








Activities for Infant Children

April 6, 2020






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Shadow Play</p> <p>In a darkened room, shine a flash light to the wall and make silly shadows using your hands or other items found in your house. While creating these shapes, use this time to create a story or sing your child favourite song.</p> 	<p>Fill and Dump</p> <p>Make 5 to 10 homemade balls using recycled paper. Create an obstacle course using and empty box or basket and have your child fill it up by crawling or walking to it.</p> 	<p>Magic Treasure box</p> <p>A great cause and effect activity is to take a box and cut out holes in different areas of the box. Provide your child with toys of different textures to fit into the box. You will be surprised how happy they will get when they succeed and how curious they are on where it went.</p> 	<p>Imitation Game</p> <p>Allow your child to imitate sounds or facial expressions that you do, such as opening your mouth really big, covering your eyes or making animal noises. This activity can also be done using your child's favourite books and sounding out the words or imitating facial expressions to represent characters in the book.</p> 	<p>Sensory bottles</p> <p>Fill an empty and washed bottle with rice, pasta or dried beans. Remember these are small items and can be a choking hazard – when making these sensory bottles, keep them out of reach of your child. Add oil and water to the bottles and secure the bottle tops (with strong tape) to avoid spills. Together with your child, observe what happens to the items inside.</p> <p>For added fun, add food colouring to the water and oil and watch what happens to the colours!</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>Pasta Play</p> <p>Using cooked and uncooked pasta, put the items into a bowl and have your child explore. Talk to your child and explain the different textures. This is a great activity for sensory exploration. For added fun, add coloured water to the bowl to make different textures with the pasta (squishy, wet, hard etc...)</p> 	<p>Unwrapping the Fun:</p> <p>Wrap familiar objects such as your child's favourite toys, spoons, bowls etc... in wrapping paper, magazines or newspaper. Allow your child to unwrap these items enhancing their curiosity and fine motor skills.</p> 	<p>Sensory Crawl</p> <p>Using a variety of common objects around the house. You can use pillows, baking trays, cooling racks, contact paper, wax paper, tin foil, a variety of blankets. Encourage your child to crawl across these items to explore the textures and sounds.</p> 	<p>Tummy Time Painting</p> <p>Use a Ziplock bag and fill the bag with yogurt and food colouring. While on their tummy, have your child smush the items together to mix both items to observe what happens. For older infants, cut a hole on the corner of the Ziplock bag and have your child paint with the items on a hard surface.</p> 	<p>Homemade "Wagon"</p> <p>Attach a 12-18 inch length strong ribbon onto a sturdy box. Demonstrate pulling the box and placing items around the house into the box as you walk. This activity can be extended as a roleplaying game as a delivery person. This activity will build on your child's physical and problem solving development.</p> 

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