

ROOM



THE ACTIVITY ROOM

July's Activity Plans
for Toddlers & Preschoolers



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
27 Earth Art	28 Name Ring Toss	29 Trace Squiggly Letters	30 Texture Scavenger Hunt	1 Jump over cracks on walk	2/3 Fill out 'Finding Time' sheet
4 Fireworks Painting	5 Obstacle Course	6 Shaving Cream Letters	7 Snipping Straws	8 Play a game of ball as a family	9/10 Observe your family and take note of down times and times that are stressful
11 Q-tip Painting	12 Lemonade Sensory Play	13 123 Counting Maze	14 Hammers & Tees	15 Family walk/hike in nature	16/17 Reflect on your current routines
18 Nature Wind Chimes	19 Water Transfer Sensory	20 Color Changing Milk	21 Big Truck Painting	22 Crank up the music and be an air band	23/24 Carve out a time to play a board game together this weekend
25 Ribbon Painting	26 Sort Blocks by Shapes	27 Shoveling Dirt	28 Mix Bubbles in Pail	29 Cuddle up and read books together	30/31 Have lunch as a picnic this weekend, either at the park or on your living room floor

THIS MONTH'S THEME:

Finding time to do 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 July.

Craft Items:

paint
paper
butcher or art paper
markers
sidewalk chalk
paintbrush
scissors
ribbon
yarn or string
straws

Kitchen Items:

baking sheet or tray
water
dish soap
paper plates
plastic or paper cups
canning lids
measuring cups, spoons

Pantry Items:

whole milk
lemons
food coloring

Around the House:

bucket
tub
toy trucks
toy hammer
blocks
yellow objects
shaving cream
Q-tips
sticky notes

From the Outdoors:

sidewalk
dirt
various nature objects
large stick

Other:

clear contact paper
golf tees or toothpicks
shovel



27

Monday: Head outside and use nature to make art! Create a caterpillar with rocks, or a letters with various objects from nature.

nature

28

Tuesday: Make a ring toss! Cut the centers out of paper plates to make rings. Write the letters of their name on the bottoms of the cups. Toss the plates to ring the letters of their name.

*paper cups
markers
paper plates
scissors*

29

Wednesday: Draw squiggly lines of chalk on the sidewalk, paint them with water to erase them.

*sidewalk chalk
house paintbrushes
sidewalk
water*

30

Thursday: Go on a scavenger hunt around the yard to explore textures. Can you find something that's bumpy?

*nature
bucket or basket
(optional)*

1

Friday: Go for a walk and jump over all the cracks.

2/3

Over the Weekend: Take a closer look at your normal schedule and fill out the 'Finding Time' sheet.

Click [here](http://room.handsonaswegrow.com/wp-content/uploads/2016/05/Finding-Time-sheet.pdf) to download the Finding Time sheet, or go to:
<http://room.handsonaswegrow.com/wp-content/uploads/2016/05/Finding-Time-sheet.pdf>

THIS MONTH'S THEME: Finding time to do activities.



4

Monday: Cut the end of a straw into 1/2 inch strips and flare them out. Dip the ends into paint and create fireworks on paper!

*paint
paper
scissors
straws*

5

Tuesday: Write letters on sticky notes and place them around the house (under and on top of the dining room table and chairs works great). Name a letter then stomp it! Repeat!

*sticky notes
markers*

6

Wednesday: Squirt shaving cream on a baking sheet. Write letters and numbers or make shapes with your fingers.

*shaving cream
baking sheet or tray*

7

Thursday: Snip straws into pieces. This is fantastic cutting practice. Straws are easy to cut, so its great for beginners.

*straws
scissors*

8

Friday: Play a game of ball as a family.

9/10

Over the Weekend: Observe times that you find yourself at your wits end or you have some down time. Decide if there's an activity you can do to help out, either to keep kids busy or to give them more attention.

Click [here](http://room.handsonaswegrow.com/wp-content/uploads/2016/06/When-Things-Get-Crazy-Sheet.pdf) to download the *When Things Get Crazy* sheet, or go to:
<http://room.handsonaswegrow.com/wp-content/uploads/2016/06/When-Things-Get-Crazy-Sheet.pdf>

THIS MONTH'S THEME: Finding time to do activities.



- 11** **Monday:** Use Q-tips, instead of a paintbrush, to paint a masterpiece.
*q-tips
paper
paint*

- 12** **Tuesday:** Add fresh lemons to water and add other objects of the color yellow for a sensory experience. They will love all the stirring, pouring and squeezing of the different elements!
*tub
water
lemons
yellow objects
measuring scoops and spoons*

- 13** **Wednesday:** Draw a maze of numbers in a grid pattern on the sidewalk. Walk through it, counting as you go!
*sidewalk chalk
sidewalk or pavement*

- 14** **Thursday:** Roll out a tube of play dough and pound golf tees into it using a toy hammer.
*play dough
toy hammer
golf tees or toothpicks*

- 15** **Friday:** Go on a family walk/hike in nature.

- 16/17** **Over the Weekend:** Reflect on your family's routines. What must happen to make your days run smoother? What can you do for yourself?

Click [here](http://room.handsonaswegrow.com/wp-content/uploads/2016/06/Creating-Our-Family-Routines-Sheet.pdf) to download the *Creating Our Family's Routine* sheet, or go to:
<http://room.handsonaswegrow.com/wp-content/uploads/2016/06/Creating-Our-Family-Routines-Sheet.pdf>

THIS MONTH'S THEME: Finding time to do activities.



18

Monday: Trace canning lids on a piece of contact paper. Lay the contact paper out, sticky side up and stick nature objects in the circles. Top with another piece of contact paper and cut out. Push cut outs into canning jar lids and tie to a long stick, and hang.

*contact paper
canning jar lids
flowers/leaves/nature
yarn or other string
large stick*



19

Tuesday: Have a water play day! Set out tubs of water with some scoops to transfer water back and forth. Add color to the water if you'd like.

*tubs or buckets
water
food coloring (optional)
scoops, spoons,
measuring cups, etc.*



20

Wednesday: Experiment with milk and food coloring. Dip a cotton swab in dish soap and hold it in the milk. Watch it swirl!

*shallow dish
whole milk
food coloring
cotton swab (q-tip)
dish soap*



21

Thursday: Mix some dish soap in with paint on a flat tray. Drive trucks through the paint and paint big by pushing them on the sidewalk!

*washable paint
dish soap
tray
toy trucks
sidewalk or pavement*



22

Friday: Crank up the music and be an air band.



23/24

Over the Weekend: Carve out a time to play a board game together this weekend.

THIS MONTH'S THEME: Finding time to do activities.



- 25** **Monday:** Dip ribbon in paint and throw it on pieces of paper to create an abstract painting.
*ribbons
paint
butcher paper*

- 26** **Tuesday:** Make several columns on a long sheet of butcher paper. Draw the shape of the blocks you have at the bottom of each column. Sort blocks and 'stack' in each column to graph them.
*butcher paper
marker or tape
blocks*

- 27** **Wednesday:** Dig in the dirt! Grab a shovel, some buckets, and some gloves. Dump the dirt, move the buckets around, and enjoy getting dirty. Add in a little water for some fun with mud.
*dirt
shovel or other scoop
buckets
gloves (optional)
water (optional)*

- 28** **Thursday:** Mix up a batch of bubbles in a bucket with dish soap and water. Add kitchen utensils to play with!
*tub or bucket
dish soap
water
kitchen utensils*

- 29** **Friday:** Cuddle up and read books together.

- 30/31** **Over the Weekend:** Have lunch as a picnic this weekend - either at the park or on your living room floor.

THIS MONTH'S THEME: Finding time to do activities.



Earth Art

*Supplies:
nature*

1

Go outside and collect various objects from nature: rocks, leaves, pine cones, dandelions, sticks, etc.

2

Get creative and see what you can make from the objects!

3

Can you create a caterpillar with rocks? A face? Letters to spell something? Try it!



Tips:

Ask your child what is it they're creating, instead of guessing. This will give them an opportunity to talk about their design.

Create along side your child so they can see the possibilities to create.

Older kids can write their name with nature, or numbers or letters.

Challenge older kids to create a design using only 10 pieces of nature, or more specifically, 10 rocks (for example).



Name Ring Toss

Supplies:

- paper cups
- markers
- paper plates
- scissors

1

Cut the centers out of paper plates to make rings.

2

Write a letter on each cup to spell your child's name. Line up the cups.

3

Toss the plates to ring the letters of their name.



Tips:

If you don't have cups, you can also use small objects. Can you find an object that starts with every letter of their name?

Instead of their name, work on numbers, or letters, or shapes! Anything can be written on those cups.

No paper plates? Make rings out of pipe cleaners. Just make sure they're big enough to get around the cup!



Trace Squiggly Lines

Supplies:

- sidewalk chalk*
- house paintbrushes*
- sidewalk (pavement)*
- water*

1

Draw a bunch of lines on the sidewalk in sidewalk chalk. Criss-cross them, squiggle them all over!

2

Gather a tub of water and real paintbrushes.

3

Paint over the lines to trace them (and erase them)!



Tips:

For multiple kids, use a different color for each child.

Draw shorter lines for younger kids so they will finish and feel confident.

Have an older kid help draw the lines!



Texture Scavenger Hunt

Supplies:

nature

bucket or basket (optional)

1

Explore what's in your own backyard!

2

Find something rough? smooth? pokey? prickly? and so on.

3

Once an object is found, describe it!



Tips:

For multiple kids, an older kid can take charge of describing a texture.

Younger kids? Show an example when you describe the texture. See this rock? It's smooth. Can you find something else that's smooth?

No backyard? No worries! Try it at the playground, or even indoors!



Create Fireworks with Straws

Supplies:

- paint
- paper
- scissors
- straws

1

Cut the ends of straws to make several strips about 1/2 inch into the end of the straw.

2

Flare out the ends of the straws.

3

Dip ends into paint and stamp onto paper to create fireworks!



Tips:

Use several straws for different colors of paint, so they don't mix.

Older kids may like to help cut the straws to make their fireworks unique to them.

Talk about fireworks you've seen, or are going to see, and all the colors they might be.



Obstacle Course

Supplies:
sticky notes
markers

1

Write letters on sticky notes and stick them on things around the house (such as on top of and under the table and chairs).

2

Have your child name the letter and stomp on it.

3

From there, name a letter close by and stomp on it, and so on.



Tips:

What makes this an obstacle course is where you place the sticky notes. Make it hard to get to, and let them break the rules.

Place the sticky notes close enough together that your child can step from one to another, but far enough apart that it's a stretch.

You can do this with anything your child is learning, whether it's letters, numbers, math facts, sight words, or shapes! Try it!



Shaving Cream Letters

Supplies:

*baking sheet or tray
shaving cream*

1

Squirt a large amount of shaving cream on a tray or baking sheet.

2

Have your child spread it out and use their fingers to write numbers.

3

Erase the number away by swiping your hand across it and start again!



Tips:

Anything can be written in the shaving cream: letters, numbers, sight words, math problems and so on!

No shaving cream? Try whip cream, or finger paint!

Keep the mess to a minimum by putting down a towel or shower curtain first.



Snipping Straws

Supplies:

straws

scissors

1

Lay out your supplies: straws and scissors.

2

Have your child snip the straws into pieces using the scissors.

3

Keep going!



Tips:

For older kids, you may want to challenge them by asking them to cut the straw into “6 pieces” or “3 pieces”.

An adult may need to hold the straw for younger kids to cut.

Turn this into a craft and thread the straw ‘beads’ onto string or ribbon to make a necklace.



Q-Tip Masterpiece

Supplies:

- q-tips*
- paper*
- paint*

1

Set out a piece of paper along with Q-tips and paint.

2

Dip the Q-tips in the paint and use it just like you would a paintbrush.

3

Paint a masterpiece!



Tips:

This is about the process and definitely not the end product. Let them explore.

What ways can you paint with it? Draw with the tip? Roll it on its side? Make dots?

Save their masterpiece! Hang it on the fridge, and take a photo of it for keeps. Your child will feel special.



Lemonade Sensory Play

Supplies:

tub

water

lemons

yellow objects

measuring scoops and spoons

1

Fill tub half full of water.

2

Add slices of lemons and other objects to water.

3

Play! Stir, pour and transfer the water, squeeze lemons and enjoy!



Tips:

Adding the touch of real lemons makes this so much fun for kids to smell!

What do you have that's yellow? Kitchen utensils, hard plastic toys, or check for yellow flowers in the garden!

Include objects to scoop and pour (even if they're not yellow) for fun pouring and moving the water back and forth.



123 Counting Maze

Supplies:

*sidewalk or pavement
sidewalk chalk*

1

Draw a grid on the sidewalk with chalk.

2

Fill in grid with numbers 1-20 (or as far as you'd like to go) from a starting point (1) to an end (20) in a path like a maze. Fill in with random numbers around it.

3

Have child walk through the maze counting from 1-20 in the correct order.



Tips:

Add trucks or a tricycle to the mix to drive through the maze!

Make this easier for younger kids by only making the path of numbers and not filling in around it. Count with them as they walk through their 'maze'.

For older kids, leave a grid space blank for them to fill in with the correct number. What should be next?



Hammer Golf Tees

Supplies:

*play dough
toy hammer
golf tees or toothpicks*

1

Roll a thick tube of play dough and place on the table.

2

Poke a couple golf tees in the play dough to show what to do.

3

Set out golf tees and a toy hammer to pound them into the play dough!



Tips:

You can also do this with a piece of Styrofoam instead of play dough!

Add a fun element of using a real hammer! The kids will love using a real tool.

You can also use toothpicks instead of golf tees. They're just smaller and slightly harder to hit.



Nature Wind Chimes

Supplies:

- contact paper*
- canning jar lids*
- flowers/leaves/nature*
- yarn or other string*
- large stick*

1

Trace canning jar lids onto a piece of contact paper. Remove sticky side and tape to a surface, sticky side up.

2

Stick piece of nature on contact paper to fill the circles. Add another piece of contact paper on top, and cut out the circles.

3

Push the cutouts into the canning jar lids to make suncatcher. Tie around the lids and tie the other end to a stick. Hang on the porch or patio to see!



Tips:

Go on a hunt to collect nature items, it can be an activity itself!

Toddlers can enjoy sticking the nature to the contact paper, but cutting out the circles will be best for adults, or older kids to do.

If the contact paper circles don't fit tightly in the canning jar lids, you can tape them in place.



Water Transfer

Supplies:

tubs or buckets

water

food coloring (optional)

scoops, spoons, measuring cups, etc

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.



Magic Milk Experiment

Supplies:

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

1

Pour whole milk into a shallow dish to generously cover the bottom.

2

Drop several drops of different colors of food coloring in the milk.

3

Dip a cotton swab in dish soap and stick it in the milk to watch it swirl around.



Tips:

The thicker the 'cream' the better. If you have cream, that works even better than whole milk. Skim milk won't work as good.

Try only two primary colors of food coloring to see what color it makes when they swirl together.

No Q-tip? Use anything with a small end (craft stick, pipe cleaner, pencil) or just drop a single drop of dish soap from the bottle.



Big Truck Painting

Supplies:

washable paint

dish soap

tray

toy trucks

sidewalk or pavement

1

Mix a dab of dish soap with paint on a flat tray.

2

Drive trucks through the paint on the tray to cover the wheels.

3

Push the trucks on the sidewalk to leave track marks!



Tips:

Make this even bigger by riding a bike!

Be sure to hose off the paint when you're finished to prevent staining. Washable paint and the dish soap make this easier.

No trucks? Walk through the paint with bare feet and leave your own tracks behind!



Ribbon Painting

Supplies:

ribbons

paint

butcher paper

1

Lay out paper on a sidewalk, or other surface outside.

2

Dip ribbon in paint and throw in onto the paper. Pick up the ribbon and throw it again!

3

Repeat as much as desired!

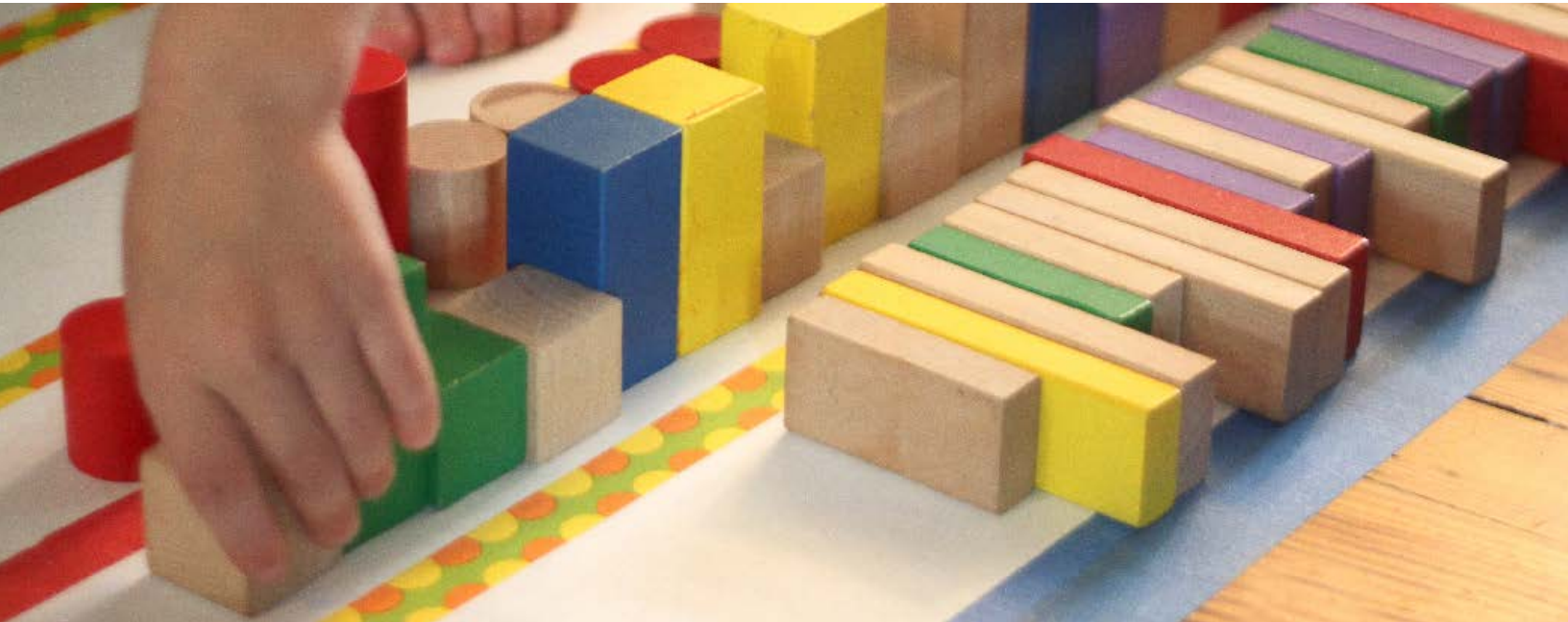


Tips:

No butcher paper? Tape several sheets of paper together during the painting process. Separate them and hang as individual art pieces!

Kids don't want to throw? Have them drip the ribbon in paint and drag it around on the paper while standing above it!

You can make your own paint by mixing flour, water and food coloring together.



Graph Blocks

Supplies:

- butcher or art paper*
- marker or tape*
- blocks*

1

On a large piece of paper, make several columns (with tape, or with markers).

2

Draw the shape of each block to graph at the bottom of each column.

3

Sort the blocks and 'stack' them in each column to graph them.



Tips:

You may find that a single block could belong in two columns (it could have a square end, but a rectangle side), let your child decide what column it goes in.

Count the blocks when you're done graphing! Write down how many you have of each on a sheet of paper.

You can also graph by color of blocks instead of shape. Try it!



Shoveling Dirt

Supplies:

- dirt*
- shovel or other scoop*
- buckets*
- gloves (optional)*
- water (optional)*

1

Grab outdoor tools to dig in the dirt, such as a shovel and buckets!

2

Fill up the buckets with dirt and dump them out! Enjoy getting dirty!

3

Add in some water to make mud (optional).



Tips:

Prepare the mess and put your child in clothes that are okay to get dirty. Hose off when you're done!

Add in pieces of nature to watch your child 'plant a garden'!

Collect dirt from around the yard and put it in a tub (older kids can help dig), or buy a bag of soil from the store.



Bubble Play

Supplies:

tub or bucket

dish soap

water

kitchen utensils

1

Squirt dish soap in a bucket and fill halfway with water.

2

Set the bucket of bubbles out along with kitchen utensils to play!

3

Have fun!



Tips:

Take this outside if at all possible, or make it an activity to do in the bath tub or sink.

Instead of adding the soap first, add it last and let your toddler mix it together to make bubbles himself.

Add favorite (hard) toys to clean them!