








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Smoothie Making</b></p> <p><u>Materials:</u> Blender, fruit (banana, strawberry, or other fruit you have at home), yogurt, fruit juice, with adult supervision a plastic knife for your child to use</p> <p><u>Directions:</u> 1. With adult supervision, let your child chop the fruit using a plastic or blunt knife. 2. Scoop the fruit into the blender, add a scoop of yogurt and a splash of juice. 3. Blend to desired consistency! Voila, a healthy snack!</p> 	<p align="center"><b>Beanbag Target</b></p> <p><u>Materials:</u> Chalk, beanbag/balled up socks, sidewalk or piece of paper</p> <p><u>Directions:</u> 1. Draw a large circle with chalk. Add a couple of smaller circles within that circle to create a large target on a large piece of paper or on the sidewalk. 2. Get some beanbags or balled up socks and get your child to try to aim for different sections of the circle! You can add numbers in the circles if you want to keep score and practice counting!</p> 	<p align="center"><b>Indoor Camping</b></p> <p><u>Materials:</u> Sheets to build a fort, pillows, some snacks, books</p> <p><u>Directions:</u> 1. Together with your child, build a fort in your child's room with sheets (or blankets). 2. Ask your child to fill the space with soft pillows and blankets. 3. Provide your child with some books and healthy snacks for their camping trip!</p> 	<p align="center"><b>Rock Painting</b></p> <p><u>Materials:</u> Large rocks, paint, materials that you can attach to the rock to decorate (e.g., googly eyes, sequins, buttons, stickers), glue, paint brushes</p> <p><u>Directions:</u> 1. You and your child can search for some rocks in your yard or on your walk around the neighborhood. 2. Your child can wash the rocks they collected and then let them dry. 3. Provide your child with some paint and let them decorate the rock! 4. Sticking on sequins or googly eyes is an extra step if you have the supplies.</p> 	<p align="center"><b>Hallway Bowling</b></p> <p><u>Materials:</u> 6-10 filled water bottles (other options include: milk cartons or toilet paper rolls, or other recycled materials that could be used as a "pin"), and a ball</p> <p><u>Directions:</u> 1. Show your child how to line up the bottles/cartons/toilet paper rolls at the end of a hallway. 2. Place a piece of tape on the floor at a distance from the pin set up (optional). 3. Show your child how to roll the ball to knock down the pins! Make it even more fun by rolling the ball between your legs, trying it backwards, or laying down on your stomach and giving the ball a big push!</p>  <p><i>*This activity could also be done outside! The pins can also be numbered to incorporate counting and number recognition.</i></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.