

Activities for Preschoolers at Home – Issue #3

ASCY

Affiliated Services
for Children & Youth

PHYSICAL ACTIVITIES

Roll the Dice!

- Roll a dice and use that number of body parts to balance on, or for the same number of seconds.
- Create a chart indicating which movement corresponds to the dice (example below)
 1. Hop on one foot
 2. Jump as far as you can on two feet
 3. Hold a tree pose for 3 seconds (or try too!)
 4. Crawl across the room on all fours
 5. Do five jumping jacks
 6. Your choice of any of the above

Using Music

- Freeze Dance – Play your favourite music, stop the music and everyone has to freeze in one position
- Dancing with scarves, or ribbons to your favourite music
- Pretend to be dancing or moving like different animals, i.e.: a bear, a frog, a bird, a snake, etc.
- Listen to music with various tempos and speeds and move the way the music makes you feel

Head and Shoulders Game

Head and Shoulders, knees and toes
Knees and toes, knees and toes
Head and shoulders, knees and toes
Eyes, ears, mouth and nose

QUIET ACTIVITIES

Fidget Toys

The definition of “fidget” is “to make a lot of small movements because you are nervous, bored, etc.: “to move or act in a nervous or restless way.”

A fidget toy is an object that can be provided to a child to regulate his need for movement and touch. This enhances his ability to remain calm, focused, and attentive. Fidget toys provide a place for kids to direct their energy in a less distracting and more socially appropriate way while they focus on the task at hand (e.g.: paying attention to a book during circle time).

<https://theinspiredtreehouse.com/child-development-what-is-a-fidget-toy/>

How to Create a Calm Space for Your Kids

What is a Calm-Down Corner?

A calm-down corner is a safe space for kids to go when they need help self-regulating or calming their bodies and emotions. It is meant to be a place for them to relax, recharge or even release their pent-up anger or frustration. It is also a great way for kids with sensory issues to meet their sensory needs.

Please view this link for tips:

<https://www.cbc.ca/parents/learning/view/how-to-create-a-calm-down-space-for-your-kids>



ARTS AND SENSORY ACTIVITIES

Basic fluffy slime recipe

- Put 1/2 cup **shampoo** and 1/4 cup of cornstarch in a bowl.
- Mix well.
- Add 3 drops of food coloring (optional).
- Add 1 tablespoon of water and stir. Slowly add 5 more tablespoons of water, stirring well after each one.
- Knead the **slime** for around 5 minutes.

Water painting!

This can be a very soothing activity.

What you need:

- Pebbles, stones
- Water
- Paint brushes, sponges, small cloths

Car/Vehicle Wash (this could be a washing station for toy animals or dolls as well)

- Tray or low bin
- Toy vehicles
- Water
- Dish soap
- Small cloths or sponges
- Small brushes
- Towels

STAYING CONNECTED

From your home, on a walk, through your neighbourhood contact groups, consider some of these ideas to connect with neighbours during this time of physical distancing:

1. Window signs or art – place posters or art for neighbours to look for on their walks
2. Sidewalk messages – leave out some sidewalk chalk and encourage neighbours to draw or leave messages on the sidewalk in front of your home
3. Tree ribbon – Tie a ribbon around your tree to show you are ok
4. Dress-up day walks – Organize theme days like crazy hat day
5. Scavenger hunts – Post a scavenger hunt list for our neighbourhood friends to play along with
6. Bear or stuffie in the window – Place your favourite bear or stuffed animal in the window for neighbours to see and look for