

# Activities for Preschoolers at Home – Issue #6

**ASCY**

Affiliated Services  
for Children & Youth

## NATURE/SCIENCE

### **Listening Walk**

Take a walk in your neighborhood.  
Find a spot to stop for a few minutes and listen together for sounds in nature.  
Talk about what you hear, smell, see and feel outdoors.  
Encourage deep breathing, breathe in to the count of 5, exhale to the count of 5. Repeat.

### **Under the Log**

Find a shady, moist location with fallen trees or logs to explore.  
Roll over the log to see what is underneath.  
Explore and observe the critters that may be living there.  
Take photos.  
Either on your excursion or when you get home, encourage children to draw, paint or create the different critters they observed.

### **Hug a Tree**

Pick a favourite tree or shrub in your garden, or neighborhood.  
Visit it every day.  
Talk about how it looks; observe changes in the buds, leaves, and height.  
Give the children a clipboard with paper and a pencil to document the changes.  
A measuring tape and magnifying glass would be interesting tools to bring along.  
Take photos to add to the documentation.

## VIRTUAL TRIPS

Take a virtual tour of museums, parks, aquariums!  
Smithsonian Institution [www.si.edu](http://www.si.edu)

Canadian Children's Museum  
<https://www.historymuseum.ca/#online-exhibitions>

Manitoba Children's Museum  
<https://childrensmuseum.com/kids>

Monterey Bay Aquarium  
[https://www.montereybayaquarium.org/animals/live-cams?mod=article\\_inline](https://www.montereybayaquarium.org/animals/live-cams?mod=article_inline)

National Parks  
<https://earth.google.com/web/@2.45133915,-98.61144059,-5192.98031784a,27413757.13498593d,35y,-0h,0t,0r/data=Ci0SKxIgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M>

## SENSORY ACTIVITY

### **What's Inside?**

Place a household item in a bag, box or sock.  
Have the children take turns feeling the item without looking at it and guessing what it is.  
A shoebox with a hole that fits a child's hand, a large gift bag or a large adult size sock works well.  
Some items might include: a hairbrush, comb, kitchen utensil, soap, toys, fruits, vegetables.



## ART ACTIVITIES

### **Rock Painting**

Materials:

- Rocks
- Acrylic paints
- Brushes
- Trays or tablecloth
- Smocks or old shirts

Present the materials above on a table. Encourage the children to paint the rocks. These can be placed in the garden, or as decorations in your home.

### **Paint Prints**

Materials needed:

- Shallow dishes
- Paints
- Paper
- Tablecloth or newspaper
- Smocks if you have them or an old shirt
- Printing items such as: paper cups, combs, vehicles, wooden spools, potato mashers.

Cover the table with a tablecloth or newspaper.

Place the paint in the shallow dishes.

Place the printing item in the paint.

Cups – dip the rim of the paper cup in the paint.

Combs – dip the teeth of the comb in the paint and drag it across the paper.

Toy vehicles – place the vehicles in the paint, and then drive it across the paper.

Vegetables - potatoes, celery, carrots, and beets cut in half make interesting prints.

## COOKING ACTIVITIES

### **Fruit Soup**

What you need:

- Melon
- Banana
- Plum
- Kiwi
- Apples
- Pears
- Any fruits of your choice really!
- Orange Juice – 1 cup
- Frozen Yogurt -1 scoop
- Melon scooper
- Blender
- Large bowl
- Large Spoon
- Small bowls and spoons

Procedure:

Scoop melon balls together – so much fun!

Slice bananas with a butter knife

Place in blender

Add 1 cup of orange juice

Whirl on high for 30 seconds

Pour into bowls or cups

Add additional fruit

Top off with frozen yogurt

### **Ants on a Log**

Ingredients:

- Raisins
- Cream cheese, Peanut butter, Wow butter
- Celery
- Fill celery sticks with cream cheese or peanut butter, Wow butter
- Place raisins on top

**Sing: The Ants Go Marching!**