



- 15** **Monday:** Have your little one use flowers instead of paintbrushes as a fun painting experience!  
*flowers  
paint  
paper*
  
- 16** **Tuesday:** 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 box  
trinkets and treasures  
newspapers*
  
- 17** **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.  
*empty juice box with  
straw  
scissors  
scrap paper  
tape*
  
- 18** **Thursday:** Create a sensory bag with hair gel in a baggy. Add other objects from nature, such as leaves and feathers, if desired. Tape it to the window to explore in the sunlight.  
*gallon size baggy  
hair gel  
nature objects  
tape*
  
- 19** **Friday:** Watch a movie together as a family.
  
- 20/21** **Over the Weekend:** Reflect back on the week and discuss with your family about the screen time rules that you made. *Do things need to be changed? Are things working? What is or isn't?* Involve the kids in this discussion to see if they see an improvement.

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



## Flower Painting

**Supplies:**

- flowers
- paint
- paper

1

Go on a hunt around the yard and pick a variety of flowers.

2

Dip the flower part in paint.

3

Use the flower like a paintbrush and paint on paper!

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**Tips:**

*Make the hunt for flowers a part of this activity! Try to find a good variety.*

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

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





## Go Dumpster Diving

**Supplies:**

large box  
trinkets and treasures  
newspapers

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.*



## Make a Floating Boat

**Supplies:**

- empty juice box with straw
- scissors
- scrap paper
- tape

1

Punch a hole in the middle of the side of an empty juice box with a knife or scissors. Stick the straw into it.

2

Cut a triangle from paper to make a sail. Tape the sail onto the straw. The bend in the straw is the peak of the sail.

3

Float the boat in a tub of water.



**Tips:**

An adult may have to do most of the boat construction, such as punching the hole and taping the sail in place.

More than likely, kids will enjoy floating their new boat more than making it.

This is great to take outside on a hot day to play in the water.





## Nature Sensory Bag

**Supplies:**

*gallon size baggy*

*hair gel*

*nature objects*

*tape*

1

Squirt hair gel into a large baggy.

2

Add other nature objects in with the gel, such as leaves or feathers.

3

Tape it to the window so the sunlight shines through it. Explore and move the pieces around inside the sensory bag.



**Tips:**

*Add enough hair gel in the baggy so that it covers the baggy when lying flat. But not too full that it can't be moved around.*

*To secure the sensory bag, you can either tape the top of the baggy shut or double bag it.*

*Young toddlers may try to bite at the baggy, please use supervision at all times.*