



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <p align="center"><b>Salt Dough Hand/Footprint</b></p> <p><u>Materials:</u><br/>Salt, flour, water, measuring cup, spoon and mixing bowl.</p> <p><u>Salt dough recipe:</u><br/>1 cup salt<br/>1 cup plain flour<br/>½ cup of warm water<br/>Mix everything together in a large bowl and knead it until smooth and stretchy.</p> <p><u>Directions:</u><br/>Make a circle with the dough and help your child press their hand or foot to make a print in the dough. Bake for 3 hours at 100° C (around 200° F).<br/><i>Tip: Place on baking parchment or greaseproof paper so that they don't stick.</i></p>  | <p align="center"><b>Wet Cotton Balls</b></p> <p><u>Materials:</u><br/>Large cotton balls, water and a baking pan or plastic container, food colouring is (optional)</p> <p><i>Tip: You will want to put a towel under the pan and on the floor as well.</i></p> <p><u>Directions:</u><br/>Fill up pan halfway. Add cotton balls. With adult supervision, have your child squeeze and manipulate the cotton balls.<br/>Use words like “squeeze” and “cotton soft”.</p>  | <p align="center"><b>Colour Themed Sensory Basket</b></p> <p><u>Materials:</u><br/>Basket, and materials of various textures, all the same colour.</p> <p><i>Options could include: Lego Duplo pieces, a piece of soft felt, a small water bottle filled with water.</i></p> <p><u>Directions:</u><br/>Put all the contents in a basket and place it next to your child. Allow them to explore the textures and functions of the objects by reaching in and pulling them out, or by dumping the contents out.<br/>Use words like “soft” and “hard” to describe the textures as they explore.</p>  | <p align="center"><b>Simple Toy Push Activity</b></p> <p><u>Materials:</u><br/>Small toy animals<br/>Empty wipes container</p> <p><u>Directions:</u><br/>Set some toys on the carpet next to an empty wipes container.<br/>With adult supervision, show your child how to drop or push the animals into the hole of the wipes container.<br/>Take the toys out and repeat the activity. This time let your child try to do the activity on their own.</p>  | <p align="center"><b>Layered Ice</b></p> <p><u>Materials:</u><br/>Water<br/>Food colouring or paint<br/>Empty container<br/>Tray</p> <p><u>Directions:</u><br/>Fill the container ¼ full of water and mix with food colour and freeze it. Once frozen add enough water to fill container half-way and mix with a new colour and freeze it. Repeat until container is full and frozen.<br/>Then remove the container from the freezer and let it to warm slightly. Turn the container upside down to release the ice onto a tray. Allow your child to use their hands to explore the ice.</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.*