










# Activities for Infant Children

March 30, 2020







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Homemade Goo</b></p> <p>Ingredients: 1 ½ cup cornstarch, 1 cup water, 1 tsp food colouring (optional)</p> <p>Mix cornstarch, water and food colouring together to create a fun sensory experience. Place your child in a highchair or place a protective layer on the floor and allow the child to use their hands to explore the material.</p> <p>For a mess free version, put the ‘goo’ in a sealed ziplock bag and allow your child to manipulate the bag with their hands.</p> 	<p><b>Musical Pots</b></p> <p>Place pots with lids and tin mixing bowls on the floor around your child. Using a wooden spoon or pot lid, demonstrate the noises created when tapping them against the pots.</p> <p>You can add materials into the pots that will make noise when your child moves them.</p> <p>Lids can be placed handle side down on the floor so that when your child touches it with their palm they move and make noise.</p> 	<p><b>Homemade Sorter</b></p> <p>Fill an old baby wipe container (or tissue box) with napkins, socks or similar materials. Pull one part of the material through the opening for your child to see.</p>  <p>Show them how the material can be pulled through the hole of the wipes container then give them a chance to explore.</p> <p>Once all the napkins are out (or your child stops trying to pull them out) open the container and allow your child to watch and help put the napkins back in and close the lid. Then it’s time to play again!</p> 	<p><b>Find the Cheerio</b></p> <p>Show your child a cheerio and let them watch you place it under a cup.</p> <p>See if they can find it. To add extra fun, move the cheerio and cup further away and encourage your child to crawl towards the cup.</p>  	<p><b>Bowling Fun</b></p> <p>Use empty water bottles, empty drinkable yogurt bottles or toilet paper rolls as pins and a ball for some bowling fun with the family.</p> <p>As you or your child rolls the ball, remember to describe what is happening, “fall down”, “roll the ball”, “go fast”.</p> 

While we make every effort to create safe and engaging activities for children, please be mindful of the type and size of materials you provide your child. Supervision is still required for all the activities and children should not be left unattended during these activities.



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<p><b>Peel it Off</b></p> <p>Tape strips all over the floor and encourage baby to peel it off for development of fine motor skills. You can tape a favorite toy to the floor to get their attention and again show them to peel the tape off.</p> <p>Step 1) fold back one end of the tape so your child has a starting point.</p> <p>Step 2) Have your child pull the tape off</p>  <p>Once your child can pull the tape off you can extend this activity by taping down a variety of toys to keep your child engaged longer.</p> 	<p><b>Homemade Play Dough</b></p> <p>This is so simple to make – no cooking required! Just mix all the ingredients together and in 5 minutes you have perfect playdough! You will never need to buy it from the store again.</p> <p>Ingredients: 1.5 cups of flour, 1/2 cup of salt 2 tbs of cream of tartar, 1 tbs of oil, food colouring, 1 cup of boiling water</p> <p>Directions: Mix all ingredients except the boiling water together into a large mixing bowl. Add the boiling water and mix well (Note, the food colouring will mix better if added to the boiling water). Please take care when using boiling water around children. Stir well until the mixture is well combined.</p> <p>Roll it out on a flat surface and you are ready for some playdough FUN!</p> 	<p><b>Super Easy Sensory Play</b></p> <p>You will need: ice, warm water and a container</p> <p>Please be sure to offer big pieces of ice that do not pose a choking hazard and provide constant supervision during this activity.</p> <p>With your child on the ground on a mat or towel, or with your child in a high chair, add a piece or two of ice and warm water to a container and give it to your child to explore.</p> <p>Remember to use words such as, “cold”, “wet”, “touch”, “smooth”, to describe your play.</p> 	<p><b>Kitchen Whisk Fine Motor Activity</b></p> <p>Material: Silicone whisk (works the best but you can use any whisk), a variety of items, pompoms, socks, sponges, pipe cleaners, straws, small blocks.</p> <p>Place the material in the whisk and watch your child pull them out.</p> 	<p><b>Craft Stick Fine Motor Skills Activity</b></p> <p>Materials: coloured craft sticks, clean container, sharp knife or scissors, strong tape such as packing tape</p> <p>Instructions: Using your sharp knife or scissors cut a hole on your plastic lid. Tape around it if it's sharp to protect baby's fingers. If possible place your child in a high chair so they can concentrate. Tape down the container to the table to also help with concentration.</p> <p>Give your child a craft sticks or lay them out. Name the colours as your child is placing them in the container to practice colour recognition.</p> 

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