








Activities for Preschool Children

April 6, 2020






| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| <p><u>Shaving Cream Sensory Play</u></p> <p><i>What you need:</i> shaving cream, flat surface, garbage bag or plastic cover, food coloring</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Cover a table with a plastic cover, such as a garbage bag. 2. Spray the cream all over the table. That's all you need! 3. You can also add food coloring to the cream and small toys if you wish.  | <p><u>Magazine Collage</u></p> <p><i>What you need:</i> magazine or newspaper, scissors, glue, paper/cardboard</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Collect any old magazines or newspapers at home. 2. Provide scissors so your child can cut pieces. 3. Your child can then glue the pieces onto paper or cardboard.  | <p><u>Painting with Mud</u></p> <p><i>What you need:</i> mud/dirt, bowl, outdoor wall or surface</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Get any bowl or container and have your child scoop in some mud. 2. Slowly mix in some water until you get a nice smooth consistency. 3. Let your child paint outside walls or surface. If you don't have access to outside space, you can use the mud paint on cardboard!  | <p><u>Making Paper Bag Puppets</u></p> <p><i>What you need:</i> paper bags, glue, colored paper, scissors and any other materials that can be used (stickers, markers, crayons).</p> <p><i>Directions:</i></p> <p>Cut out paper shapes then glue onto the paper bag.</p> <ol style="list-style-type: none"> 2. You can also add other materials to make the face, hair, etc.  | <p><u>Making Moon Sand</u></p> <p><i>What you need:</i> flour, vegetable oil.</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Measure two cups of flour, two cups of vegetable oil. Food coloring optional 2. Put the flour in a bowl, then pour in the oil and mix both together. 3. Your child can use their hands, cups, and other items you might have in the kitchen to play with.  |

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 align="center"><u>Make a Puzzle</u></p> <p><i>What you need:</i> cereal box, scissors, markers</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Find a cereal box (or another box), open it up and cut off the sides so you are left with a rectangle. 2. Get your child to draw a picture on the blank side (inside) of the box. Make sure they try to cover as much of the space as possible. 3. Cut up the cardboard into 6-8 pieces. You have a homemade puzzle!  | <p align="center"><u>Ice Play</u></p> <p><i>What you need:</i> ice cube tray, food colouring, popsicle sticks, paper/cardboard</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Get an ice cube tray, or a small container and add water. Add food colouring. If you don't have food colouring on hand, you can get creative! Yellow = turmeric powder, red = beets. 2. Place your popsicle sticks in the water as a handle, if you don't have any, pencils or small sticks would work! Place in freezer until frozen solid. 3. Get paper or old cardboard and let the painting commence.  | <p align="center"><u>Alphabet Game</u></p> <p><i>What you need:</i> paper, markers or crayons, scissors, if you have alphabet magnets or other shapes you can use these as well</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Cut one or two pieces of paper into small squares or cards (make sure you have 26). 2. Write one letter on each small square/card. 3. On another 1-2 sheets of paper write the alphabet letters (with some space between them). 4. Ask your child to match the letter card onto the paper with various letters. 5. Your child can also learn to recognize letters in their names.  | <p align="center"><u>Volcano Eruptions</u></p> <p><i>What you need:</i> jar or other container, 2 drops food colouring, 1 cup vinegar, 2 tablespoons of baking soda, and a tray.</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Place container on the tray. 2. Pour the vinegar in the jar add food colouring 3. Then add the baking soda. 4. Watch the eruption!!!  | <p align="center"><u>Dance Party</u></p> <p><i>What you need:</i> music player, musical instruments (optional)</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> 1. Find cultural music, children's music that you may find on the internet, or sing a song. 2. Try to find music that has different tempo as well. 3. You and your child can move to the music 4. Remember to sing along and use all the space around you!  |

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