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Monday: Create your own spray chalk with equal parts baking soda, corn starch and warm water. Add food coloring. Create colorful art on a hanging white sheet!

*baking soda
corn starch
water
food coloring
spray bottles
white sheet (optional)*

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Tuesday: Mix 3 tablespoons corn syrup for every 1 cup of dish soap in a dish. Use a straw to blow and create bubbles in the dish.

*corn syrup
dish soap
straws
dish or small tray*

10

Wednesday: Lay pillows and cushions on the floor in a line. Attempt to walk across them!

pillows and cushions

11

Thursday: Cut an object out of paper. Write in the middle “S is for Snake” or “T is for Tree” in regards to the object. Write various letters around the edge of the object. Find the letter that the object starts with and clip each with a paper clip.

*paper or card stock
scissors
marker
paper clips or
clothespins*

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Friday: Head to the library as a family and check out new books for everyone.

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Over the Weekend: Put Screen Time Rules into place. Be diligent for the next week about following your screen time rules.

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



Spray Chalk Art

Supplies:

baking soda

corn starch

water

food coloring

spray bottles

white sheet (optional)

1

Mix together equal parts baking soda, corn starch, and warm water in a dish.

2

Add food coloring to make your desired color. Put mixture in spray bottles.

3

Spray colorful designs onto a white sheet hanging in the backyard!



Tips:

Instead of spray bottles, you could also do this with cheap squirt guns.

This will thicken up over time, so make it very thin. You can also leave out the corn starch.

For kids that don't have the hand strength to squirt, try having them drip paint on a sheet, using their hands or a spoon.

Instead of spraying on a sheet, add some dish soap (for easier cleanup) to your mixture and spray on the sidewalk or a fence.



Homemade Bubble Solution

Supplies:

corn syrup

dish soap

straws

dish or small tray

1

Mix 3 tablespoons of corn syrup for every 1 cup of dish soap.

2

Using a straw, blow into the solution in the dish to create bubbles.

3

Challenge kids to see how many bubbles they can make on their trays.



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.



Walking on Pillows

Supplies:
pillows and cushions

- 1 Collect pillows and cushions from the around the house.
- 2 Lay them out on the floor in a line.
- 3 Attempt to walk, or crawl, across them without falling off.

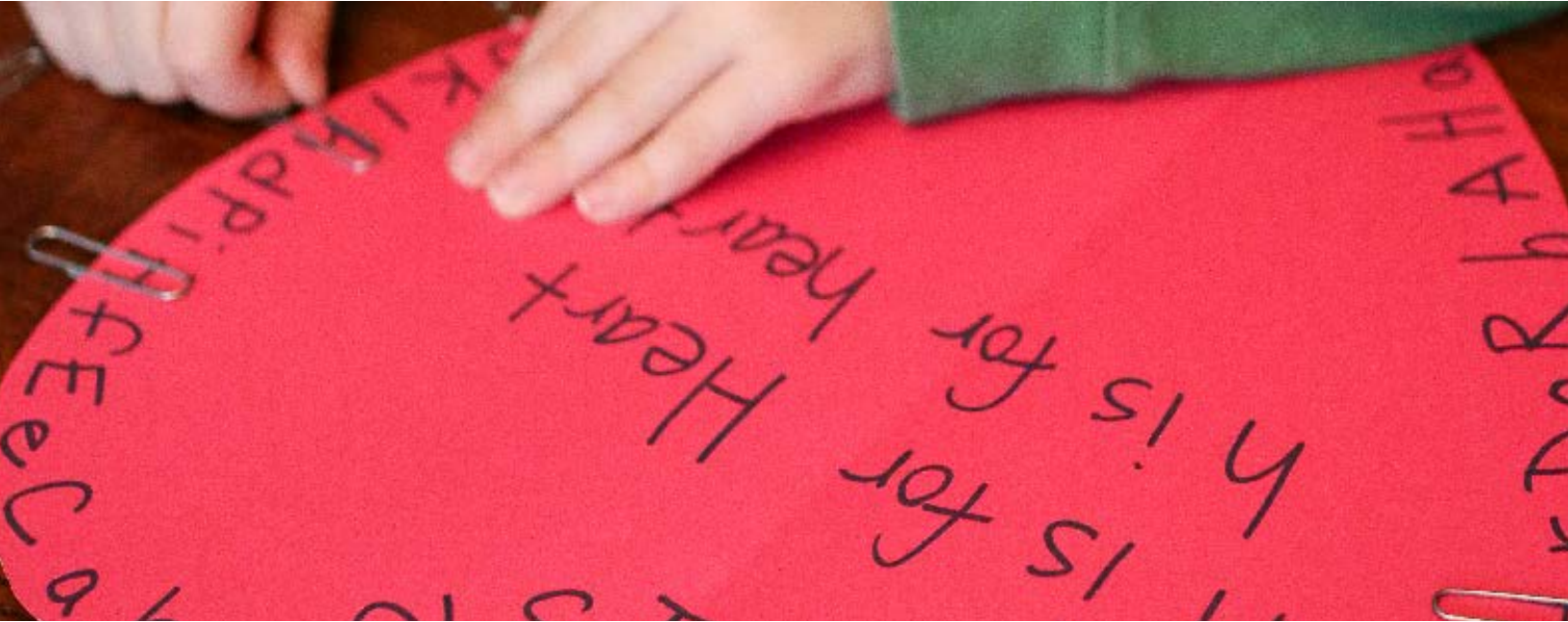


Tips:

This is a fantastic gross motor activity that works on balance and coordination.

For older kids, they can try walking backwards, hopping, or even skipping a pillow!

Younger kids may just want to crawl over the pillows and not worry about falling off them, no worries! It's still great for gross motor skills to climb over them!



Clip the Letter

Supplies:

- paper or card stock*
- scissors*
- marker*
- paper clips or clothespins*

1

Cut a shape out of paper (apple, snake, tree, heart, etc) that reflect the letter you'd like to work on (A, S, T, H, etc).

2

Write that letter several times around the edge of the shape. Fill in with other letters. Also write that letter in the middle, along with the word (A is for Apple).

3

Clip the edge of the shape with paper clips on every one of the letters that the object starts with. (Clip the letter A's.)



Tips:

Paper clips are tricky and take practice and teaching. They take a lot of fine motor control.

Clothespins are easier for younger kids and are great for strengthening hands.

Do all upper or lowercase for younger kids, or you can just do shapes on a square or circle. Mix upper and lowercase together for older kids.