

Early Childhood Engagement Packet 1

<p>Crawl around the house and pretend to be your favorite animal (to work on motor skills)</p>	<p>Make Playdoh * Recipe below</p>	<p>Look in mirror- identify body parts</p>	<p>Hide toys under a blanket and play, "You found the__."</p>	<p>Make music by banging on pots and pans- practice fast, slow, loud, quiet, stop, go</p>
<p>Roll a toy car or ball back and forth with a parent or sibling</p>	<p>Make a "leaf person/animal" out of materials in nature (leaves, sticks, acorns, grass, pine cones, etc.)</p>	<p>Read a book. Ask questions like, "Where is the ___?" and "What color is the ___?"</p>	<p>Go on a shape hunt. Find all the circles you can. Another day find all the squares, etc.</p>	<p>Practice washing your hands- singing the happy birthday song or ABC song while you wash</p>
<p>Practice throwing a ball into a laundry basket</p>	<p>Fill a plastic bin with water and various containers, scoops, spoons, & kitchen items for water play</p>	<p>Draw a picture together</p>	<p>Practice saying your name and answering the question "What is your name?"</p>	<p>Make a tent (fort) with sheets, blankets, etc.</p>
<p>Play a game of hide and seek</p>	<p>Paint with water outside (can use sponges, rags, hands, paint brushes, etc.)</p>	<p>Make mud and play in mud- outside in a puddle or inside in a bowl/tub</p>	<p>Make toilet paper tube binoculars. Tape two tubes together and go on a "hunt"</p>	<p>Encourage your child to help you around the house: sweep the floor, pick up toys, put the shoes in the basket, etc.</p>

*Playdoh Recipe: 2 cups boiling water, 2 cups flour, 1 cup salt, 4 tablespoons vegetable oil, 2 packets of Kool Aid or a few drops of food coloring (may omit the color). Mix the dry ingredients then add oil and boiling water. Mix well. It will seem sticky at first, but place it on a flat surface and knead it until it's the right consistency and texture. Let cool before storing in a bag.

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Toss a ball or rolled up sock back and forth with a parent or sibling	Make Oatmeal modeling clay *Recipe below	Tear newspapers, flyers, junk mail, wrapping paper, etc. into strips to strengthen fingers	Collect items around the house of the same color and put them in bowls/bags/any container	Sort the Laundry: either by item (shirts, pants) or by color, match socks
Jump 10 times with both feet off the ground, who can jump the highest?	Play with ice cubes – freeze small plastic toys inside of the ice cubes	Use a colander flipped upside down and put a pipe cleaner, artificial flower, or dry spaghetti noodle in each hole	Use items that you have at home to create patterns – spoon, forks, spoon, fork, etc. or Lego, crayon, Lego, crayon, etc. You will need about 10 items of each	Go on a bug or rock hunt...Collect and compare items found outside
Make an obstacle course. Jump, crawl, step over pillows, under tables, walk on a line on the floor, etc.	Make a sensory bin by filling it with beans, oatmeal, sand, rice, bird seed, etc. Add a few small toys and allow your child to explore	Squirt some shaving cream on the bathtub wall during bath time. Draw or write in the shaving cream. Watch the shaving cream float in the water.	Have a picnic outside or on the kitchen floor	Build with materials around the house- cereal boxes, canned food, rolled up newspapers
Play “Freeze Dance”- play any song and when you stop the music encourage your child to freeze/stop	Wash toys in soapy water – cars, babies, plastic animals, dishes, etc.	Sing Old McDonald Had a Farm/Zoo/Pet Shop and have the children fill in animal names or noises	Read a favorite book and have your child point to or name pictures	Lay on a blanket in the yard. Close your eyes and see how many sounds you can hear. Listen for the wind, birds, cars, etc.

* Oatmeal modeling clay - Mix: ½ cup flour, 1 cup oatmeal, ½ cup water. Add more flour until it doesn't stick to your fingers.



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<p>Wheelbarrow around the house on your hands with someone else holding your feet</p>	<p>Make Sensory Bottles *recipe below</p>	<p>Sing "If You're Happy and You Know It"- try several different actions to have your child practice following directions</p>	<p>Go on a walk...find and practice saying words that start with "P" or "B" or "M"</p>	<p>Hide toys around the room and have them find them – Treasure Hunt</p>
<p>Stomp while singing the ABC song</p>	<p>Sink or Float – find a new household items or toys and see if they sink or float in a tub or bucket of water</p>	<p>Read a book and have your child find all the red/blue/green pictures</p>	<p>Practice saying words with different volumes: whisper, quiet, loud</p>	<p>Go on a color hunt. Find and talk about each color.</p>
<p>Cool off on a hot day with an outdoor game of catch. Use a water-saturated sponge as the ball</p>	<p>Cook! – Make cookies or other easy items with your child. They can pour, stir, etc.</p>	<p>Hide some toys in a pillowcase/under a blanket. See if you can guess what they are just by feeling</p>	<p>Which one is missing? Gather 5 objects, hide one, have your child tell you which one is missing</p>	<p>Set up a store by using materials/toys/food from your house. Let your child put the goods in a bag and pretend to buy them</p>
<p>Let your child "read" his/her favorite book to you!</p>	<p>Paint with unusual, out of the ordinary items: Combs, Q-tips, feathers, corks, etc. You can also use shaving cream or pudding.</p>	<p>Pouring Water – pour water from one cup or container to another</p>	<p>Make shapes and shadows on the wall using flashlights</p>	<p>Make silly faces in the mirror and at each other. Imitate each other's silly faces!</p>

* Use water bottles. Let child add anything they want. Some suggestions: ½ colored water with ½ oil will make a wave, colored rubber bands or paperclips are very visual but quieter, florist beads with water and glitter, peanut butter jars with sand and small hidden toys makes a good "I Spy" game, ½ cup of detergent, glitter and water (the detergent slows down the glitter), baby oil with light weight beads or toys (the small toys will move slowly from top to bottom when it is flipped). NOTE: Make sure to glue the lids on each bottle after the sensory bottle is made to prevent a mess later on if the lid comes off. Also, fill the "wet" bottles to the top to prevent an air cell and/or bubbles.