
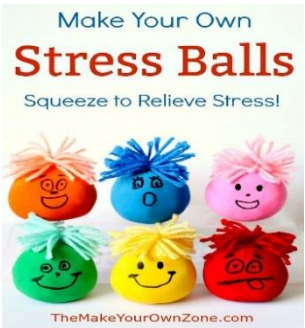

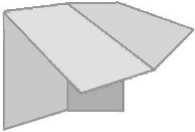






Activities for Kindergarten Children

April 20, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Water Color and Salt Painting</i></p> <p><u>Materials:</u> paper, paint brushes, salt, watercolour paint (alternatively, mix water and food colouring)</p> <p><u>Directions:</u> Using a paint brush, have your child brush water onto a piece of paper. Ensure not to add too much water onto the paper or it will rip. Then have your child use watercolour paints to paint the paper. Once finished, sprinkle salt onto the painting and let it dry. Once dried, remove the excess salt and observe the reaction between the paint and salt.</p> 	<p><i>Stress Balls</i></p> <p><u>Materials:</u> balloon or non-latex glove, ¼ cup of cornstarch, essential oils (optional), funnel, ¼ cup water</p> <p><u>Directions:</u> Place the opening of your balloon around the bottom of the funnel. Put the cornstarch, essential oil, and water into the balloon, using a stick (or similar object) to push the ingredients into the balloon. Use your hands to mix the ingredients inside the balloon. Tie a knot at the end of your balloon or glove to secure it. Practice breathing exercises and encourage your child to use the stress ball to assist with regulating their emotions.</p> 	<p><i>Paper Plate Sun Catchers</i></p> <p><u>Materials:</u> paper plate, clear tape, tissue paper or regular paper, crayons, markers, stickers, yarn</p> <p><u>Directions:</u> Cut out the center of the paper plate and cover the middle with strips of clear packing tape. Put strips of torn up tissue paper or regular crumpled paper on the clear packing tape. Add another layer of clear tape. Decorate the outside of the plate with crayon, paper, stickers etc. Punch a hole in the top of the plate, and tie a piece of yarn or string through the hole so it can be hung on the window.</p> 	<p><i>Colour Mixing</i></p> <p><u>Materials:</u> coffee filters or napkins, markers, spray bottle, water</p> <p><u>Directions:</u> Fold the coffee filter into fourths, and use markers to create dashes, dots or any other marks on it. Mark slowly so the ink will have time to sink into all four layers. It's fine to leave lots of white space between the colors. Place the coffee filter on scrap paper or an old towel, and allow children to spray with water. Watch the white space fill in as new colors and shapes are made.</p>  	<p><i>Hallway Maze</i></p> <p><u>Materials:</u> streamers, tape</p> <p><u>Directions:</u> Tape both ends of the streamers or use tape to stick to the wall in a zigzag pattern, high and low, back and forth, moving down the hallway. The idea is to create a maze that children can walk through, going under and above etc. Encourage your child to avoid touching the paper so they can get safely through and without it falling apart. For added fun, add the <i>Mission Impossible</i> soundtrack or another song of their choice as they do this activity!</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.