

ENGAGE: Simple Activity Plans to Engage Your Preschooler

You're super excited. Your 3 year old is now old enough to start doing those adorable crafts you've pinned on Pinterest! You spend hours going to store after store to find the right supplies, and then even longer prepping them... and you're exhausted before you even invite your three year old to join you. And then she does join in the craft. And its fun.... for 10 minutes. And did the craft turn out like it was shown? Heck no! This is definitely a Pinterest fail. And you're upset with your three year old for it not turning out and it just ends up becoming a huge fight and no one is having fun. *Where in there did the memories get created?* Hint: It was in the 10 minutes your three year old was having a blast creating that craft. And had nothing to do with all the hours your spent prepping.



What if I told you I have a perfect solution that doesn't cost you hours of prepping activities and crafts?



ENGAGE: Simple Activity Plans to Engage Your Preschooler

You'll actually do these 35 hand-chosen activities with your kids through their preschool years. You'll be guided on how to find that extra 15 minutes (that you don't have) to make time for the most important part of your life: your family.

What's inside the eBooks?



ROOM

ENGAGE: Simple Activity Plans to Engage Your Preschooler



ROOM

ENGAGE: Simple Activity Plans to Engage Your Preschooler



Make it Easy to Have Fun with Your Preschooler!

They are the simplest of activities that use the supplies you have. An entire week of activities (plus a supply list) is on one sheet of paper, making it easy to print out and pin it up for the week. That also means that each activity is explained in 2-3 short sentences. There are printable activities, planners, and tips on how to do these activities! Engage has five printable weeks of 35 activities to do with your child. These activities are the heart of the eBooks and are what sets these apart.



ENGAGE

Contents

page 4	Who's Jamie?
page 5	What's the Plan?
page 6	Tips for Success <ul style="list-style-type: none">Set up an Activity BinderHow to Do the ActivitiesTips for Multiple KidsSupply Substitutes
page 15	Activity Plans <ul style="list-style-type: none">Full Supply ListWeek 1Week 2Week 3Week 4Week 5
page 23	Activities
page 55	Blank Activity Planner
page 63	Go-To Activity Lists <ul style="list-style-type: none">Fine MotorGross MotorCrafts & Art ProjectsSensoryFamily
page 71	Bonus! More Activity Plans <ul style="list-style-type: none">DISCOVER: 1 Year OldsPLAY: 2 Year OldsLEARN: Preschoolers
page 77	Additional Resources
page 79	Index

Super Easy Way to Make Yourself Be Present

Having a planned week of simple (doable) activities ready for you to do with your preschooler, makes it super easy to actually do them! By having a simple place to come back and check off that you did the activities gives you a sense of accomplishment. That little push you need to help you go ahead and have some fun with the kids!

ENGAGE
Preschooler Activity Plan: Week One

Monday: Find a great walking stick and clip off any sprouts. Decorate it with paint to their desire. (page 28)

Materials: sticks, paint, paintbrushes, scissors or clippers

Tuesday: Snip straws into one inch sections and thread a necklace using shoestring or yarn. (page 29)

Materials: straws, pipe, or string, string, scissors

ENGAGE
Preschooler Activity Plan: Week Three

Monday: Make a collage on clear contact paper using scrap pieces of tissue paper, ribbon, etc. Cover with another piece of contact paper. Cut into shapes and hang in the window. (page 36)

Materials: clear contact paper, scrap pieces of paper, scissors

Tuesday: Rainbow painting! Paint a sponge in rainbow colors for the kids to paint a rainbow with one swipe! (page 37)

Materials: paint (rainbow colors), large kitchen sponge, paper

ENGAGE
Preschooler Activity Plan: Week Two

Monday: Go on a spy hunt! Tape diagonally between walls down a hallway, stick pom poms to it randomly. Have the kids crawl through, over and under, to collect the pom poms. (page 30)

Materials: tape, pom poms or pom-pom balls

Tuesday: Write a secret note in white crayon! Have kids paint over with colored water. It magically appears! (page 31)

Materials: paper, white crayon, food coloring, & water or watercolor, paintbrushes

Wednesday: Float a boat! Stick the straw in the side of a juice box, add a sail with paper. Float it in a tub of water. (page 32)

Materials: empty juice box, scissors, scrap paper

Thursday: Keep kids busy with rubber bands, or hair bands. Slide them on and off a can of food, one at a time. (page 33)

Materials: cleaned food rubber bands

Friday: Draw a target on the driveway or sidewalk in chalk. Make, or gather, mud to throw at the target. (page 34)

Materials: sidewalk or pavement, sidewalk chalk, mud or dirt and water

Saturday: Experiment with milk. Pour whole milk into a shallow dish. Drop in food coloring. Dip a cotton swab in dish soap and hold it in the milk. Watch it swirl! (page 35)

Materials: shallow dish, whole milk, food coloring, cotton swab (q-tip), dish soap

Sunday: Play a new-to-you game together as a family.

ENGAGE
Preschooler Activity Plan: Week Four

Monday: Make a bird feeder by threading o-shaped cereal onto a pipe cleaner and tie the ends together. Hang outside for the birds! (page 42)

Materials: o-shaped cereal, pipe cleaner, string or yarn

Tuesday: Create a sticky spider web with tape across an open doorway. Throw balled-up newspapers to stick to it! (page 43)

Materials: painter's tape, newspaper

Wednesday: Make homemade wind chimes! Paint tin cans and punch a hole in the bottoms. Thread yarn and washers on the inside using yarn to hang them. (page 44)

Materials: tin cans, paint and gloss varnish or paint, washers and yarn, hammer

Thursday: Draw in an odd spot. Tape butcher paper to the back of a chair, or the floor, or under the table... (page 45)

Materials: butcher paper, drawing utensils

Friday: Hunt for nature. Use colors and shapes as clues. (page 46)

Materials: basket or bucket (optional)

Saturday: Make a lava lamp. Fill a glass bottle 1/3 with water and 2/3 with oil. Add food coloring. Drop in an Alka Seltzer tablet and watch it bubble up! (page 47)

Materials: clear jar, water, vegetable oil, alkali seltzer tablets, food coloring

Sunday: Watch a movie together as a family.

HANDSONASWEGROW.COM
19

HANDSONASWEGROW.COM
21

Weekly Activity Planner!

A blank weekly activity planner is included in each eBook as well to help you plan each week going forward. Don't worry, there's plenty of more activities included to quickly plan your weeks!

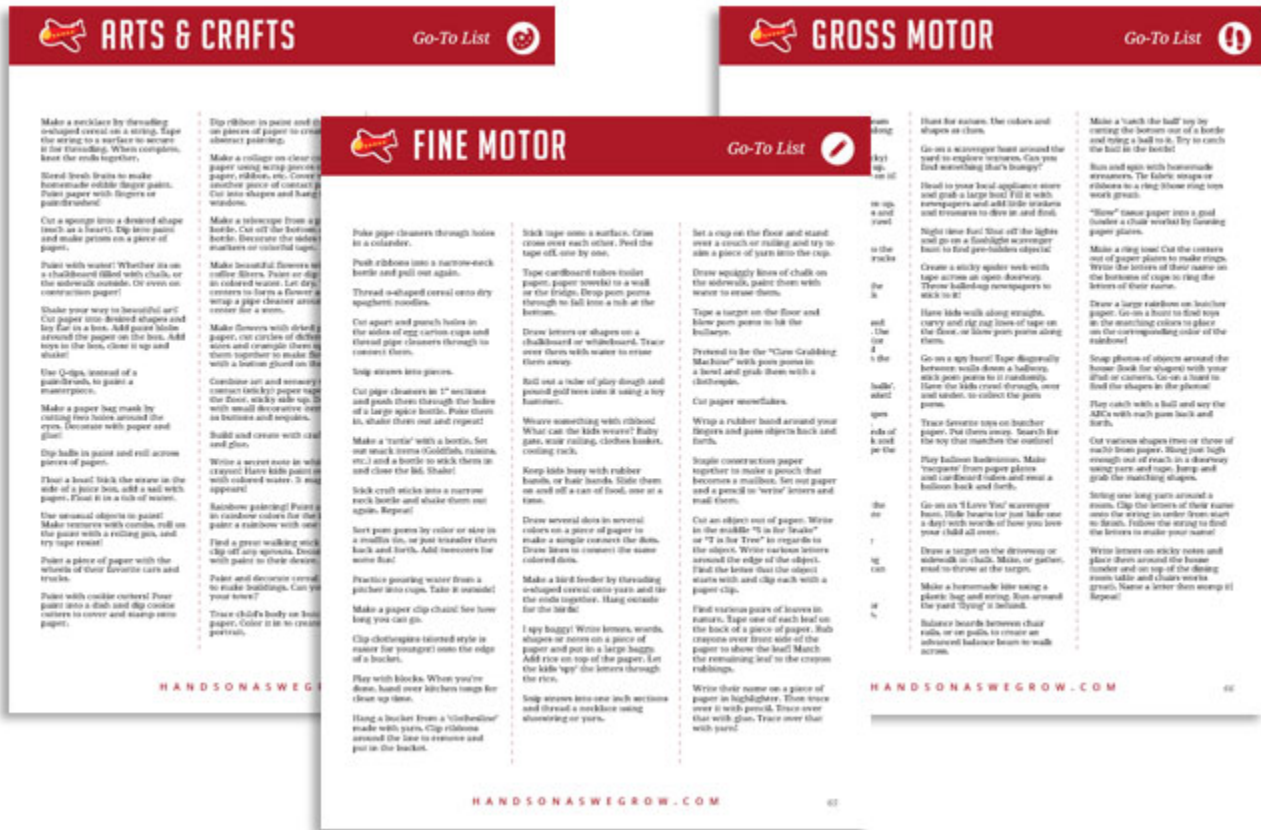


Resources for Even More Fun!

Once you've mastered the planned weeks of activities, keep the fun rolling with the blank weekly activity planner on your own! Head to the resource section full of every kind of activity you're looking for to find ideas to fill it!

Need Another Activity When You're in a Pinch?

While the five weeks of activities are the heart of the eBooks, the Go-To Lists are my favorite. They're lists of all the different types of activities (there's 5 of these lists total in the set of books) with literally over 100 activities for all the ages to do! These are great activities to substitute during the five weeks if you don't have something on hand (which is unlikely since the supplies are all very common) or to use in your activity planning going forward.



Forget the

hours of trying to find an activity with supplies you have. Don't waste your time trying to decide if the activity is suitable for a three to five year old.

Make is super easy to have fun with your preschooler and be the parent you keep dreaming you will be.

What Buyers Think of It

These activity plans really help parents, just like you, find fun to do with their kids!

Just a quick note to say I have found your plans and especially your Go-To Lists so useful. What I love about your eBooks is how easy and accessible all the activities are! - *Marianne B.* I have been looking for something like your books for 3 years now since I became a full time Mum. I am quite a busy person who, to be honest, simply doesn't have the time or the energy to be super domesticated child education Mum. But these activities are really really easy to set up, and you are right, I DO have most of the stuff

at home (I dont mind putting the odd thing on the grocery list for them e.g. hair gel haha), so I can actually see myself doing these things with my kids. I think you are a genius and I will be telling all my friends about these books. I also have a 6 week old baby boy so I am going to get years of use out of them. - Sarah A. I've just started using weekly activity plans with my kids! I just wanted to say a big thank you! I'm a mum of two - 4 year old daughter and 7 month old son and I've found it somewhat a struggle to even get us all dressed and out the door most days, let alone be creative and actually do activities with my kids! I've struggled with the lack of activity as I was very much hands on with my daughter, but since my son was born it's been so hard! However, I feel I'm coming out the other side finally and with your help I'm managing to find my feet!! So thank you so much from the bottom of my heart for showing me a way that I can reconnect with my daughter and get back to being a hands on mum! - Karri B.

Frequently Asked Questions:

Engage Activity Plans Format: PDF download, 8.5" x 11", 81 pages **Method of Delivery:** You will receive an email with a link to download the PDF. There is a full eBook PDF as well as another PDF of just the printables that you can print at home (or keep a copy on your phone or tablet for handy ideas). **Can I see a sample of one of the pages?** You can see [samples weeks of weekly activity plans here](#). **Can I return the eBook?** The eBooks are a digital download, no, you cannot actually 'return' it. *But I do offer a 14-day money back guarantee.* With a 14-day money back guarantee you can purchase the eBook today. If you find it isn't a right for you, you get your money back. **Is this site secure?** Yep! Look for the "Secure" lock in your browser web address bar. **How do I open the eBooks?** The eBooks are in PDF format, you will need Adobe Reader to open them ([download it here](#)). **Can you mail me the activity plans?** These weekly activity plans are in digital format. You can also purchase [a physical print version of ENGAGE on Amazon here](#).