

Activities for Preschoolers at Home – Issue #5

ASCY

Affiliated Services
for Children & Youth

PHYSICAL ACTIVITIES

Line Fun!

Materials needed:
Chalk or Tape

Mark a line on floor or a driveway.
See how many ways children can move along the line, over the line. Jumping, walking, hopping, sliding, tiptoeing, and skipping.

Add music!

To extend this, you could create a spider web effect with the tape or chalk.

Song - One Elephant

One elephant went out to play
On a spider's web one day
She had such enormous fun
That she called for another elephant to come!

Well Being

Yoga for Kids!

Check this out! Great way to practice breathing and calming skills with your child:

<https://www.youtube.com/watch?v=X655B4ISakg>

EARLY LITERACY ACTIVITIES

Book Nook!

Create a space for the children's favourite books.

Books can be stored on shelves, in baskets, and containers where children can access them anytime.

When possible place books throughout the house as well, baskets or boxes are great for this!

Having a soft pillow or soft furnishings, good lighting, soft toys, puppets, dolls, and toys that may be used to retell stories.

Spend time together reading favourite books, again, again, again!

What's on the Menu?

Materials needed:

- Paper
- Crayons, Markers
- Magazine pictures or photographs you've taken (optional)

Talk about what choices the family could have for their meal(s) today.

Together, create a menu that lists the choices, using text and/or photos.

Use the menu at a family meal.
This could also be used in imaginary restaurant play. Extending the experience to add play money, prices on the menu. Create a logo for the restaurant, use kitchen tools, set the table, set up a kitchen, add purses, wallets, tablecloths, napkins.



ARTS AND SENSORY ACTIVITIES

Colour Mixing Activity

Items needed:

- unused paper coffee filters or paper towels
- washable coloured markers
- small container of water per child
- eye droppers or small spoons
- cookie sheets or plastic trays

Step 1: Place a coffee filter or paper towel on a tray for each child.

Step 2: Invite your child/children to colour in various places on the coffee filter or paper towel.

Step 3: Invite your child/children to drip water onto the paper towel or coffee filter either with an eye dropper, spoon or off the end of their fingertips.

Step 4: Observe and talk about what happens to the colours when they get wet.

Step 5: Take pictures of their work to share with family and friends.

Extended Learning:

Children may notice that the paper towels or coffee filters absorb the water. What happens as they add more water?

Children may wish to repeat this process several times. Dry the tray or cookie sheet before placing a new paper towel or coffee filter on it. Compare what happens when they use small amounts of colour with space in between to colouring the entire paper towel/coffee filter. Use the photos you took of their initial work to help with discussions.

Absorption and the mixing of colours support science learning, language development and the use of sensory materials (water). Fine-motor development is supported with colouring and the use of an eye dropper.

DRAMATIC PLAY ACTIVITIES

Let's Pretend!

Dramatic play helps children enter and begin to make sense of the world of adults! This play is all about pretending and make-believe. Children will act out roles, especially roles they have observed like family members, babies, pets, community helpers and workers. This play can happen anywhere in your home or outdoors.

Home play

Scarves, shoes, boots, clothes, hats, purses, wallets, eyeglass frames, towels, capes, mirrors, gloves
Baby dolls, doll clothes, receiving blankets, baby bottles
Small brooms, mops, feather dusters, spray bottles
Cooking utensils (real is great!), pots, pans, eggbeaters, spoons, pitchers, bowls, measuring cups and spoons, dishes, tea towels, food boxes and containers, tea sets
If you have a toy stove or kitchen area, look around your home for items to help switch it up.

Bakery

Add baking dishes, measuring cups, bowls, spoons, oven mitts, apron and a timer

Pizzeria

Add a pizza pan, rolling pin, mixing bowl, measuring cups, containers that could be flour, pitcher for water, oven mitts, spatula

Tea House

Add a kettle, tea pot, tea cups and saucers, dessert plates, tiered plate, tongs, sugar bowl, milk jug, cloth napkins and tablecloth

Medical

Tongue depressors, stethoscope, doctor kit, dolls, doll bed, bandages, cotton balls, white shirts

Entertainers

Music, scarves, musical instruments, sunglasses, costume jewelry, dress-up clothes, twinkle lights

Grocery Store

Cash register, old keyboard, phones, bags, buggies, food containers, cans with smooth edges, play money, pencils, paper

Hair Salon

Hand mirrors, brushes, combs, curlers, towels, empty shampoo bottles, pretend money, cash register, paper, pencils, old blow dryer with cord removed, phones

Mail Carrier

Index cards, stamp pads, stamps, crayons, pencils, paper, envelopes, bags, boxes for mail