

# Activities for Preschoolers at Home

## Issue #7

ASCY

Affiliated Services  
for Children & Youth

### SCIENCE/NATURE

#### **Feed the Birds**

Set up a bird feeding station.

There are many types of feeders that are easy to make and use.

Pinecones rolled in sunflower butter, baskets, empty milk cartons, plastic beverage bottles, Birdbaths with water are also a welcome addition to a garden.

Observe, listen, and watch for different types of birds. Track how many birds, the different types, their attributes, such as colour, size, beak shape, sounds/songs, seed preference, how they move.

#### **Shadow Drawing**

Place toys or blocks on a piece of paper outside and observe the shadow the object makes.

Provide crayons or pencil crayons to trace the shadow created by the object.

This could also be done with chalk on cement.

It can be fun to trace children's body shape and revisit the drawing at different times of day to see how their shadow changes.

#### **Sink or Float?**

Have an empty container to hold water.

Prepare a tray of items that your child could then put into the water. They can make a prediction if it will sink or float. You could provide 2 baskets one for sink and one for float that the items can be sorted into.

Sink: rock, teaspoon, dinky car, key, bolt, and a loonie

Float: small piece of wood, plastic lid, apple, and plastic ball

### BLOCK ACTIVITIES

#### **Homemade Blocks**

There are many items around the house that can be used as a substitute for real blocks! Blocks are a great addition to any play materials such as: vehicles, small people, stuffed animals, toy animals, natural items like twigs, pebbles, wood planks, and fabric pieces. Block play is best on a flat/steady surface.

Some possibilities for blocks you might have at home are:

Shoeboxes  
Kleenex boxes  
Cereal boxes  
Packing boxes  
Pringles cans  
Empty cans  
Paint tins  
Sponges  
Plastic cups of various sizes  
Wood Pieces

#### **Photo blocks**

Add photos of your children, family, pets to your blocks!

You could also add photos of your home, favourite places you have visited, your neighbourhood. Just tape them or glue them to wood pieces or your homemade block selection!



## ARTS ACTIVITIES

### **Puffy Sidewalk Chalk Paint**

Ingredients:

1 cup flour

1 cup water

1 tablespoon dish soap – just about any dish soap will work

5-10 drops food coloring or washable paint

#### How to Make Sidewalk Chalk Paint:

In a large mixing bowl stir together the flour and water until there are no lumps.

Stir in the dish soap to the flour mixture.

Add food coloring of your choice of color until the desired color is achieved.

Pour the mixture into your squeeze bottle.

Give the kids their new sidewalk paint and let them have fun! Make each color in a different bowl or one at a time and pour into the bottles and then make the next color.

**Use it all in one day, they explode if just left closed.** Doesn't save well!!!

### **Crayon Rubbings**

Materials needed:

Crayons

Objects with textured surfaces such as bark, leaves, bricks, sandpaper, bumpy paper

Peel the paper off the crayons so children can use the sides of the crayons

Children may place the paper over the textured surfaces and rub the sides of the crayon over the paper to reveal the imprints it makes.

## MATH/NUMERACY

### **Math is everywhere!**

- Setting the table, counting the number of place settings needed, matching the plates, cups, utensils, etc.
- Putting items away, sorting various items (dishes, toys, towels, clothing, etc.), match where they go, count items as they are put away.
- Sorting and matching laundry, sort items by item, by person, by size. Sort and match socks, count each individual sock, count how many pairs of socks, count by two.
- Measure things in the house or outside, using measurement tools (tape measure, rulers, etc.), measure people, pets, toys, furniture, distances between things.
- Use non-standard items to measure things (a book, a stuffed animal, piece of string, etc.), measure various things around the house. Compare which things are longer, shorter, wider.
- Look for patterns around the house, in the décor, in clothing, outside, etc.
- Look for various shapes and count as many of each as you can find.
- Using items around the house (string, buttons, bottle caps, corks, etc.) make patterns and / or designs.
- Play 'I Spy' and look for items with numbers on them, or a specific number of items, (i.e. "I spy 3 brown circles" ... the buttons on a sweater).
- While looking at books together, count items in the pictures or the letters and words of the text.
- Go on a number hunt, looking for numbers around the house, or in the neighbourhood.
- Bake or cook simple things together; use a recipe and tools that have numbers on them. Talk and point out the numbers in the recipe, on the measuring tools, etc.