

## Activities to do at home and on-the-go:

Below you will find suggestions to support your child's learning at home and on-the-go.

### **Easy Playdough Recipe**

*(at home activity)*

This activity helps your child learn by using all five senses. Your child will develop small hand muscles by shaping, kneading, and manipulating dough.

#### **You will need:**

- 2 mixing bowls
- Measuring cup
- Measuring spoon
- 2 cups flour
- 1 cup cold water
- 1 tablespoon cooking oil
- 1 cup salt
- 2-3 drops food coloring (optional)

#### **Instructions:**

1. Help your child mix flour and salt in one mixing bowl.
2. Mix water, oil and 2-3 drops of food coloring in another mixing bowl.
3. Add the colored water to the dry ingredients.
4. Help your child mix the dough with your hands (i.e. knead).
5. If the dough consistency is too wet, add a little flour.
6. After you are done playing with the playdough, store it in a sealed container or a self-seal bag to use again.

#### **Talk and Play with your Child**

- Talk to your child using vocabulary like knead, tablespoon, ingredients and measuring, etc.
- Feel the texture of the dough as you knead it.
- Ask your child what you might need to add if the dough is too wet or too dry.
- Help your child make shapes and designs as you play with the dough.
- To extend this activity further, you can experiment with different playdough recipes. Consider adding different food coloring, spices such as cinnamon and nutmeg, or coffee grounds to create different textures.

*Note: please provide alternative ingredients for children with food allergies.*

### **Paper Plate Musical Shaker**

*(at home activity)*

This activity helps your child develop listening skills by recognizing rhythmic patterns.

#### **You will need:**

- Large paper plate
- Crayons, markers, stickers, etc.
- Dried beans, rice, or beads
- Stapler

#### **Instructions:**

1. Decorate the outside of the paper plate with crayons, markers, stickers, etc.
2. Fold the paper plate in half.
3. Staple the plate all around the edges, but leave a small opening.
4. Add a scoop of dried beans, rice, or beads into the opening of the plate.
5. Staple the plate shut.
6. Use the shaker to make music with your child.

#### **Talk and Play with your Child**

- Use vocabulary like shake, fast, slow, loud and soft.
- Play your favorite music and use your shaker to follow the rhythm.

### **Let's be Sculptors!**

- Encourage your child's imagination by using playdough.
- This activity helps your child develop creativity and small hand muscles.

### **Let's Read!**

- Read a book to your child and have fun talking about the plot and characters.
- This activity helps your child develop vocabulary, imagination and critical thinking skills.

## **Making a Drum**

*(at home activity)*

This activity helps develop your child's creativity, mathematical and musical concepts.

### **You will need:**

- Container with lid (coffee can, oatmeal can, or any reusable container)
- Construction paper, stickers, paints, or other arts materials
- Crayons
- Glue
- Child-safe scissors

### **Instructions:**

1. Decorate the container. Your child can draw on construction paper or use stickers, paint, or any materials that you have at home.
2. If you use construction paper, you can cut the paper to fit around the container and then glue it around the container.
3. Use the drum to make music with your child.

### **Talk and Play with your Child**

- Use vocabulary like fast, slow, loud, soft, beat, and rhythm.
- Take turns creating and repeating patterns of sounds (for example, 3 fast beats, 2 soft beats, and 1 loud beat, etc.).

### **Let's Dance!**

- Dance with your child and have fun!
- This activity helps your child develop listening and coordination skills.

### **Let's Make a Design!**

- Help your child use hand-eye coordination to create designs using stickers.
- This activity helps your child develop small hand muscles and encourages creativity.

## **Grocery Shopping**

*(on-the-go activity)*

This activity helps your child develop key mathematical skills, such as sorting and counting, and encourages your child to learn new vocabulary.

### **You will need:**

- A shopping list
- Supermarket or local grocer

### **Instructions:**

1. Take your child grocery shopping.
2. Talk about the things you need on your shopping list.
3. Count how many items (e.g. bananas or oranges or apples) you have in your basket.
4. After getting home from grocery shopping, sort the items into fruits, vegetables, cans, boxes, etc.

### **Talk and Play with your Child**

- Use vocabulary words like fresh, produce, basket and shopping list.
- Ask your child to count items, and ask the following:
  - What is there more of?
  - What is there less of?
  - Are there more fruits or vegetables?