them.

Outcomes:

- Explore Objects, Materials, and Environments
- Cause and Effect
- Prediction and Hypothesis
- Problem Solving
- Identify Physical Properties (Texture, Shape, Smell)
- Awareness of Measurement (Cooking, Ingredients, Length, Height, Weight)
- Accepts Feedback
- Compare and Contrast
- Repetition
- Communicates Beginning, Middle, and End
- Uses Descriptive Words

Activities:

Rainbow Spaghetti 4

Homemade Play Dough 8

Sort and Drop Legos 10

Slot Machine 15

Spring Color Sort Egg Carton 16

Foil Painting 17

Lego Bath Time 19

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Mini Volcanoes 53

What’s that Smell? 55

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Arts

Explores creativity, storytelling, dance and movement.

Outcomes:

- Pattern Repetition with Sounds
- Singing
- Dancing
- Experiments with Voice and Movement
- Uses Various Art Materials (Crayons, Paints, Chalk, Markers)
- Identifies Pictures
- Sensory Experiences with Five Senses
- Creates Art
- Describes Illustrations or Artwork (Music, Drawings, Clay Models)
- Imitates Sounds, Movement, or Pictures
- Uses Dramatic Play Materials with Purpose (Babies, Stuffed Animals, Dinosaurs, Cars, Pots and Pans, Clothes)
- Role Playing
- Differentiates between Fantasy and Realistic
- Creates Props for Play
- Uses Imagination

Activities:

Dot Stickers 13

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Sensory Bottles 18

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