

Northwestern Health Unit www.nwhu.on.ca

https://www.youtube.com/watch

?v=dPUW1t9Gu4s&vl=en

Preschool Speech & Language Kenora Rainy River District

**Bubble Play** 

What you need:

https://happyhooligans.ca/bubbl

e-blowing-activity-building-

bubble-towers/

**TUNEFUL TUESDAY SNUGGLE SUNDAY MAKIN MONDAY WILD WEDNESDAY TASTY THURSDAY FUN FRIDAY SENSORY SATURDAY Cutting Station 5 Little Monkey Obstacle Course Pouring Play Story Line Online Veggie Faces** https://www.storylineonline.net/ **Swinging in a Tree** The Kissing Hand by AUDREY PENN Kissing Hand By Audrey Penn No bake pizzas & wraps What you need: What you need: What you need: Cups or bowl What you need: Your fingers & your singing Storage tub What to do: Kids' craft scissors Water Chairs What you need: voice. Containers: cups, Click the link below to a Precut strips of paper, Drinking straws Pillows Pita wrap funnels, measuring cups, reading. string, ribbon, tissue paper A few drops of liquid dish Blankets Check out the link below for the Spread: Cream cheese, big and small scoops. wrapping paper etc. Tape on the floor/walls words to finger play song 5 hummus Water · Draw on designs to follow. Shallow pan to contain Little Monkeys Swinging in a Vegetables Food coloring Tie the scissors to the box bubble over-flows Try using things from around your Tree. Cheese so they stay put. home to make an obstacle Make it fun and have your child Whatever your child will Lay a towel down and let your Let your child blow bubbles, A big container to fill with course! Go over, under, around sing along and try the actions. eat! child pour mix and dump. smash bubbles and laugh the cut pieces. and through. alongside them as they explore this sensory fun. Take this outside for fresh air and a new twist on a fun activity. CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

courses-for-kids/

http://www.stringskevsandmelo

dies.com/2012/07/finger-play-

fun-day-5-little-

monkeys 19.html

http://niccolaontuesday.blogspo

t.com/2014/10/cutting-

station.html?m=1

Wash your hands with soap and water thoroughly and often. Disinfect commonly touched surfaces. Stay home, and help stop the spread. Call our COVID-19 HOTLINE for COVID-19 related questions at 1-866-468-2240.

**TIPS FOR STAYING HEALTHY AND SAFE DURING COVID-19** 

https://playtivities.com/obstacle-

https://twohealthykitchens.co

vegetable-pizzas-and-wraps/

m/veggie-faces-no-bake-

Pouring Station:

https://busytoddler.com/2015/0

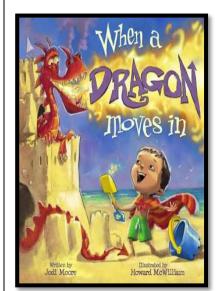
Scooping Station: https://busytoddler.com/2020/0 2/toddler-scooping-activity/

9/pouring-station/



### Story Line Online

https://www.storylineonline.net/



When a Dragon Moves in By: Jodi Moore

#### What to do:

Click the link below to view the reading.

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what happens next.
- Recap the story and act out.

# MAKIN MONDAY Homemade Paint Play



### What you need:

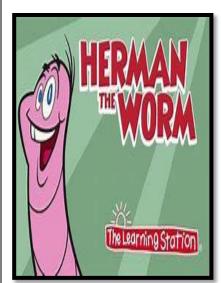
Paint recipe:

- 1 tablespoon flour
- 2 tablespoons water
- Squirt of food coloring

DIY paint brushes:

- Cotton balls
- Q tips
- Toilet paper rolls (cut the edges for shapes)
- Feathers
- Potato masher
- Old toothbrushes
- Cars for wheel tracks.
- Paper, old boxes: check the recycle bin.

# TUNEFUL TUESDAY Herman the Worm



#### What you need:

 Your fingers/hands & your singing voice.

Children like to hear songs numerous times in a row to catch on and sing along.

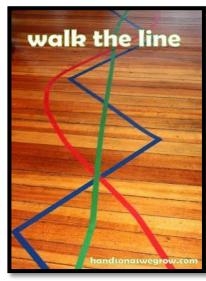
Here are a few actions to try when you hear the cues.

Chewing bubble gum  $\rightarrow$  chomp your teeth.

Playing with yo yo → yo yo action.

Birds fly by  $\rightarrow$  flap your arms. This big  $\rightarrow$  hands grow as the worm does.

# Tape Road & Tape Lines



#### What you need:

- Painter tape
- Regular tape
- Cars, animals, dolls, or any toys.

Use painters tape or masking tape to put lines all over the floor!

- Drive toy cars on the lines.
- Walk toy animals on the lines
- Make a parade with animals or dolls.
- Use your body to walk, jump or stretch on the lines.

# TASTY THURSDAY Pizza Pinwheels



#### What you need:

- Tortilla
- Shredded cheese
- Cream cheese
- Pizza toppings
- Try to sneak some finely chopped vegetables in.

Mix the cream cheese and shredded cheese, spread onto tortilla, add toppings, roll up and cover with plastic wrap.

Refrigerate for 30 mins before enjoying. See the link below for additions and complete recipe.

# FUN FRIDAY Pretend Play Vet Clinic



#### What you need:

- Stuffed Animals
- Dr. Kit
- Band-Aids or use tape
- "Waiting area" chairs
- "Exam table"
- Tape measure (to see how tall the animals have grown.)
- Paper and pencil (for notes)\*\*Make check list for older kids.

Be the assistant. Bring each animal to the appointment. Help put a cast on with tape for broken bones, or take "x-ray pictures" with a pretend machine.

## SENSORY SATURDAY Oobleck



#### What you need:

- 2 cups Cornstarch
- 2 Cups Water
- Food coloring optional

Try adding shaving cream to the mix! You will then have a creamy oobleck!

Add trucks, rocks, plastic people and spoons to enhance the fun.

It can feel like a solid when you ball it in your hands, but it liquefies when you open your hand. It takes the shape of whatever is holding it!

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/6s7aSNUCkiM

https://www.playdoughtoplato.com/homemade-flour-paint-recipe/

https://www.youtube.com/watch?v=0-rg7Elt1x4

https://handsonaswegrow.com/5-different-activities-for-6-lines-of-tape/

https://insidebrucrewlife.com/piz za-pinwheels/ https://www.notimeforflashcards.co m/2012/01/pretend-play-vetclinic.html https://nurturestore.co.uk/oobleck-construction-site-sensory-play

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19

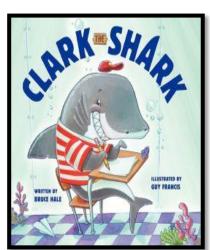
Wash your hands with soap and water thoroughly and often. Disinfect commonly touched surfaces. Stay home (your yard and physical distancing walks are safe), this will stop the spread.

Call our COVID HOTLINE for COVID related questions at 1-866-468-2240.



### Story Line Online

https://www.storylineonline.net/



Clark the Shark By: Bruce Hale

#### What to do:

Click the link below to view the reading.

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act out.

### MAKIN MONDAY Rock Creatures



#### What you need:

Paint recipe:

- 1 tablespoon flour
- 2 tablespoons water
- Squirt of food coloring
- Rocks (all different shapes and sizes)
- Paint & brushes
- Glue
- Misc. decoration (google eyes, feathers, straws, paper shapes)

Try making different family members: parents, babies, animals.

Talk about the different shapes, sizes and textures.

### I'm a Little Airplane

(To the tune of I'm a little teapot.)



#### What you need:

Your arms and your singing voice.

#### I'm a little airplane.

(Raise arms at sides to shoulder height)

#### Now watch me fly!

(Spin one arm in front of them as if it were a propeller)

### Here are my instruments From down low to up high.

(With the other arm reach from the ground to above their heads)

#### First I get revved up.

(Make engine like noises while continuing to spin arms)
Then I can fly.

i **nen i can fiy**. 'Raise arms to shoul

(Raise arms to shoulder height)
Lifting off the runway.

(Start walking forward)
Up into the sky!

(Go up on tiptoes and move forward. Circle for a while before returning to original position)

### WILD WEDNESDAY Act Like an Animal



#### What you need:

- Your body.
- Pretend to be an animal and have family guess which animal you are!
- Pick out animals you see outside or animals from a book.
- Make noises, make costumes, move your body to pretend to be an animal.
- This game can be played over video chat if you're talking to friends and family.

# Pineapple Orange Smoothie



#### What you need:

- 2 cups ice
- 1 cup vanilla yogurt
- 1 cup canned pineapple in juice, undrained (crushed, tidbits, chunks or rings)
- 1/3 cup frozen orange juice concentrate, thawed
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- orange slices for garnish

Put all ingredients into blender and blend until smooth.

# FUN FRIDAY Cardboard Road



### What you need:

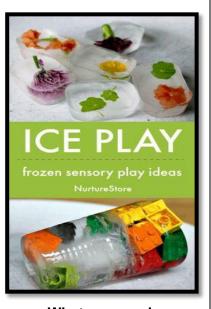
- Cardboard box
- Tape
- Miscellaneous cars/trucks
- Black marker

Cut a large box open so it lays flat.

Ask your child where the roads should be, how long or short.

Let your child's imagination go wild.

## SENSORY SATURDAY Ice Play



### What you need:

- Water
- Various toys, rocks, leaves, flowers. etc.
- Ice tray or large container

Place various objects you have around the house in water and then freeze it! You can make big blocks or small cubes.

Use spoons, scoops, and safety goggles to try and chip away at the ice.

Try using salt to melt the ice and see what happens!

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/lgZRMptA0Lk

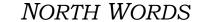
https://elementsofellis.com/monsterrocks-craft/ https://www.dailymotion.com/video/x3

https://simpleplayideas.com/gross-motoranimal-game https://twohealthykitchens.com/pineapple-orange-creamsicle-smoothies/

https://busytoddler.com/2016/02/recycled-road-imaginative-play/

https://nurturestore.co.uk/frozen-icesensory-play-ideas-ice-excavation

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19

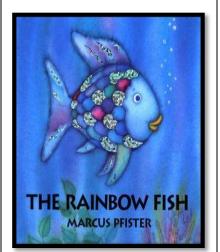


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Preschool Speech & Language Kenora Rainy River District

### **SNUGGLE SUNDAY Story Line Online**

https://www.storvlineonline.net/



The Rainbow Fish By: Marcus Pfister

#### What to do:

Click the link below to view the reading.

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

### **MAKIN MONDAY NAME MOSAIC:**



#### What you need:

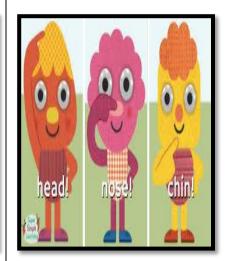
- Glue
- colourful paper
- scissors
- small pieces (paper, cardboard, snacks cheerios, fruit loops etc.)

Write your child's name on a big piece of paper. Precut colorful paper or cereal.

Have your child to follow the lines and glue pieces to their name.

Don't worry if it is not exact, just let them play with gluing pieces to the paper to create a beautiful mosaic.

### **TUNEFUL TUESDAY One Little Finger**



#### What you need:

Your body and your singing voice.

Follow the directions and sing along.

One little finger, one little finger, one little finger. Tap, tap, tap Point your finger up. Point your finger down.

#### (REPEAT THE ABOVE VERSE)

- Put it on your nose. Nose!
- Put in on your chin. Chin!
- Put it on your leg. Leg!
- Put it on your foot. Foot!

See the link below for the complete song.

### **WILD WEDNESDAY** Floor Lava



#### What you need:

- Your body
- Tape paper to the floor
- Use rocks for outside

Play this game inside or out! Use things from around your house to help you stay off the floor (or ground).

Use your imagination to keep you safe from the lava while you go on an adventure!

### **Blueberry Muffins**

**TASTY THURSDAY** 



#### What you need:

- 1 cup (240ml) milk
- 1 cup (80g) rolled oats
- 1 and 1/4 cups (156g) **flour**
- 1 tsp baking powder
- 1/2 tsp baking soda 1/2 tsp cinnamon
- 1/2 tsp **salt**
- 1/2 cup (115g) **butter**
- 1/2cup (120ml) honey
- 1 large **egg**
- 1 tsp vanilla extract
- 1 cup (190g) fresh or frozen blueberries

See the link below for complete recipe details.

### **FUN FRIDAY Ball Toss Activities**



#### What you need:

Balls

(Colourful ball pit balls are fun)

- Rolled up socks can work too
- Balloons

#### 7 Fun Activities to try at home.

- 1. Fly swatter hockey
- 2. Milk jug ball catch
- 3. Pour the balls
- 4. Laundry Basket skeet
- Cardboard box basketball
- 6. Ball Tube
- 7. Laundry basket color toss

See the link below for complete details.

### **Sensory Bins**

**SENSORY SATURDAY** 



A sensory bin is a simple container filled with a favourite filler.

#### What you need:

- Large Container
- Spoons
- Scoops
- **Funnels**
- Add one of the following:
  - Rice
  - Noodles (cooked or uncooked)
  - Cotton balls
  - Shaving cream
  - Whipped cream

Help your child explore by asking them questions like "what do you feel, see, smell."

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/r9mryuEKkKc

http://craftcornerdiy.com/kidcrafts/mosaic-name-craft

https://youtu.be/eBVqcTEC3zQ

https://handsonaswegrow.com/floor-is-

https://sallysbakingaddiction.com /blueberry-oatmeal-muffins/

https://frugalfun4boys.com/indoorball-games-kids/

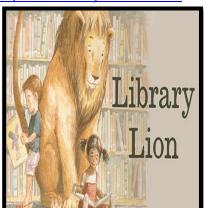
https://www.growingajeweledrose.c om/2014/02/rainbow-sensory-playwith-dyed-noodles.html

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19



## **SNUGGLE SUNDAY Story Line Online**

https://www.storylineonline.net/



Library Lion By: Mitchell Knudsen

#### What to do:

Click the link below to view the reading.

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

## MAKIN MONDAY Body Trace & Paint

sody Trace & Paint



#### What you need:

- Paint
- Paint brushes
- Kraft paper (or large box)
- Marker
- Tape

Tape the paper/box to the floor well, so the child doesn't wiggle it around.

Trace their body.

Once their body is traced, talk about the parts of the body you can see and admire how big they are getting.

Then let your child paint!

# TRY THIS TUESDAY Cosmic Kids Yoga

https://www.cosmickids.com/



We're Going on a Bear Hunt.

#### What you need:

- Your body
- Device (iPad, phone, computer.)

This video is a fun way to practice yoga. Try it with your child to keep them engaged and get a workout together.

See the link below for the complete recording and follow along.

# Balloon Play

**WILD WEDNESDAY** 



#### What you need:

- Balloons
- Optional items:
  - o Cups
  - Toilet paper roll
  - o Pool noodle
  - Boxes
  - Bags

There are so many fun activities here are a few to try.

- 1. Keep it up
- 2. Fill the...bag/box
- 3. Balance on cups
- "baseball, hockey or tennis" (paper towel roll or pool noodle)
- Kick races
- 6. Balloon decoration art

# TASTY THURSDAY Peanut Butter & Banana "Ice Cream"



#### What you need:

- Blender
- 3 peeled, frozen, overripe bananas
- 3/4 cup creamy peanut butter
- 5 tablespoons milk
- Toppings (optional):
  - chocolate chips
  - shredded coconutsliced bananas
- Add bananas, peanut butter and milk in a blender.
- 2. Blend until creamy and smooth.
- 3. Serve immediately with chocolate chips, coconut and banana slices.

## FUN FRIDAY Car Tunnels

### What you need:

- Paper
- Card stock works best
- Boxes work too.

Children love driving through tunnels. You can get them to decorate the tunnels with stickers.

Make the tunnels out of coloured paper, and match cars of the same colour.

# SENSORY SATURDAY Paint the Toys



#### What you need:

- Washable paint
- Paint brushes
- Plastic toys

#### Simple fun, they love it.

Don't worry! After the painting is done give them a bucket of water and some scrub brushes. They will even clean up their mess.

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/T18NCobS43c

https://busytoddler.com/2017/02/body-paint-process-art/

https://youtu.be/KAT5NiWHFIU

https://www.sunnydayfamily.com/201 5/01/5-balloons.html https://twohealthykitchens.com/instant-peanut-butter-banana-ice-cream-just-5-minutes-and-5-ingredients/

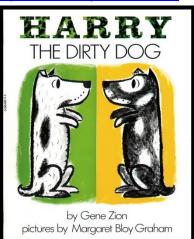
https://mamapapabubba.com/2018/ 07/09/easy-paper-tunnels-for-littlecar-lovers/ https://busytoddler.com/2020/03/paint-the-toys-kids-art-activity/

### **TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19**



# **SNUGGLE SUNDAY Story Line Online**

https://www.storylineonline.net/



Hairy the Dirty Dog By: Gene Zion

#### What to do:

Click the link below to view the reading.

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

### MAKIN MONDAY Ice Paint



#### What you need:

- Paint
- Paint brushes
- Ice
- Large bin/cookie sheet

Put the ice cubes in a bin or on a cookie sheet.

Then let your child paint!

An egg carton is a good minimal mess paint tray.

### TRY THIS TUESDAY Cosmic Kids Yoga

https://www.cosmickids.com/



#### What you need:

- Your body
- Device (iPad, phone, computer.)

This video is a fun way to practice yoga. Try it with your child to keep them engaged and get a workout together.

See the link below for the complete recording and follow along.

### Exploring the Outdoors

**WILD WEDNESDAY** 



#### **Outdoor Scavenger Hunt**

#### What you need:

- Egg carton
- Nature

Go outside for walk, try to find the following items:

- 1. Rock
- 2. Leaf
- 3. Sticks
- 4. Grass
- 5. Pinecone

Try to talk about different sizes, shapes, textures and colors of the items you find.

# TASTY THURSDAY Banana Pumpkin Pancakes



#### What you need:

- 1 cup flour
- 2 tsp baking powder
- ½ tsp ground cinnamon
- 1 cup milk
- 1 tsp vanilla extract
- 2 tbsp butter
- 1 egg
- 1 banana mashed
- ½ cup pumpkin puree
- plain yogurt (optional)

See the link below for kid friendly step by step instructions.

# FUN FRIDAY Blanket Fort



#### What you need:

- Blankets
- Bed sheets
- Pillows
- Dining room chairs

Let your child lead the construction and design of the fort.

Bring some books, a flashlight, glow sticks and favorite toy for some quiet play.

Pretend you are camping and make a fire roast some marshmallows and pretend to watch for shooting stars.

# SENSORY SATURDAY Bubble Foam



#### What you need:

- ¼ cup Bubble bath or shampoo (kids/tear free)
- 1/2 Wat
- Hand mixer
- LARGE BOWL
- Food coloring

Whip it with a hand mixer on med-high for one minute.

Add toys, trucks, scoops and bowls for fun additions.

Make a few different colors!

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/7j0OY3236jw

https://adailydoseofmom.com/painting-ice-sensory-activity/

https://youtu.be/T\_0P5grVoyg

https://www.toddleratplay.com/20 18/08/22/exploringtheoutdoorssca vengerhunt/ https://www.nomsterchef.com/n omster-illustrated-recipedatabase/banana-pumpkinpancakes

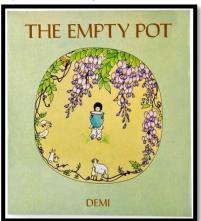
https://thelittlesandme.com/blank et-fort-family-night/ https://busytoddler.com/2015/1 1/bubble-foam/

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19



### Story Line Online

https://www.storylineonline.net/



The Empty Pot By: Demi

Click the link below to view the reading.

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

## MAKIN MONDAY Paper Bag Puppets



#### What you need:

- Paper bag
- Scissors
- Glue
- Colored paper
- Yarn/string
- Marker
- Googly eyes

Making the faces is the fun part! Let your child use glue and yarn to create hair.

Dressing them up is just as fun as giving their face some character.

## TRY THIS TUESDAY Trolls Yoga



#### What you need:

- Your body
- Device (iPad, phone, computer.)

This video is a fun way to practice yoga. Try it with your child to keep them engaged and get a workout together.

See the link below for the complete recording and follow along.

## WILD WEDNESDAY Puzzle Hunt



#### What you need:

Puzzles

Hide pieces from puzzles around the house and let your child find them!

Talk about what pictures are on the pieces as they put the puzzle back together!

### TASTY THURSDAY Pizza



#### What you need:

- Tortillas
- Mozzarella cheese
- Pizza sauce
- Pepperoni
- . Preheat oven to 450°
- Place flour tortillas on a rimmed baking sheet. Place a tablespoon of pizza sauce into the center of each tortilla round. Sprinkle cheese on top of the sauce. Top each pizza with mini pepperoni rounds
- 3. Bake 8 10 minutes

# FUN FRIDAY Sidewalk Chalk Maze



#### What you need:

- Sidewalk chalk
- Plenty of space to draw

Draw zig zags, spirals, loops, shapes to hop into, lines to jump over, "balance" beams to maneuver by placing one foot in front of the other, and a hopscotch board.

# SENSORY SATURDAY Playdough



#### What you need:

- 2 cups flour
- 2 tbs vegetable oil
- 2 cups salt
- 2 tbs cream of tartar
- 1 to 1.5 cups boiling water
- Food colouring
- Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
- Add food colouring to the boiling water then into the dry ingredients.
- 3. Stir continuously.
- 4. Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone.

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://www.youtube.com/watc h?v=a9K-sAKdk2Y&vl=en

https://kidsactivitiesblog.com/6272 4/classic-craft-making-paper-bagpuppets/

https://kidsactivitiesblog.com/6272 https://youtu.be/U9Q6FKF12Qs

https://handsonaswegrow.com/puzzle-scavenger-hunt/

https://www.barbarabakes.com/easy-mini-pizza-recipe/

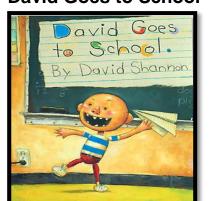
https://handsonaswegrow.com/super-simple-sidewalk-chalk-gross-motor-obstacle-course/

https://theimaginationtree.com/ best-ever-no-cook-play-doughrecipe/

### **TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19**



### SNUGGLE SUNDAY David Goes to School



#### **By: David Shannon**

Our friend, David, is going to school. How do you think he'll behave? Do you think he'll get into any trouble?

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

Click the link below to view the reading.

### MAKIN MONDAY Musical Instruments



#### What you need:

Plastic Egg Maracas

- One plastic egg
- Two plastic spoons
- Tape
- Dried Beans or Rice

Paper Plate Tambourines

- Two paper plates
- Dried beans or pasta
- Staples

Paper Towel Tube Kazoos

- Paper Towel Tube
- Wax paper
- Rubber band

Coffee Can Drum

- Empty, clean coffee can
- Wooden spoon

#### TRY THIS TUESDAY



### WILD WEDNESDAY 6 Lines of Tape



#### What you need:

Painters tape

#### What to do:

- 1. Jump, of course!
- 2. Jump backward
- 3. Jump with one foot
- 4. How far can you stretch? Starting with your foot on the first line, see how far you can stretch with your other foot while keeping your first foot in place.
- 5. How far can you reach? Start by standing on the first line and then bending over to touch the next line with your hands. Then walk forward with your hands, seeing how far you can reach.
- 6. How long are you?

  Measure yourself! Lay down and see how long you are.

### TASTY THURSDAY Applesauce



#### What you need:

- 4 Apples
- ½ tsp Cinnamon.

Let your child practice peeling and dicing apples.

#### How to:

- 1. Peel apples
- 2. Slice apples
- 3. Simmer on stove top for 20-30 minutes
- 4. Mash
- 5. Enjoy

This is a great topping for the banana pumpkin pancakes.

### FUN FRIDAY Homemade Bubbles



### What you need:

- 1 Cup Liquid dish soap (Joy or Dawn brands work best.)
- 6 Cups Distilled water (tap water is okay.)
- 1 tbs <u>Glycerin</u> or 1/4 cup light corn syrup
- Clean container with lid
- Bubble wand or straw
- 1. Measure 6 cups of water.
- Pour 1 cup of dish soap into the water and slowly stir.
   Try not to make foam or bubbles.
- Add 1 tablespoon of glycerin or 1/4 cup of corn syrup and stir.

You can use the solution right away, but to make even better bubbles, let it sit overnight.

# SENSORY SATURDAY Shaving Cream Painting



#### What you need:

- 5. Shaving cream (try to find unscented.)
- \*\*Cool whip works too!
- 6. Paint
- 7. Container or tub

Let your child have fun. It is more about the fun process of painting rather than the finished result.

Talk about how smooth, smelly and soft the texture of the shaving cream is. Great for expanding your child's vocabulary.

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/JWafD1H8tLA

https://team-cartwright.com/easy-musical-instruments/

https://hubpages.com/health/yoga-forpreschool-age

https://handsonaswegrow.com/5-different-activities-for-6-lines-of-tape/

https://www.nomsterchef.com/nomster-illustrated-recipedatabase/applesauce

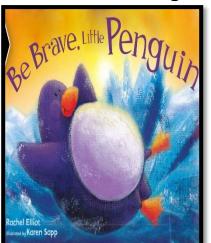
nttps://www.nomesciencetoois.com/article/n ow-to-make-super-bubbles-scienceproject/#:~:text=Measure%206%20cups%2 0of%20water%2cadd%20it%20to%20the% 20container.

https://www.funwithmama.com/shaving -cream-painting-process-artpreschoolers/

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19

### SNUGGLE SUNDAY

**Be Brave Little Penguin** 



By: Rachel Elliot

A little penguin who overcomes his greatest fear...swimming! How will he do it?

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

Click the link below to view the reading.

### MAKIN MONDAY Coffee Filter



#### What you need:

- Coffee Filter
- Washable markers
- Spray bottle

#### How to:

- Colour the coffee filter.
   (avoid black & brown markers)
- 2. Lay flat and spray with water.
- 3. Let the filter dry.

Cut into flower shapes for extra detail. Or twist and add a pipe cleaner to make a flower stem.

Pinch the center and clip a clothespin to make a butterfly.

## TRY THIS TUESDAY Scavenger Hunt



Click the link below for the full printable.

## WILD WEDNESDAY CANADA DAY



#### What you need:

- Red paint
- Paper
- Your child's hands

#### How to:

Make a red hand print in the middle.
Add lots of finger prints on the sides.

Once it dries, tape it to a stick, and you've made your own personal flag.

### TASTY THURSDAY PB & J



#### What you need:

- Wrap
- Peanut butter
- Jam
- Strawberries
- Banana

#### How to:

- 1. Spread peanut butter and jam on wrap.
- 2. Place slices of strawberries and banana in the wrap.
- 3. Roll it up.

Let you child practice spreading the peanut butter and slicing the fruit.
These make a great lunch when combined with veggies and dip.

### FUN FRIDAY

### Red Light Green Light



### What you need:

Nothing... but you can make the signs with paper and sticks.

- Choose someone to be "IT" AKA Traffic light.
- 2. Everyone lines around about 20 feet away.
- 3. Traffic light has their back towards the group and yell "GREEN LIGHT." Everyone runs towards.
- 4. Traffic light yells "Red light" and turns towards the group. Anyone the traffic light catches still running is out!
- The traffic light continues alternating between green light or red light.
- 6. The first person to tag the traffic light wins and gets to be the traffic light the next.

### SENSORY SATURDAY Moon Sand



#### What you need:

- 4 cups flour
- ½ cup baby oil

Add scoops and cups to make shapes. Small sand toys works great as well.

### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://www.youtube.com/watch?v=f4Tn Dma78Oo https://www.busykidshappymom.org/coffee-filter-art/

https://www.upliftingmayhem.com/travel-scavenger-hunt-printable/

https://www.todaysparent.com/family/crafts/9-awesome-canada-day-crafts-for-kids/#gallery/9-awesome-canada-day-crafts-for-kids/slide-1

https://www.nomsterchef.com/nomster-illustrated-recipe-database/pbj-burrito

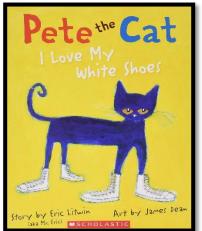
https://teachpreschool.org/2012/05/22/how-to-play-red-light-green-light/

https://www.happy-mothering.com/2-ingredient-diy-moon-sand-recipe/

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19



# Pete the Cat: I Love my White Shoes



By: Eric Litwin

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

Click the link below to view the reading.

### MAKIN MONDAY Water Gun Art



#### What you need:

- Squirt Guns
- Paper or cardboard
- Liquid water color paint
- Easel

#### How to:

- 1. Arrange the easel in the yard, then clip sheets of paper.
- 2. Invite your kids to fill their squirt guns with liquid watercolors, then let them go to town painting!

**Tip:** No Easel? That's okay! Kids can use a thumbtack to secure their paper to a tree.

### rt What Melts...



#### What you need:

- Lego
- lce
- Wooden block
- Rock
- Butter
- Cube of cheese
- Marble
- Quarter
- Square of chocolate
- Three crayons
- Cube of soap

Place your tray in the sun and set a timer for 10 min.

After 10 minutes, the chocolate may be a puddle....keep checking back every 10 mins to see what changes happen.

### WILD WEDNESDAY Snack Necklaces



#### What you need:

Various Dry Foods with at Least 1 Hole for Threading:

- Honey Nut Cheerios
- Fruit Loops
- Kashi Heart to Heart Cereal (just the o's)
- Mini Pretzels
- Plastic Jewelry Cord
- Tape (optional)How to:
- 1. Cut jewelry cord to necklace length.
- Tape down one end of the jewelry cord.
- 3. Place goodies of choice in separate bowls.
- 4. Let your child go crazy crafting their one-of-a-kind snack necklaces!
- Tie jewelry cord with a double knot & enjoy.

# TASTY THURSDAY Ice Cream in a Bag



#### What you need:

- 2 TBL sugar
- 1 cup half & half cream
- 1/2 tsp vanilla extract
- 1/2 cup coarse salt or table salt
- Ice
- gallon-sized Ziploc bag
- pint-sized Ziploc bag

#### How to:

- 1. Mix the sugar, cream and vanilla extract. Pour into a pint-sized Ziploc baggie.
- Take the gallon-sized Ziploc bag and fill it up halfway with ice and pour the salt over the ice.
- 3. Place the cream filled bag into the ice filled bag.
- 4. Sealed tightly and start shaking. ~ 5 minutes.
- 5. Open & Enjoy.

# FUN FRIDAY Shark Bit My Cup: Water Transfer



#### What you need:

- \*\*Small/ cup bucket
- 2 Large buckets
- Water

(Double if you make teams)
\*\*Poke several small holes in the

\*\*Poke several small holes in the bottom and the sides

If you have enough children divide into teams or make it a timed event.

#### How to:

- Children must run across the yard carrying the small hole-filled bucket/cup to the large bucket filled with water.
- 2. Fill the smaller cup with water, place it on their head.
- 3. Run to their team bucket on the other side (keep as much water in the cup as you can).
- Once they reach their bucket, dump out what's left in the cup, and pass it off to the next child.

## SENSORY SATURDAY Ice Blocks



#### What you need:

- Mini toys
- Water
- Container to freeze
- Cookie sheet (optional)
- Hammer/spoons

#### How to:

- 1. Put toys in container and fill with water.
- 2. Freeze overnight.

melt faster.

 Place on cookie sheet and give the child spoons/hammer tools to chisel out toys.
 Tip: take the ice block outside into the sun it will

#### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://www.youtube.com/watch?v=fj\_z6zGQVyM

https://www.firefliesandmudpies.com/squirt-gunpainting/?utm\_medium=social&utm\_source=pinterest&u m\_campaign=tailwind\_tribes&utm\_content=tribes&utm pum\_2640.2944\_240.0980\_144.776 https://frugalfun4boys.com/simplescience-experiment-for-kids-whatmelts-in-the-sun/ https://capturingparenthood.com/snack-necklaces/

http://www.2littlehooligans.com/2011/06/02 w-to-make-homemade-ice-cream-in/ https://toddlerapproved.com/2012/08/shark-and-water-themed-fun.html

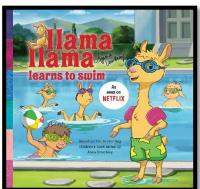
http://theinspiredhome.org/summer-fun-ice-block-treasure-hunting/

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19





# SNUGGLE SUNDAY Llama Llama Learns to Swim



By: Anna Dewdney

Try these ideas at home to engage your child:

- Pause the reading throughout and ask your child if they can predict what will happen next.
- Recap the story and act it out.

Click the link below to view the reading.

# MAGIC MONDAY Magic Colors: Volcano experiment



What you need:

- Muffin tin
- Large storage bin
- Food coloring
- Baking soda
- Vinegar
- Water bottles

#### How to:

- 3. Place a few drop of color in the muffin tin.
- 4. Add couple spoonful's of baking soda.
- Give your child water bottle of ½ water ½ vinegar mixture.
- 6. Pour liquid mixture into muffin tins and see what color explodes!

# TRY THIS TUESDAY Popsicle bath



#### What you need:

- Popsicle
- Bath time

#### How to:

A mess free way to enjoy a popsicle and make bath time fun!

Make bath time extra fun, turn out of lights and get some glow sticks!

## WILD WEDNESDAY Ice Scoop



#### What you need:

- Water
- Ice cubes
- Large spoon or scoop
- 2 large containers of bowls.

#### How to:

Let your child scoop and stir. Dump and pour. Exploring wet, cold, and different textures. Kids love the opportunity to play with water and ice.

# Apple Nachos



#### What you need:

- Apples (peeled or unpeeled)
- Peanut butter
- Mini chocolate chips

#### How to:

- Cut apples into thin slices, peel if desired.
- Gently warm up some peanut butter in a dish.
- Drizzle over spread out apples.
- 4. Sprinkle mini chocolate chips
- **5.** Enjoy.

# FUN FRIDAY Ball Drop



#### What you need:

- Toilet paper rolls
- Paper towel rolls
- Pom poms or paper rolled into balls.
- Tape (painters tape is best)

#### How to:

- 5. Tape rolls to the wall at a height your child can reach.
- Make some different entry and exit points for the balls.
- 7. Have your child help create the plan and pathways.

# SENSORY SATURDAY Spaghetti Cutting



#### What you need:

- Spaghetti
- Scissors
- Large container

#### How to;

- 1. Make long spaghetti noodles according to the box.
- 2. Give cooled cooked spaghetti to your child in a large bowl.
- 3. Let them cut the noodles with some scissors and play with the spaghetti.

How to teach your child to keep their thumb up for correct cutting technique.

→ By adding a little smile to their thumb as a reminder.

#### CHECK OUT THESE LINKS FOR MORE INFORMATION AND SOME ADDITIONAL FUN IDEAS

https://youtu.be/0V5UHxnXJxM

https://busytoddler.com/2015/1 0/fizzy-fun/ https://busytoddler.com/2017/0 4/popsicle-bath-activity/ https://busytoddler.com/2018/03/ice-bin-transfer-sensory-activity/

https://leelalicious.com/healthyapple-nachos/ https://thestir.cafemom.com/tod dlers preschoolers/196002/17 ge nius diy toy hacks/157802/ball drop wall game/5 https://busytoddler.com/2019/03/s paghetti-cutting-bin-scissor-skillsactivity/

#### TIPS TO STAYING HEALTHY AND SAFE DURING COVID 19