

Gross Motor FUN for the Whole Family

Here are some do-it-yourself activities that you can try at home that are a carry-over of gross motor skills training your child may be involved with at school. These are activities for children with or without physical challenges and they are just plain FUN!



Have you had a package delivered that had bubble wrap inside? If not you can purchase bubble wrap (with the BIG bubbles) at Staples or Target. Use bubble wrap to practice wide and narrow-based jumping. This is also great for sensory play and auditory feedback.

- Use bubble wrap to make a hopscotch board - make sure you tape the squares to the floor to avoid slipping.
- Outside - make a Tic-Tac-Toe board and toss beanbags to mark your spot OR for some wet and wild fun in this game - use water balloons!
- Make a water balloon piñata and use pool noodles or a plastic bat to break open the wet surprise.
- Make your own bowling set using 2-litre soda bottles filled with water and some food coloring for extra FUN! Make as heavy or light as you need. Use a playground or soccer ball to get a STRIKE!



Get Out There and LEARN!

Here are some FUN activities that will also reinforce many different skills.

- While at the beach or playground - draw shapes and/or letters in the sand and ask your child to identify them. This can also be done with a stick scratching the shape in the ground.
- When having ice cream, s'mores or other yummy summer treats - use words that describe (gooey, cold, sticky) to help build vocabulary.
- Dress Up Time and Pretend Play can be times to talk about body parts, actions, and clothing names.
- To help your child remember the day's events - snap pictures on your phone of things you do and places you go during the day. Before bedtime take a *journey* back through the day looking at the pictures and have your child relate the event/place back to you.

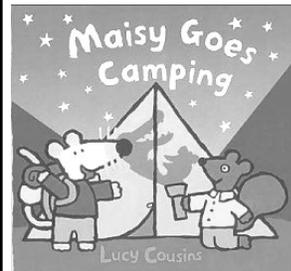
Help your Child's Imagination Take FLIGHT! READ A BOOK!



Visit your local Library to find these and other books about

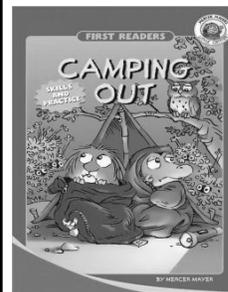


CAMPING

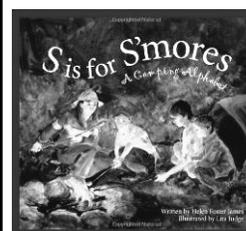


Maisy Goes Camping by Lucy Cousins. When Maisy sets off to go camping in the country, it's only natural that all her friends come along, too. But they soon find that pitching a tent is not an easy thing to do. Even if they do manage to keep the tent up,

there's the matter of fitting them all in - Maisy, Charley, Cyril, Tallulah, and finally, the huge elephant, Eddie. What a squeazy squish-squash! Good night, campers! Uh-oh-what's that popping sound?



Just Camping Out by Mercer Mayer. In this story, Little Critter's little sister goes on a daredevil night of camping in their backyard and even spends the night in the tent all by herself. Watch here <https://www.youtube.com/watch?v=HLBboMHW7oU>



S Is for S'mores: by Helen Foster James. Next to baseball and fireworks on the Fourth of July, nothing else seems as American as the family camping trip. From what to pack, where to go, and what to do when you get there, this book takes readers on an A-Z trail exploring this outdoor pastime.

Not into the whole Camping Outside Thing?

If you have a pop-up tent they can be set up in the living/family room for a family camp out! No tent? Four chairs and a sheet or light blanket will do.



Set up your "tent" - make a pretend campfire out of blocks or rolled up newspaper - grab the s'mores out of the microwave - and hunker down for some story telling. Shed all of your electronic devices for the evening and revel in family time! Don't forget to shut off or dim the lights and have some flashlight FUN!

Glue a Bumpy Alphabet!

What You Need:

White glue

Popsicle sticks or an old pencil

Food coloring (optional)

Markers

26 large index cards

Paper plates

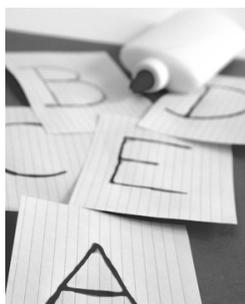
Using thin markers, write one letter of the alphabet on each index card. Include your child in this process. Younger children can name the letters. Older preschoolers can share in the writing itself.

Squeeze some white glue onto a paper plate. If you'd like, add a drop or two of food coloring to the glue for a nice color effect (not required if you used colorful markers to create the alphabet on the index cards).

It's time for glue writing! Have your child dip a popsicle stick into the glue mixture and draw each letter, following the pattern of the pre-drawn template on each index card. Be sure to focus on just one letter at a time. After your child traces the written letter in glue, set that card aside to dry.

Cards all dry? It's time to play with the bumpy alphabet! Have your child touch and feel the letters they created and trace their fingers over each letter so they can feel how it's formed. How well did the glue letters match the written ones? Which letters need another go-around? Feeling the handwriting strokes with their fingertips as they look at the letter template will help your child make important connections.

Keep the cards for later play. For example, you can string several cards together to make words. Or you can add pictures of words that begin with each specific letter.



Homemade Finger Paint

Unlike most adults, kids love to get their hands dirty. The messier, the stickier, the slimier, the better! With this finger paint recipe, you can stir up their favorite colors, right in your own kitchen. Don't let the mess hold you back. Not only is this stuff easy on the wallet, it's washable, too!

What You Need:

¼ cup cornstarch

¼ teaspoon salt

1 ½ tablespoon sugar

1 cup cold water

Food coloring



What You Do:

Put the cornstarch, salt, sugar, and water into a pot. Cook over low heat for about 15 minutes, stirring constantly.

The mixture will start thin, but eventually thicken. When it does, take the pot off of the stove and let the mixture cool off. Once it's cool, divide your paint into small containers (small yogurt containers work well) and add a few drops of food coloring to each. Voilà! It's time to paint. And, what's nice about this project is that there is no problem if some of the paint ends up in their mouth - it won't taste good, but it won't harm their tummies!

For ADDED FUN! Out in the yard - Using your homemade paint - let your child "paint" themselves. Arms - legs - feet - hands. Name the body parts as you paint! Or you can substitute the paint with pudding! Slime it up then hose them down! Messy, but so much FUN.

FUN Summer FUN Activities

What's the Weather?

Talk about the weather, is it:

HOT

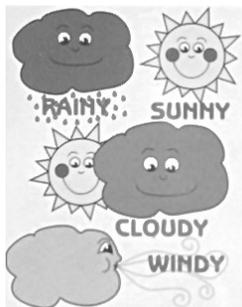
WARM

HUMID

RAINY

STORMY

SUNNY



Family FUN with Watermelon

Have watermelon as an afternoon snack or with dinner. Collect and count the seeds. Make sure you don't buy the Seedless Watermelon!

On a hot summer day - cool off by reading some wintry books

The Snowy Day by Ezra Jack Keats

Snowballs by Lois Ehlert



Koosh Ball Painting

Want to give craft time a little pop and sizzle? Try this colorful painting craft that uses one of our favorite toys--a Koosh ball! With their hairy tentacles and squishy feel, they make the perfect medium for painting colorful fireworks. Doing this messy activity outside on a summer day is half the fun. Then add some glitter to give it some pizzazz.

What You Need: Koosh ball Poster paints

White/Black construction paper Glitter

What You Do:

Head outside with your child and all your supplies. Lay the paper on the sidewalk or picnic table.

With your child dip the Koosh ball into the paint, making sure most of the tentacles are covered with paint. Now drop it down onto the paper, to create a firework shape. Experiment to see how it looks when you throw or roll it across the paper! Repeat this several times to make multiple fireworks. While the paint is still wet - sprinkle with glitter for an explosion of color!

