



ROOM



AUGUST

THE ACTIVITY ROOM

August's Activity Plans
for Toddlers & Preschoolers

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 Bubble Wand Painting	31 Books in a Box Adventure <small>Live Q&A</small>	1 Letter Sensory Art	2 Peel Tape	3 Bungee Cord Hook	4/5 Have a campfire cookout <small>Next Week: Pop-Up Challenge!</small>
6 Nature Sink or Float	7 Laying Down Feet Painting	8 Paper Clip Chain	9 Ice Cube Monster Melt	10 Sponge Water Target	11/12 Head outside and fly a kite!
13 Cereal Name Puzzle	14 Painting with Fly Swatters	15  Lines of Tape Spoon Transfer <small>by member Babi</small>	16 Colored Water Transfer	17 Dumpster Diving	18/19 Do the Chicken Dance together
20 Nature Counting Hunt	21 Mud Target Practice 	22 Shadow Tracing	23 Corn Meal Sensory	24 Junk Art Robot	25/26 Head outside and play Frisbee <small>September Plans Ready!</small>
27 Painting with Veggies	28 Poke Pipe Cleaner Sprinkles	29 Driveway Toy Car Races	30 Cloud Dough Sensory	31 Make an Activity Course	1/2 Download September's Activity Plans!

ACTIVITY TIP: Instead of trying to create beautiful things — let your child lead the way.

BONUS WEEK:
(available to annual members)

Water Activities!

Full Supply List

In each week of activities, there's a supply list. You can quickly scan the list to see what you need for the week. Most items are supplies from the home (office, kitchen, kids toys, etc).

Below is a list of supplies to do every activity in the month of August.

Craft Items:

paint
silver or gray paint
paper / cardstock
glue
paintbrushes
pencil
painter's tape
paper clips
googly eyes
markers
sidewalk chalk
sponge
scissors
butcher paper
pipe cleaners

Pantry Items:

food coloring
corn meal
vegetables
flour
vegetable oil

Kitchen Items:

water
baking sheet / tray
scoops, spoons, etc
ice cube trays
aluminum foil

Recycling:

cereal box
large cardboard box
newspaper
misc recyclables
large spice bottle

Around the House:

bubble wand
books
tub / bucket
fly swatter
small objects / trinkets
toy cars
abc mat / paper
balloons (optional)

Other:

sand (or pantry item)
bungee cord
nature
sidewalk / driveway
mud / dirt & water



30

Monday | *Bubble Wand Painting:*

Paint with bubble wands! Tape a piece of paper to a tray. Dip a bubble wand into paint and use it like a paintbrush to make designs!

*bubble wand
paint
paper*



31

Tuesday | *Books in a Box Adventure:*

Save a box that's big enough for your child to be inside. Collect books and have your child sit in the box and read.

*books
large cardboard box*



1

Wednesday | *Letter Sand Sensory Art:*

Write any letter on a piece of paper. Trace the letter with a paintbrush and glue. Play with sand on the paper and shake it off! It'll stick to the letter to create a texture!

*glue
paintbrushes
paper or card stock
pencil
sand or pantry item*



2

Thursday | *Peel Tape:*

Stick tape onto a surface. Criss cross over each other. Peel the tape off, one by one.

painter's tape



3

Friday | *Bungee Cord Hook:*

Give your child a bungee cord to explore around the yard. See if you can find something to drag with the bungee cord, something to pull against that won't move, and something up high above their head.

bungee cord



4/5

Over the Weekend Family Activity:

Enjoy a campfire cookout this weekend!



6

Monday | *Nature Sink or Float:*

What can you find outside that floats? Fill a tub with water. Have the kids collect items from nature to see what floats and what sinks.

*nature
tub
water*



7

Tuesday | *Laying Down Feet Painting:*

Tape a large piece of paper on a wall low to the ground. Have your child lie down on their back in front of it. Set a tray of paint to dip their feet in and paint the paper with their feet!

*butcher paper
paint
tray or plate
wall*



8

Wednesday | *Paper Clip Chain:*

Make a paper clip chain! See how long you can go.

paper clips



9

Thursday | *Ice Cube Monster Melt:*

Add water and food coloring to an ice cube tray and freeze. Draw monster bodies on paper with a marker, add googly eyes for fun. Paint the monsters with the frozen colored ice cubes as they melt!

*food coloring
googly eyes (optional)
ice cube trays
markers
paper
water*



10

Friday | *Sponge Water Target:*

Draw a target on the driveway or sidewalk in chalk. Soak sponges in a bucket of water to throw at the target.

*bucket
sidewalk
sidewalk chalk
sponge
water*



11/12

Over the Weekend Family Activity:

Have you ever flown a kite with the kids before? Now's the time to do it! Find a big open field and fly one!



13

Monday | Cereal Box Name Puzzle:

Make a puzzle with the side of a cereal box. Write your child's name, in large letters, on the back. Cut apart the letters in various shapes. Spell their name to put the puzzle back together!

cereal box
markers
scissors



14

Tuesday | Fly Swatter Painting:

Add paint to a tray and press fly swatters into the tray to cover them in paint. Swat the fly swatters on a big piece of paper over and over again!

baking sheet or tray,
butcher paper
fly swatter
paint



15

Wednesday | Lines of Tape Spoon Transfer:

Have kids walk along straight, curvy and zigzag lines of tape on the floor and transfer objects from one end to the other using wooden spoons!

small objects
spoons
painter's tape



16

Thursday | Colored Water Transfer:

Have a water play day! Set out tubs of water with some scoops to transfer water back and forth. Add color to the water.

bucket or tub
food coloring (optional)
scoops, spoons, etc.
water



17

Friday | Go Dumpster Diving:

Head to your local appliance store and grab a large box! Fill it with lots of newspapers and add little trinkets and treasures to dive in and find.

large cardboard box
newspaper
trinkets & treasures



18/19

Over the Weekend Family Activity:

Look up The Chicken Dance on YouTube and have fun doing the moves with the kids. Wiggle wiggle!



20

Monday | *Nature Counting Scavenger Hunt:*

Create a grid of numbers with sidewalk chalk on your sidewalk or driveway and then collect the correct number of items from nature to place on each grid section.

*nature
sidewalk
sidewalk chalk*



21

Tuesday | *Mud Target Practice:*

Draw a target on the driveway or sidewalk in chalk. Make, or gather, mud to throw at the target.

*mud or dirt and water
sidewalk
sidewalk chalk*



22

Wednesday | *Shadow Tracing:*

Grab items from around the house to trace and head outside. Place in a sunlit area. Place a piece of paper where the shadow is and have fun tracing pictures!

*objects & toys
paper
pencil*



23

Thursday | *Cornmeal Sensory:*

Spread cornmeal onto a baking sheet to explore with measuring cups and spoons.

*baking sheet or tray
corn meal
scoops, spoons, etc.*



24

Friday | *Junk Art Robot:*

Collect recyclables and construct a junk art robot on a large piece of art paper. Paint select parts silver (or gray). Glue everything onto a large piece of paper to make your junk art robot!

*aluminum foil
butcher paper
glue
recyclables
silver or gray paint*



25/26

Over the Weekend Family Activity:

I challenge you to play a round of Frisbee for 20 minutes in the backyard this weekend -- or go find a big open space.

- | | | | |
|--------------------------|-----------|---|---|
| <input type="checkbox"/> | 27 | Monday <i>Painting with Veggies:</i>
Use vegetables you have on hand instead of paint-brushes as a fun painting and stamping experience! | <i>paint
paper
vegetables</i> |
| <input type="checkbox"/> | 28 | Tuesday <i>Poke Pipe Cleaner Sprinkles:</i>
Cut pipe cleaners in 1" sections and push them through the holes of a large spice bottle. Poke them in, shake them out and repeat! | <i>large spice bottle
pipe cleaners</i> |
| <input type="checkbox"/> | 29 | Wednesday <i>Driveway Toy Car Races:</i>
Head on outside for the races! Make lines of tape, or chalk, equal distances apart on a sidewalk or driveway. Line up cars on the first line, and let them go. See which cars reach the next line first! | <i>driveway or hill
tape or sidewalk chalk
toy cars</i> |
| <input type="checkbox"/> | 30 | Thursday <i>Cloud Dough Sensory:</i>
Mix 2 cups flour with 2/3 cup oil to make cloud dough! Play with it like wet sand, mold it any way they like! | <i>baking sheet or tray
flour
scoops, spoons, etc.
vegetable oil</i> |
| <input type="checkbox"/> | 31 | Friday <i>Make an Activity Course:</i>
Make an obstacle course to crawl over, under and run through. Use dining room chairs or an ABC mat (or books) as stepping stones. Add balloons to move through the course! | <i>abc mat (or paper)
balloons (optional)
various objects from
around the house</i> |

Coming in September!
Live 5-Day Learning Challenge!



Bubble Wand Painting

Supplies:
bubble wand
paint
paper

1

Tape a piece of paper to a tray and set out washable paint.

2

Dip a bubble wand into paint.

3

Use the bubble wand like a paintbrush to make designs on the paper!



Tips:

Try stamping the side of the bubble wand to see what kind of prints you can make.

This activity is about the process, not the end product.

I recommend using Crayola Washable Paints as they wash out of everything.



Books in a Box Adventure

Supplies:

books

large cardboard box



CLICK FOR MORE DETAILS

1

Save a box that's big enough for your child to sit inside.

2

Have your child pick out 3-5 of their favorite books.

3

Sit in the box and read the books!



Tips:

Choose books that your child can 'read' on their own, whether that's reading or looking at pictures, or 'reading' stories they know by heart.

Have fun with your box and take breaks to decorate in between books.

Don't expect perfect angles sitting in a box! Boxes can be lots of fun, let them explore and see what it becomes.



Letter Sand Sensory Art

Supplies:

glue
paintbrushes
paper or card stock
pencil
sand or pantry item



CLICK FOR MORE DETAILS

1

Write a letter on a piece of paper in pencil.

2

Trace the letter by painting it with glue.

3

Play with sand and dump it over the glue. Shake it off!



Tips:

A fun way to work on letters for older kids could be to use items that start with that letter (for instance, oatmeal for the letter O).

Don't put a large emphasis on the letter itself, just make it about the process. The letter is just an object you can talk about.

What else could you use to create texture on your number? Feathers, oatmeal, leaves...



Peel Tape

Supplies:
painter's tape



CLICK FOR MORE DETAILS

1

Tape several pieces of painter's tape on the table, or other hard surface.

2

Have your child peel the tape off, one by one.

3

Repeat!



Tips:

This is amazing for strengthening fingers! Just the sheer grip to pull the tape off strengthens them.

Little fingers may need help starting the piece of tape.

For added fun, have your child put the pieces of tape down how they'd prefer!



Bungee Cord Hook



by member, Katie

Supplies:
bungee cord



CLICK FOR MORE DETAILS



1

Provide a bungee cord to your kid.

2

Go on a walk around the yard, or around town, or a park.

3

See if you can find something to drag with the bungee cord, something to pull against that won't move, and something up high.

Tips:

Use with supervision, be careful not to pull the bungee cord too tight or it could snap back at your child.

Younger kids may find it fascinating to just see what they can hook it on to.

Let your child explore on their own to see what they can do with the bungee cord. It might surprise you!



Nature Sink or Float

Supplies:

nature

tub

water

1

Fill a shallow tub 3/4 full of water.

2

Go on a hunt to find several different items from nature.

3

Guess whether each piece of nature will sink or float and then test to see!



Tips:

Collecting and hunting for the items from nature is part of the fun! Get the kids involved to see how many different things you can find.

Be sure to collect some items that will sink and not just lightweight leaves and grass that will float.

Older kids can chart their findings! On a paper, make a chart with two columns for sink and float and draw pictures (or write) the items under the columns to show what happened.



Laying Down Feet Painting

Supplies:

butcher paper
paint
tray or plate
wall

1

Tape a large piece of paper on a wall (or a garage door or fence) so that it's low to the ground.

2

Put paint in a tray near the paper.

3

Invite your child to lie down on their back with their feet positioned to touch the paper. Paint the paper with their feet!

Tips:

Be ready with a bucket of water or a hose to wash their feet!

Raise the paper just a tad higher so that older kids to really have to reach up to paint.

Younger kids might like to keep the paper on the ground and run across. Try it!





Paper Clip Chain

Supplies:
paper clips



CLICK FOR MORE DETAILS

1

Grab a handful of paper clips from your desk.

2

Show your child how to slide them together.

3

Continue sliding them together to make a long paper clip chain.



Tips:

Clipping paper clips together takes focus and coordination. It may not come easily to your toddler.

Can you make a paper clip bracelet or a necklace?

After you're done putting them together, take them back apart.



Ice Cube Monster Melt

Supplies:

food coloring
googly eyes (optional)
ice cube trays
markers
paper
water

1

Put water into an ice cube tray and add food coloring to each ice cube to make them colorful. Freeze.

2

Draw monster bodies on paper using a marker. (Optional: Add googly eyes for fun!)

3

Paint the monsters with the frozen colored ice cubes as they melt!



Tips:

Prep ahead for this one and make the colored ice cubes the night before to be ready for the fun!

Monsters can be anything, so let your child create one too! Draw a circle, three legs and one big eye.

For a more vibrant painting, you can add paint to the ice cubes and just a bit of water, instead of food coloring.



Sponge Water Target

Supplies:

*bucket
sidewalk
sidewalk chalk
sponge
water*

1

Draw a target on the sidewalk with sidewalk chalk. Write numbers in each circle, if desired.

2

Soak sponges in a bucket of water.

3

Grab a water-soaked sponge and throw it at the target to score!



Tips:

The numbers of the target can be completely arbitrary, but still fun for younger kids.

Older kids can add up their points, or aim to get a certain number. Can they make 50 points with 5 throws?

This is a great activity to do on a hot day to cool off!



Cereal Box Name Puzzle

Supplies:

cereal box
markers
scissors



[CLICK FOR MORE DETAILS](#)

1

Cut out a side of a cereal box. Write their name, with big letters and in order, on the back.

2

Cut the letters apart, in a puzzle fashion.

3

Put the puzzle back together by spelling their name in the correct order.



Tips:

For kids just learning their name, write out their name on a sheet of paper beside them to reference. It's also better to only capitalize the first letter of their name and not every letter (as shown).

Cut apart the letters in odd shapes. If they're just squares, they can easily be put back together any way. If they're odd shapes, there's only one way that works.

Double the fun! Flip the pieces over and put together the picture of the front of the cereal box!



Fly Swatter Painting

Supplies:

*baking sheet or tray,
butcher paper
fly swatter
paint*

1

Squirt a few dabs of paint on a baking sheet.

2

Press fly swatters into the paint to get them covered.

3

Swat the paint covered fly swatters onto a piece of butcher paper! Over again and again!



Tips:

Draw some flies on the paper and swat at them for added fun!

Place the butcher paper on the ground, or hang it on a fence outside for vertical swatting.

Be sure to use washable paints for easy cleanup, I recommend Crayola Washable Paints.



Lines of Tape Spoon Transfer



by member, Babi

Supplies:

small objects

spoons

painter's tape



CLICK FOR MORE DETAILS

1

Tape several lines of tape on the floor with painter's tape. Make one zig zag, one straight, one curvy if you can!

2

Using a wooden spoon, transfer an object from one end of the line of tape to the other.

3

Run back and keep transferring more objects!



Tips:

If a spoon proves to be too difficult, try a measuring cup!

Start simple with a straight line and work up to walking sideways and backwards on the zig zag while transferring the objects.

Add in sorting with bowls at the end of each line. Sort Legos by colors or size!



Colored Water Transfer

Supplies:

*bucket or tub
food coloring (optional)
scoops, spoons, etc.
water*



CLICK FOR MORE DETAILS

1

Fill two tubs with water. Add food coloring to each if you'd like.

2

Set out a third, empty container to dump the water into (and mix the colors).

3

Use scoops, spoons, measuring cups, etc to transfer the water into the empty tub (and back again)!



Tips:

This is a great opportunity to introduce color mixing. Use only two primary colors (red, blue or yellow) to mix together.

Smaller scoops means more fine motor control used as well as more time to transfer the water!

Take this outside if possible. If it's not possible, set this up indoors with a tablecloth (or shower curtain or large towel) on the floor to catch spills.



Go Dumpster Diving

Supplies:

large cardboard box

newspaper

trinkets & treasures

1

Find a large cardboard box to play in!

2

Wad up a bunch of newspapers and put in the box. Add trinkets and treasures (such as small cars) to the box.

3

Jump in and go diving for treasures!



Tips:

Can't get a hold of a big box? That's okay! Use a clothes basket instead.

This can get exciting and a little wild, be sure to watch for the box tipping over.

Once all the trinkets are found, give your child markers and crayons to draw inside the box.



Nature Counting Scavenger Hunt

Supplies:

*nature
sidewalk
sidewalk chalk*

1

Draw a grid using sidewalk chalk on your sidewalk or driveway. Write a number in each square.

2

Go on a nature hunt to collect the correct number of items from nature to place on each grid section.

3

Repeat for each section of the grid!



Tips:

Start with low numbers and increase the numbers as you find objects that have many to find. Add in skip counting by 5s or 10s and line them up in rows of 5s or 10s.

For younger kids, make it simpler by letting your child mix and match nature items to place in each square.

Make it more difficult for older kids to also find objects with that many "points" (for leaves or sticks) as well.



Mud Target Practice

Supplies:

mud or dirt and water
sidewalk
sidewalk chalk



CLICK FOR MORE DETAILS

1

Draw a target on the sidewalk with sidewalk chalk. Write numbers in each circle, if desired.

2

Make mud! Gather some dirt and mix in some water to make a bucket of mud.

3

Scoop up a handful of mud and throw it at the target to score!



Tips:

Yes, let the kids get dirty!
Making the mud is half the fun!

The numbers of the target can be completely arbitrary, but still fun for younger kids.

Older kids can add up their points, or 'aim' to get a certain number. Can they make 50 points with 5 throws?



Shadow Tracing

Supplies:

objects & toys

paper

pencil

1

Grab items from around the house to trace and head outside.

2

Place the items in a sunlit area.

3

Place a piece of paper where the shadow is and have fun tracing pictures!



Tips:

If it's not a sunny day, do this with a flashlight! Build a small fort area to block out the light and shine a light in place.

This is fantastic for fine motor skills and may be difficult for younger ones to do very accurately. It's okay, guide them to do their best and help them out as they go.

Take this a step further after tracing, mix up the tracings and the objects. Then see if you can match them up again!



Cornmeal Sensory

Supplies:

*baking sheet or tray
corn meal
scoops, spoons, etc.*



CLICK FOR MORE DETAILS

1

Pour a handful or two of cornmeal onto a baking sheet.

2

Set out small cups and spoons.

3

Explore the cornmeal with fingers, scooping, and pouring.



Tips:

This sensory activity can get messy. So take it outside if possible, or place everything inside another larger tub.

Older kids can make writing marks in the cornmeal. Spread it flat and use their finger to draw a letter, spelling words or numbers!

For added fun, add toy trucks and cars to the mix and make roads.



Junk Art Robot

Supplies:

aluminum foil

butcher paper

glue

recyclables

silver or gray paint



CLICK FOR MORE DETAILS

1

Collect recyclables to make a junk art robot. Make a plan to construct the robot as desired on a large piece of art paper.

2

Paint select parts silver (or gray) as desired.

3

Glue everything onto large piece of paper to make your junk art robot!



Tips:

Recyclables could include: boxes, egg cartons, bottle caps, bubble wrap, paper tubes, etc.

A hot glue gun may work better on the plastic bottle caps then glue.

Go ahead and draw in details if desired!



Painting with Veggies

Supplies:

*paint
paper
vegetables*

1

Dip vegetables you have on hand in paint.

2

Use the vegetables like a paintbrush and paint on paper!

3

Cut the vegetables in half and make prints too!



Tips:

Try stamping the vegetables to see what kind of prints you can make.

This is a fantastic sensory experience and kids may very well end up with arms and face covered in paint. I recommend Crayola Washable Paints for easy cleanup.

Challenge older kids to make a simple design with the vegetables in a pattern.



Poke Pipe Cleaner Sprinkles

Supplies:

*large spice bottle
pipe cleaners*



CLICK FOR MORE DETAILS

1

Cut pipe cleaners into one inch sections. Set out along with a bottle that has a lid with holes in it.

2

Poke the pipe cleaners through the holes.

3

Take off the lid and shake out the pipe cleaners. Repeat!

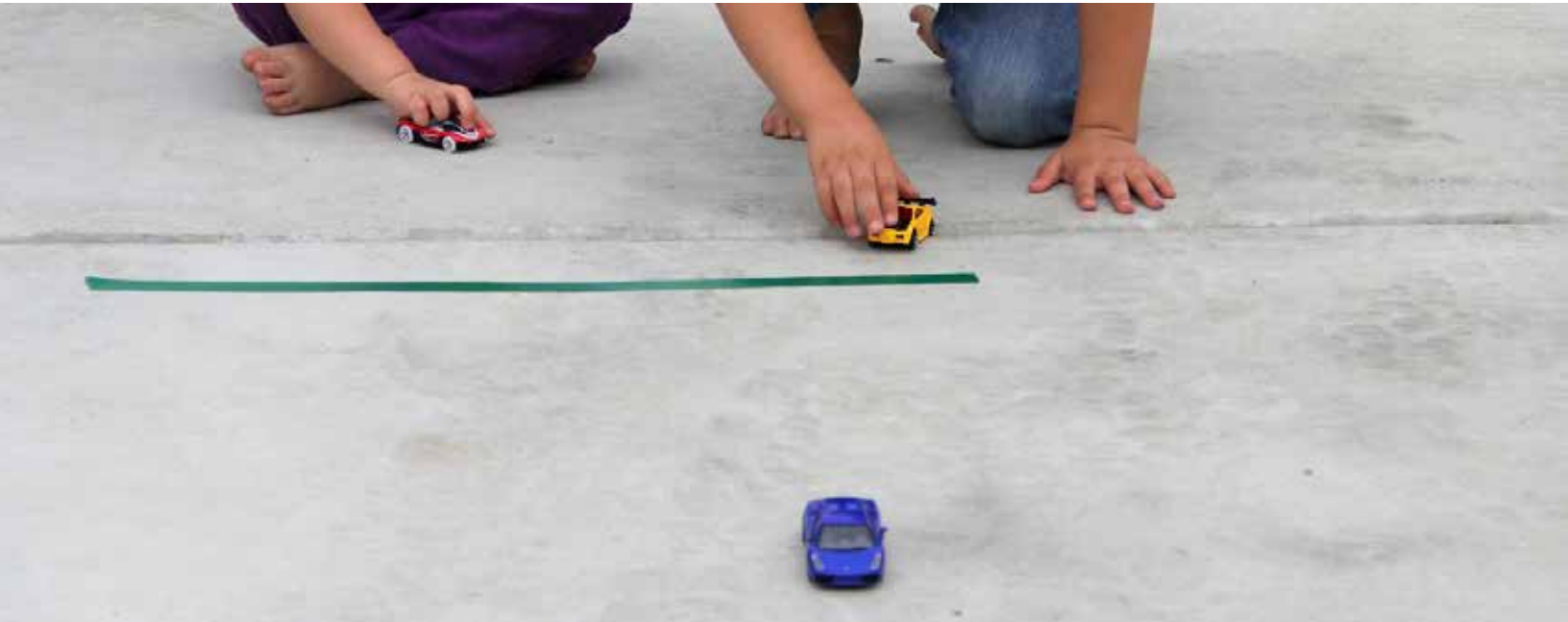


Tips:

Cutting the pipe cleaners is great scissors practice for kids learning to cut. If they've never cut before though, an adult should cut them.

If you don't have a large spice bottle with holes, you can make your own with an oatmeal tub with a plastic lid. You can slice holes in the lid with a knife or use a hole punch.

Save the cut up pipe cleaners! They're a great addition to play dough.



Driveway Toy Car Races

Supplies:

*driveway or hill
tape or sidewalk chalk
toy cars*

1

Make lines with tape, or sidewalk chalk, equal distances apart on a sidewalk or driveway.

2

Line up your toy cars at the first line.

3

Let them go to race! Which car will reach the next line first?



Tips:

Finding a spot on your driveway or sidewalk that's slightly slanted downhill is key. If not, you'll need to push the cars to race.

You can do this inside on the floor too! Just push the cars to race!

Older kids can chart their findings. Do a best out of 3 or 5!



Cloud Dough Sensory

Supplies:

baking sheet or tray
flour
scoops, spoons, etc.
vegetable oil



CLICK FOR MORE DETAILS

1

Mix together 2 cups of flour and 2/3 cups oil on a tray to make cloud dough.

2

Add measuring cups and spoons for fun!

3

Play with the cloud dough like wet sand: mold it and shape it and crumble it apart again.



Tips:

Add some glitter to the mixture for added fun! You can also add tempura paint powder to make it a color!

This sensory activity can get messy, take it outside if possible, or place it inside another larger tub.

If you have candy molds, they would work really nicely with cloud dough to make formations!



Make an Activity Course

Supplies:

abc mat (or paper)

balloons (optional)

various objects from around the house



CLICK FOR MORE DETAILS



1

Set up several “activity” stations with mats.

2

Make a path to follow along the course. Use mats, or books, as stepping stones.

3

Add balloons. Challenge your kids to move them from one end of the course to the other, doing the activity at each station along the way.

Tips:

The activities can be super simple, like jump 3 times, spin around twice, or do 5 jumping jacks.

Instead of mats for activity stations, you can tape squares on the floor as the area to do the activity.

Be creative and have fun setting this up! Take it outside on a nice day.