

# ACTIVITIES YOU CAN DO WITH YOUR KIDS AT HOME

## **Activities for** **Preschool-5 year olds**

- **Make a mini movie theater**: get out old cardboard boxes and let them decorate them. Afterwards use them as cars, pop some popcorn and put on a movie.
- **Shaving cream is a wonderful indoor sensory activity** that **toddlers love**. Squirt some on a pan and just let them have fun. Add food coloring if you like. You might want to put them in an old shirt and maybe put a towel down, too. It does get messy.
- **Create a necklace, toddler style!** Use a piece of string (a shoestring works well because of the hard end) and something to thread on it. Big beads would be great. But other items such as straws or large pasta noodles work too. This

would be a great fine motor activity.

- **Tape a line on the floor** in different ways (zig zag, curvy or straight) and have a toddler walk along it, trying to balance their best. Can they do it forward, how about walking backward? Another fantastic gross motor activity that can be done indoors.
- **Bowl indoors!** Grab one of the kids' balls. Set up a few items for pins. Lots of things will work for these, pop bottles, paper towel tube, or toilet paper works too!
- **Bubble Play** if you don't have already made bubbles you can easily make your own by using ½ cup of dish soap, 1 ½ cups of water and 2 teaspoons of sugar mixed together. You can make your own bubble wands by bending pipe cleaners into shapes or using string/shoestrings and tying them into circles.
- **Flour Play:** Pour flour on the table and let them draw in it.



You can also use cars or different shapes to let them play in the flour with.

- **Plastic Lid Frisbee**

**Toss:** Gather up different sized plastic lids, make lines on the floor with tape and have Frisbee throwing contests.

- **Plastic Bag**

**Parachutes:** Using old shopping bags, cut a square shape out of the bag. Poke a hole in each corner of the square. Tie 4 strings approximately 24 inches long to each hole. Then tie all the strings around one of your child's small toys (army man, LOL doll etc.) drop from different heights to see how the parachute floats.

- **Color Sorting:** Using colored cereal (fruit loops, Trix, etc.) have your child sort out the different colors. Then have them make pictures with them like rainbows.

## **KINDERGARTEN**

- **Make Kindness**

**Rocks:** Grab some rocks from outside and have your child paint a positive message or picture on them. Take them to a park and place the rocks around the area for others to find them. Explain to the kids that this is a way to brighten someone's day as they find the rocks they left behind.

- **Marble Mazes:** Find random cardboard around the house (toilet paper rolls, Paper towel rolls, boxes etc.) tape them together at different angles. You can have them going down a staircase or off of a table. Once it is completely constructed, have them see if a marble will go from beginning to the end without stopping.

- **Make A Rainstick:** A fun and easy craft to make. Take a cardboard tube and poke toothpicks through it. Cover it with



aluminum foil. You can use sharpies to color and make designs on the aluminum foil. Cover one end and tape it shut then fill the tube with items like rice, beans or popcorn kernels. Cover the other end and tape shut. Move the tube back and forth and listen to the different sounds. It should sound like rain. Have the kids make up a rain dance to go along with it.

- **Ice Painting:** Fill an ice cube tray with water, cover with aluminum foil place toothpicks or Popsicle sticks in the middle and freeze. Once frozen on a table lay out sheets of paper to paint on. In bowls, place different colors of Kool-aid, Jello or powdered paint. Dip the ice cubes in and use them to paint different pictures.
- **Make Your Own Boardgame:** Have your kids gather various things from around the house (Cardboard, straws, marbles, little action figures ect.) Have them come up with their own board game. They make the rules, they construct it and decide how the game is

played. Afterwards have the whole family play the game together.

- **Put On A Play:** Have your kids write their own play. Have them design the costumes and the set (can even be a puppet play using socks that they decorate) When they have mastered it have them perform it for the family.

## **SCHOOL AGED**

- **Make A Laser Maze:** Take a walk around your house and scope out the best place for your laser mission. Find somewhere narrow enough to place string across. A hallway is a perfect spot. Zigzag the string at varying heights down the hallway from anchor point to anchor point until you are happy with your maze. Place a treasure box or some sort of prize at the end of the maze. Now send your child on a mission to make it to the end of the maze retrieve the prize and bring it back to you without touching any of the strings and setting the alarm off.



- **Ultimate Bridge**

**Building:** Gather a bunch of different constructing tools like straws, cardboard, pencils, plastic lids, tape, glue etc. Have your child take the time using all these items to construct a bridge between two chairs. Explain to them that they will be judged on design and durability. After they are constructed, use things like cups of water or rocks to see how much weight the bridge can hold. Have a discussion afterwards talking about what could make it stronger.

- **Salt Paintings:** Using thick construction paper (or you can tape regular paper to a piece of card board) have your child draw a picture using either a pencil or pen. Once they finish, have them trace the picture using a bottle of Elmer's glue. Before the glue dries sprinkle salt over the glue. Let dry for at least 12 hours. After 12 hours using water colors paint the salt.

- **Make Music:** Make your own musical instruments and put on a concerts. Examples of musical instruments are

- **Singing straws:** Cut straws at different lengths and tape them together. Blow in them like a whistle

- **Tambourine:** Take two paper plates add bells, beads or anything that makes noise in between the two plates and staple together.

- **Drums:** You can use pots and pans or get creative and make drums out of cardboard and balloons.

- **Guitar:** Take an old cereal box cut a hole in the middle. Place 3 to 4 rubber bands around the box

- **Magnet Painting:** All you need are some strong magnets and various things made out of metal. Dip metal objects in paint and place them on a piece of paper or construction paper. Move



a magnet around underneath the paper to create different designs

- **Family Kindness**

**Tokens:** Get some Shrinky dink (Grafix) Paper. You can order it online for Amazon inexpensively. With sharpies have your child draw inspirational pictures or notes to various family members or friends. Cut the notes into different sized shapes and bake in the oven at 325 degrees for 2 to 3 minutes. The pictures will shrink to about 1/3 their size and harden like plastic and can be a cute keepsake. \*\* you can also have them trace a picture of themselves and color it in makes a cute keychain keepsake.

- **Baking Soda**

**Experiments:** Everyone loves to see the reaction when vinegar hits baking soda. Fill a cookie sheet with baking soda. Mix a couple different bowl of color using white vinegar and food coloring. Using eye droppers (you can use the medicine droppers

that come in a lot of children's medicine too) fill with colored vinegar solution and write words or draw pictures in the baking soda. Sit back and watch it fizz as the two chemicals react.

