



1

Monday: Fill ice cube trays with paint and water, and a popsicle stick for a handle. On a hot day, remove paint-sicles and draw on paper outside as they melt.

*paint
water
ice cube trays
craft / popsicle sticks
paper
freezer*



2

Tuesday: Write their name on a piece of paper in highlighter. Then trace over it with pencil. Trace over that with glue. Trace over that with yarn!

*paper
pencil
highlighter
glue
yarn or string
scissors*



3

Wednesday: Place two paper plates on the floor. Step on them and skate around the house!

paper plates



4

Thursday: Build some block towers for your kids. Take pictures and have them recreate your buildings.

*ipad / phone / camera
blocks*



5

Friday: Look through photo albums (print or digital) together and name all the people you know.

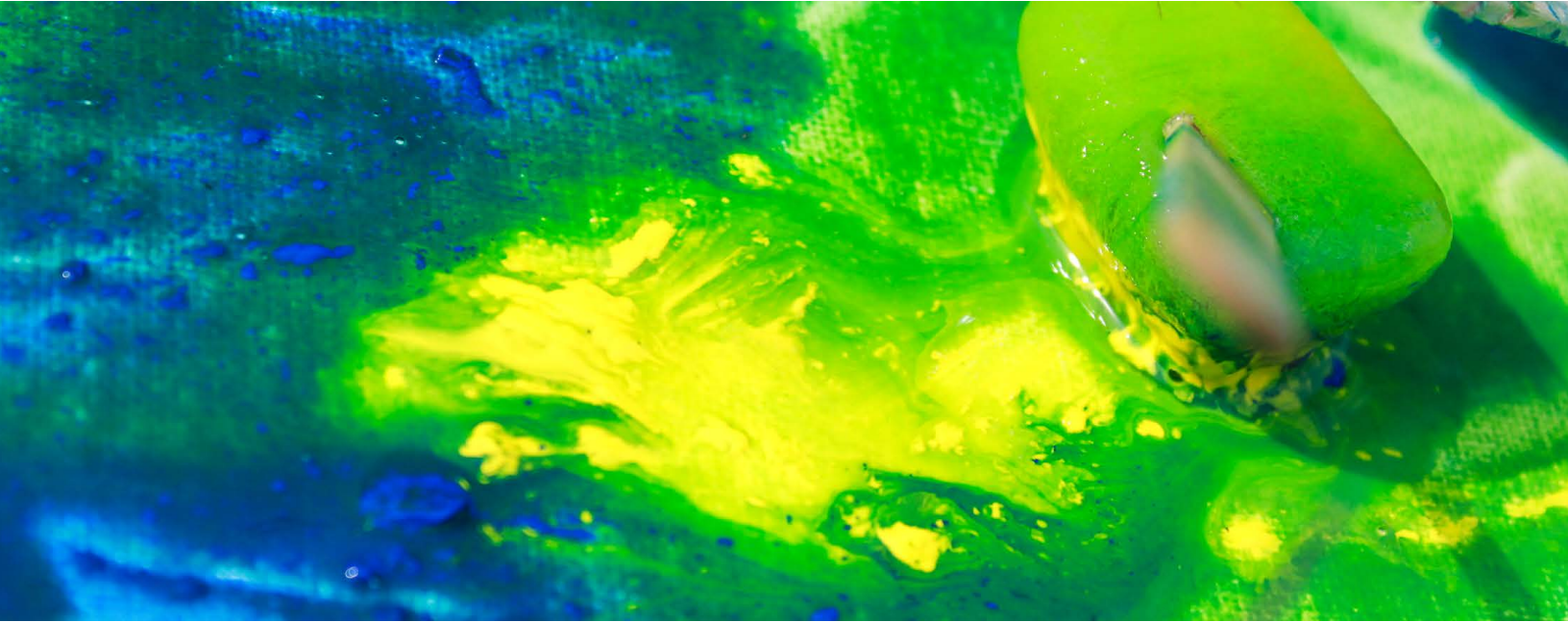


6/7

Over the Weekend: Print off the “Screen Time Rules” sheet and discuss it with the family over the weekend and through the week.

Click [here](http://room.handsonaswegrow.com/wp-content/uploads/2016/06/family-tech-contract-guide-11.pdf) to download the Screen Time Rules sheet, or go to:
<http://room.handsonaswegrow.com/wp-content/uploads/2016/06/family-tech-contract-guide-11.pdf>

THIS MONTH'S THEME: Finding balance with screen time.



Frozen Painting

Supplies:

- paint
- water
- ice cube trays
- craft / popsicle sticks
- paper
- freezer

1

Ahead of time, fill an ice cube tray sections half with paint and top with water. Put in freezer. When they're about halfway frozen, stick popsicle sticks in each section. Freeze until hard.

2

Remove a couple paint-sicles

3

On a hot day, draw on paper with the paint-sicles as it melts in the warm sun.



Tips:

Take the frozen paint-sicles out for a little while before calling your child over to paint. Let the heat start melting them so that it will be ready to paint right away!

You can make these with water and food coloring too (or just a little paint), the paint just won't be as vibrant.

Only bring out 2 or 3 paint-sicles at a time, they'll last a while and you'll have plenty for fun later on.



Triple Name Tracing

Supplies:

- paper
- pencil
- highlighter
- glue
- yarn or string
- scissors

1

Write your child's name on a piece of paper with a highlighter.

2

Have your child trace the highlighter with a pencil.

3

Trace over it again with glue and stick yarn pieces to the glue.



Tips:

Holding and cutting the yarn can be difficult to maneuver. Help your child by holding the yarn in place while they cut.

For kids that find it difficult you can pre-cut the yarn to the right length for each letter.

Instead of glue and yarn, you could try small stickers instead! Or try gluing on sand instead of the yarn.



Paper Plate Skating

Supplies:
paper plates

- 1 Place two paper plates on the floor (for each kid).
- 2 Step on them.
- 3 Slide them to skate around the house.

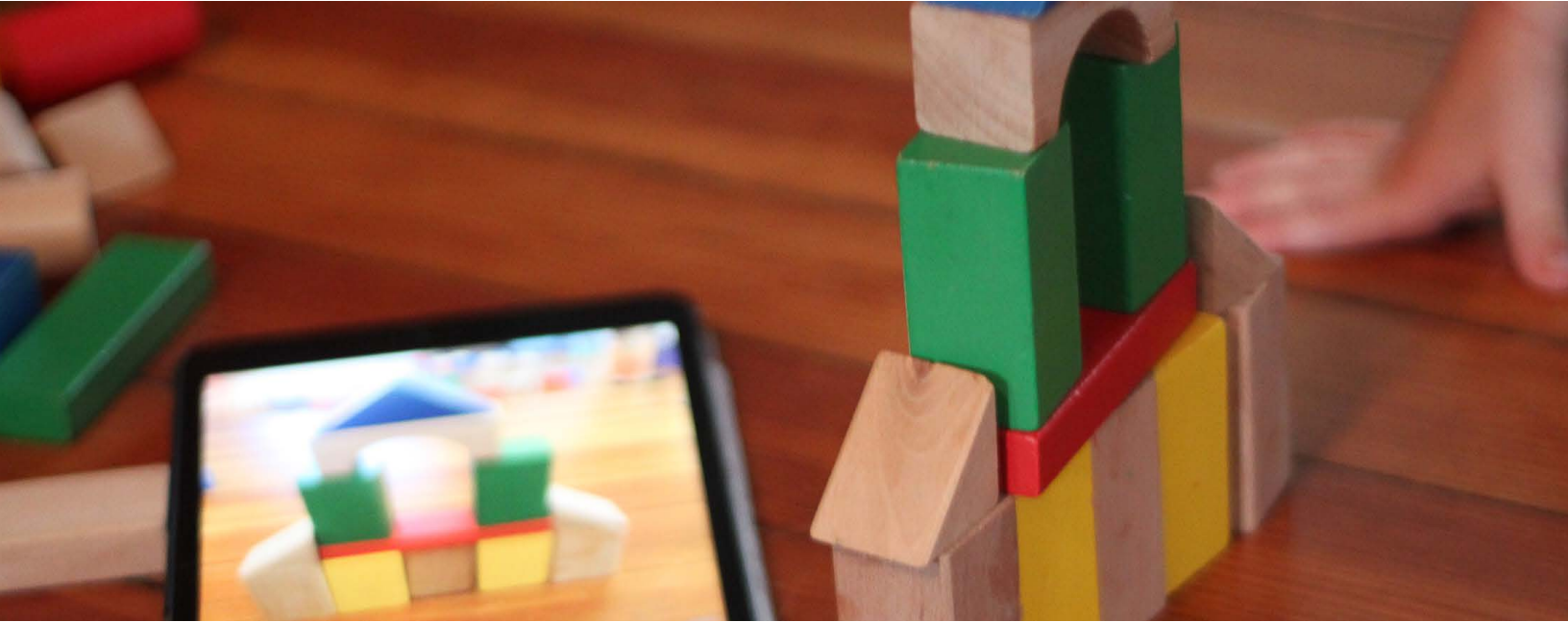


Tips:

Bare feet work better than stocking feet (they won't slide on the paper plate as much).

If kids are struggling to keep their feet on the plate you can tape around their feet onto the plate.

Make a course to follow and race through. Add obstacles to go around like a slalom.



Match the Tower Photo

Supplies:

*ipad / phone / camera
blocks*

1

Ahead of time, build several different (simple) towers with blocks.

2

Snap a photo of each built tower.

3

Show the photo to your child to replicate with the same blocks.



Tips:

Towers can be made with just 3-5 blocks for younger kids, and more complicated for older kids.

When taking photos, be sure to take it at an angle that your child can see all the blocks.

Older kids can also be the ones making the towers to begin with to have younger kids replicate, or vice versa.