

Activities for School Ageds at Home – Issue 1



Affiliated Services
for Children & Youth

PHYSICAL ACTIVITIES

Rope and Skipping Activities

Skipping moves to use with the activities below:
Skip with rope moving forward and/or backward.
Skip a certain number of times.
Skip with both feet landing at one time.
Skip with alternating feet landing.
Rope crosses.
Rope swings.
Run as you skip.
Ask child to show you what skipping skills they already know.

Design Activities Together

Count by 1's, 2's, 5's or 10's.
Each time your child jumps over the rope they count by 1's, 2's, 5's or 10's.
Alternately, adult could swing the rope in a circle at ground level and child could jump over the rope and count each time it comes to them.
Say a word starting with a letter, follow the same directions but say a word that starts with a certain letter each time they jump over the rope.
Pick different letters. Follow the same directions but say a word that starts with "A" on the first jump, a word that starts with "B" on the second jump and so on.

And the answer is ...

Give your child an addition (5+2), subtraction (10-5), or multiplication (3x3) equation. The child jumps the number of the answer to the equation.

"Simon Says"

When you say "Simon says" followed by a direction child completes the action. If you don't say "Simon says" before the direction child should stand still.
Use some of the directions from the start of this page. Add your own directions.

Skip to Favourite Music

Using slow or fast tempos.
Count your jumps and record the highest and lowest attempts for the day. See if they change over a week or two. Compare highest and lowest attempts.

Tic Tac Toe

Use 4 ropes to create a giant tic tac toe.
Use rocks, shells, twigs, etc. as your game pieces.
Note: some of these activities could be done inside on a rainy day.

CHALK ACTIVITIES

All of these activities require sidewalk chalk.
Some require dice, rocks, game pieces, sponges, scrub brushes, spray bottles, buckets, containers, water.

Hopscotch

Materials:
Chalk, game pieces
Old school, but still lots of fun
Draw a hopscotch game on pavement.
Children take turns throwing their game piece to each number.
They hop on one or two feet depending on the age of the children to the number their piece landed on.

Snakes and Ladders

Materials:
Chalk, game pieces
Draw a snakes and ladders grid on a driveway or pavement.
This can be as big or small as you would like.
You will need dice and some items to use as game pieces.

Twister

Materials:
Chalk, Twister spinner or a container with pieces of colored paper that match your chalk colors
Draw a Twister board and play Twister!
You may need a container with pieces of paper cut up with the Twister colors you have drawn on the ground for children to select instead of a Twister spinner.

Seek and Spray

Materials:
Chalk, Spray bottle(s)
Draw various letters, numbers, words, simple objects on the pavement. You may want to focus on one of these ideas or mix it up depending on the ages of the children!
Have one person call out the letters, numbers, or objects for the children to find.
Once they find it, they spray it until it is washed away.



ARTS AND SENSORY ACTIVITIES

Transient Art

Items Needed:

- empty wood or plastic frame (no glass) or items to make a frame
- cardboard or construction paper
- scissors
- ruler and pencil
- Loose parts (see *Preschool Issue #4*) buttons, rocks, shells, seeds, pieces of wool, spools, or anything small that can be used in picture making

Ask your child to create a picture, design, or pattern using the frame as the space to work within. Once complete, take a picture so that the child can save their work. Items in the picture can be reused to make new pictures or patterns. This makes the materials transient; they can be used over and over.

Extensions: Ask your child to draw what they have created. Make a lunch or snack picture. Create a picture on a plate using items such as dry cereals, pretzels, cut up fruit, cut up veggies. Take a picture, and then eat your creation.

MATH ACTIVITIES

Cross the River

Probability Game for School-Age Children

Items Needed:

2 people to play

Paper and crayons or pencil crayons

2 Dice

24 items to use as game pieces: small stones, bingo chips, etc.

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Draw a river on your paper as shown above. Draw 12 "docks" on each side of the paper. You can make the docks longer than shown here.

Number your docks from 1 to 12 on each side of the river. Your game pieces act as boats.

Players participate from opposite sides of the paper (river).

The goal for each player is to get all of their boats out of their docks and across the river before the other player. Each player needs 12 markers (boats).

Place 12 boats behind the numbered docks on your side of the river. You can put 1 or more boats behind a number or none at all. Each time you take a turn, roll 2 dice and add the numbers together. If the total of the two dice adds up to "4", move one boat from dock "4" across the river, if you have a boat placed there. If you do not have a boat there, you forfeit the turn. If you have more than one boat there, only move one. You need to roll a total of "4" on another turn in order to move the next boat in dock "4". Play one roll of the two dice and move a boat if you can. Then it is the other players turn.

The player who moves all of their boats across the river first wins that round.

Learning and extensions:

This game teaches about probability. After you have played the game a few times to get familiar with the rules, you could choose to record what numbers you roll each time throughout the game. Play a few games recording each time.

Which numbers are rolled more than others? Which numbers are hardest to get? Why?

Adapted from ESSO Family Math