Activities for Preschoolers at Home
Issue #2

ASCY | Affiliated Services for Children & Youth

PHYSICAL ACTIVITIES

A Neighbourhood Scavenger Hunt

1. A house with a railing.
2. A blue car.
3. A tree with a bird feeder.
4. A dog in the window.
5. A cat in the window.
6. A Canadian Flag.
7. An outside light on.
8. A camper in the driveway.
9. A black garage door.
10. People sitting on their porch.

Obstacle Courses

- Create an obstacle course on the floor using painters tape (or chalk if outside), make various lines, straight, curved, dotted, etc. Include shapes to jump in and out of, or to jump over.
- Using various pieces of furniture and / or items around the house set up opportunities for children to experience spatial awareness. Going under tables, blankets, over a bench or ottoman, climbing onto a chair, etc.
- Consider reading a book like 'Going on a Bear Hunt' or watching a YouTube video of it and then doing similar movements.

We're Going on a Nature Hunt by Steve Metzger
This is a website of a person reading the book
https://www.youtube.com/watch?v=SWqEHMeJALE
Now that you've heard the book you can create a family book with your own nature walk and have the children illustrate what happens on their nature walk or community walk.

We're going on a nature hunt we'll search high and low
We're going on a nature hunt now it's time to go
We're coming to a (describe what you see on your walk)
What's in the (state what you see)
We'll (action that you will do)
It's a (then describe what you saw)
Describe your way home
We went on a nature hunt the day went by so fast
We went on a nature hunt now we're home at last

MATH/NUMERACY ACTIVITIES

Home for a Bear
(favourite animal/character)

The following suggestions support math (number, shape, spatial awareness) and structure building.

- Gather empty grocery boxes (cereal, crackers, etc.), shoe boxes or small baskets.
- Ask your child if they would like to build a home for their bear.
- If available, provide masking or painters tape or glue to assist in their building.
- Have a discussion about the number of boxes they are using, the number of sides and corners on each box, and the sizes of the boxes.
- Encourage your child to think about other items they could add to their "home".
- Discuss where the bear is in relation to the home: inside, in front of, behind, on top of, beside.

To build on these activities ask "I wonder what else you could build?"

Activity adapted from ESSO Family Math Training

Consider making playdough together! Lots of math and science with measuring and mixing!

PLAYDOUGH RECIPE

1 cup flour
2 tsp cream of tartar
1/2 cup salt
1 Tbsp. cooking oil, olive oil or vegetable oil
1 cup hot water
food coloring

- *In a large bowl, mix food coloring with your hot water first, then add oil*
- *Add and combine all of your dry ingredients (flour, salt, cream of tartar)*
- *Mix well*
- *Once cool, knead the dough for 5 minutes to make the dough soft (If too sticky, add more flour. If too dry, add more water)*

ARTS AND SENSORY ACTIVITIES

Homemade Watercolours

Don't throw out those dried up markers!

- Place markers by colour, tip down in containers of water.
- Leave overnight and wake up to watercolour paints!

Homemade Puffy Paints

1 Tbsp. self-rising flour
Food colouring
1 Tbsp. salt -1/4 tsp water per colour

Combine your flour and salt in a small bowl.
Add a little water until you make a thin paste.
Add food colouring and mix well.

No Paint brushes? Paint tools at home:

- Q-Tips
- Cotton balls
- Yarn attached to clothespins
- Kitchen scrubbies
- Cookie cutters
- Kitchen utensils like potato mashers
- Leaves
- Twigs

No art paper?

- Lunch bags
- Wrapping paper
- Tissue paper
- Tin foil
- Newspapers, magazines
- Flyers
- Paper plates
- Food Boxes
- Shoeboxes

NATURE/SCIENCE ACTVITIES

Planting a Seed

Children plant a seed at home and document the growth with drawings/photos in a daily growth journal. Children are then invited to bring the plant to school when they return to plant in the school garden.

Air Power

An activity that supports science learning and fun for all family members.
Gather a variety of items that you think you can blow with your mouth or through a straw.
Some suggestions to get you started; add your own ideas:

- a feather
- a marble
- a ping pong ball
- rolled up tin foil
- cotton ball
- a pompom
- a small piece of sponge
- a small car

Activity 1:
Ask child to predict which item they think they could blow the farthest with one blow from their mouth or through a straw.
Try with each of the objects you have gathered.
Compare which went farthest and which stayed nearest to the other objects.

Activity 2:
Guess how many blows it will take to move a certain object across a finish line you create a distance away.
Try with each object gathered and record your results for each object. Compare the results for each object.