

Activities for Preschoolers at Home

Issue #10



Affiliated Services
for Children & Youth

COOL COOKING ACTIVITIES

Ideal Jobs for Preschoolers in the Kitchen

A few tasks in the kitchen are particularly well-suited to kids ages 3 to 5. The key is to give them "jobs" that meet their skill level and are something they enjoy. So if your child loves to pound, bring out the bread dough and let your preschooler pound away.

Here are some other ways kids can help:

- stirring pancake batter
- tearing lettuce for salad
- adding ingredients
- assembling a pizza
- helping you "read" a cookbook by turning the pages

Don't plan an elaborate project — 5 to 10 minutes might be all your child wants to spend on an activity. Start small and keep it fun. Remember to wash your hands for 30 seconds! Sing your favourite song while you wash!

Homemade Butter

What you need:

- Clear plastic container with lid
- Whipping cream
- Crackers
- Plastic knife or spoon

Procedure:

Place whipping cream in clear container

Place lid on the container

Encourage child(ren) to shake the container

Observe and talk about how the cream is changing as they shake it.

Save a bit of the cream to compare the difference once the cream in the container thickens.

Have child(ren) spread the butter on crackers and taste.

QUIET ACTIVITIES

Mindfulness

Relax!

Kid Cuddle – Adult and Child Together

Standing or sitting, stretch arms out wide, wide, wide. Slowly bring arms forward and cross in front. Each hand holds onto the opposite shoulder. Squeeze gently. Rock and cuddle the child in your arms.

Balloons - Deep Breathing (to slow down the body and quiet the mind)

Imagine you have a balloon in your tummy.

Place one hand below your belly button.

Breathe in slowly and deeply through your nose to a count of four.

Feel the balloon fill up with air.

When the balloon is full, breathe out slowly, using a count of four to let the air out of the balloon.

Your hand will feel your tummy going up and down as the balloon fills up and empties out.

- Slowly fill up the balloon till it's full 1...2...3...4...
- Now, slowly blow out and let the air out of the balloon 1....2....3.....4...
- Repeat five times, then open your eyes and breathe normally.

Go Tight – Go Loose (To reduce body tension)

Get into a comfortable position, either lying flat or sitting comfortably with both feet flat on the floor, and if you like, close your eyes.

We are going to practice breathing slowly and deeply. Place your hands at your sides and with your fingers pointing down, make a fist with each hand. Squeeze your hands tight. Squeeze, squeeze, squeeze... relax. Repeat a few times.

This time also squeeze your legs together while making a fist and squeezing your arms tight. Squeeze...squeeze...squeeze...relax. Repeat a few times.



ARTS AND SENSORY ACTIVITIES

Fizzy Paint!

Materials Needed:

- Baking Soda
- Water
- Whisk or spoon
- Vinegar
- Food colouring
- Thick paper
- Paint brushes
- Eye droppers
- Spray bottles
- Measuring cup
- Containers/bowls

For each colour

Put 1/8 cup of baking soda in a container/bowl.

Add desired amount of food colouring.

Add ¼ cup of water.

Mix until you get your preferred consistency.

An even amount of liquid and baking soda works well.

Place vinegar in eye droppers or spray bottles.

Drop or spray vinegar onto paper.

Pump it up!

Materials needed:

- Chalk
- Soap pump bottles
- Water

Place water in the bottles.

Place chalk and water bottles on a driveway or sidewalk for children to access.

Children will draw and make marks on the cement and then press the pump bottles of water letting the water splatter all over the chalk markings.

Observe the various designs created by the water sprays.

SCIENCE AND NATURE ACTIVITIES

Sky gazing

Materials needed:

- Paper towel rolls
- Hole punch
- Yarn or ribbon (optional)
- Crayons
- Stickers

Children may choose to decorate the paper towel rolls with crayons, stickers or other art materials.

Punch 2 holes in the top of the paper towel roll.

Cut the yarn 18 inches & thread it through the holes and tie it.

Go outside to a grassy spot.

Lie down on the grass together and use the telescope to look up in the sky.

What do you see?

Look at the clouds, what shapes do you see.

Children may want to draw or retell stories about the sky, the clouds and what they saw when they come in.

Ramp it up!

Materials needed:

- Planks of wood
- Long pieces of heavy cardboard
- Plastic rain gutters
- Balls
- Toy vehicles
- Things that roll or move from around the house

Ramps help children gain experience with force and motion.

Encourage children to explore the differences in speed, distance, force.

Provide the materials above so children can create their own ramps.