

ROOM



THE ACTIVITY ROOM

August's Activity Plans
for Toddlers & Preschoolers



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1 Frozen Name Painting page 9	2 Triple Name Tracing page 10	3 Paper Plate Skating page 11	4 Match the Tower Photo page 12	5 Look through photo albums (print or digital) together and name all the people you know.	6/7 Print off the "Screen Time Rules" sheet and discuss it with the family over the weekend and through the week.
8 Spray Chalk Art page 13	9 Homemade Bubble Solution page 14	10 Walk on Pillows page 15	11 Clip the letter on the _____ page 16	12 Head to the library as a family and check out new books for everyone.	13/14 Put Screen Time Rules into place. Be diligent for the next week about following your screen time rules.
15 Flower Painting page 17	16 Dumpster Diving page 18	17 Float a Boat page 19	18 Nature Sensory Bag page 20	19 Watch a movie together as a family.	20/21 Reflect back on the week and discuss with your family about the screen time rules that you made. Do things need to be changed?
22 Leaf Rubbings Match Up page 21	23 I Spy Sensory Bag page 22	24 Slide Painting page 23	25 Stack Canned Food page 24	26 Crank up the music and be an air band.	27/28 Try listening to an audiobook together to show all the uses of technology! You can rent them from your local library, or use Audible.com
29 Popsicle Airplane page 25	30 Photo Scavenger Hunt for Shapes page 26	31 What Sinks or Floats? page 27	1 Ribbons in a Bottle page 28	2 Explore a local attraction that you've never been to and learn something new!	3/4 Find the right books for you and your family.

THIS MONTH'S THEME:

Finding balance with screen time.



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 August.

Craft Items:

paint
paper
highlighter
markers
pencil
crayons
scissors
ribbon
yarn or string
tape
glue
paper clips or clothespins
craft or popsicle sticks

Kitchen Items:

water
dish or small tray
paper plates
ice cube trays
freezer
dish soap
straws

Pantry Items:

food coloring
baking soda
cornstarch
corn syrup
rice or oatmeal
canned food

Around the House:

clear tub or bucket
toys
spray bottles
white sheets
newspapers
trinkets and treasures
pillows and cushions

From the Outdoors:

various nature objects
leaves
flowers

Other:

iPad / camera / phone
large box
empty juice box with straw
narrow neck bottle
hair gel
slide



- 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.



8

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)*

9

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*

12

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

13/14

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.



- 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.



22

Monday: Find various pairs of leaves in nature. Tape one of each leaf on the back of a piece of paper. Rub crayons over front side of the paper to show the leaf! Match the remaining leaf to the crayon rubbings.

*leaves from nature
crayons
white paper
tape*

23

Tuesday: Write letters, words, shapes or notes on a piece of paper and put in a large baggy. Add rice on top of the paper. Let the kids 'spy' the letters through the rice.

*paper
marker or pen
gallon-size baggy
rice or oatmeal*

24

Wednesday: Add a few drops of water to regular paint and place paper going down a slide. Have your child create art as they pour the paint down a slide!

*paint
water
paper
slide*

25

Thursday: Use canned foods from the pantry as blocks to stack towers!

canned food

26

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

27/28

Over the Weekend: Try listening to an audiobook together to show all the uses of technology! You can rent them from your local library, or use [Audible.com](https://www.audible.com).

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



29

Monday: Glue two Popsicle sticks together in a cross and draw an airplane design on the top. A simple airplane for your child to fly.

*(2) craft sticks
school glue
markers*



30

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*



31

Wednesday: What floats? Fill a tub with water. Have the kids collect toys, or nature, to see what floats and what sinks.

*clear tub or bucket
toys or nature*



1

Thursday: Push ribbons into a narrow-neck bottle and pull out again.

*ribbons
narrow-neck bottle*



2

Friday: Explore a local attraction that you've never been to and learn something new!

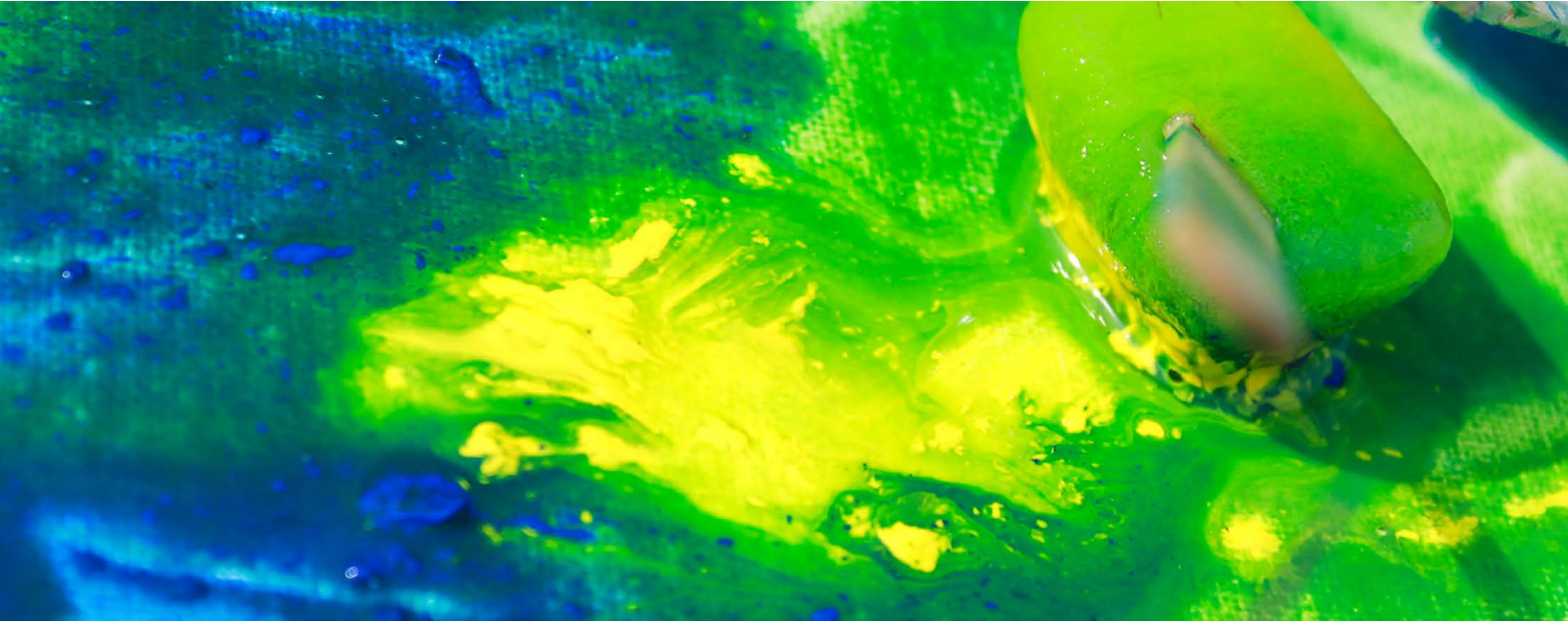


3/4

Over the Weekend: Find the right books for you and your family.

Click [here](http://room.handsonaswegrow.com/monthly-theme/reading/) to download the the book lists, or go to:
<http://room.handsonaswegrow.com/monthly-theme/reading/>

THIS MONTH'S THEME: Make reading a top priority.



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.

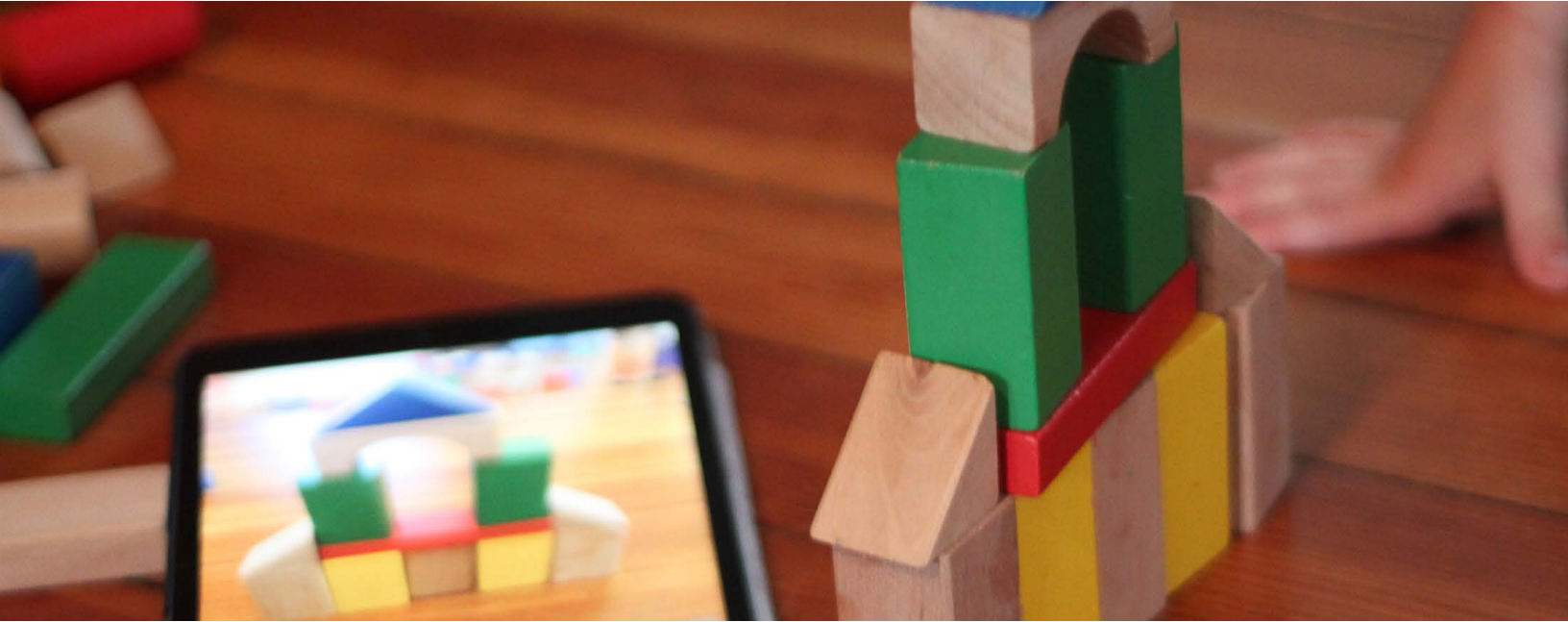


Tips:

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.



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.

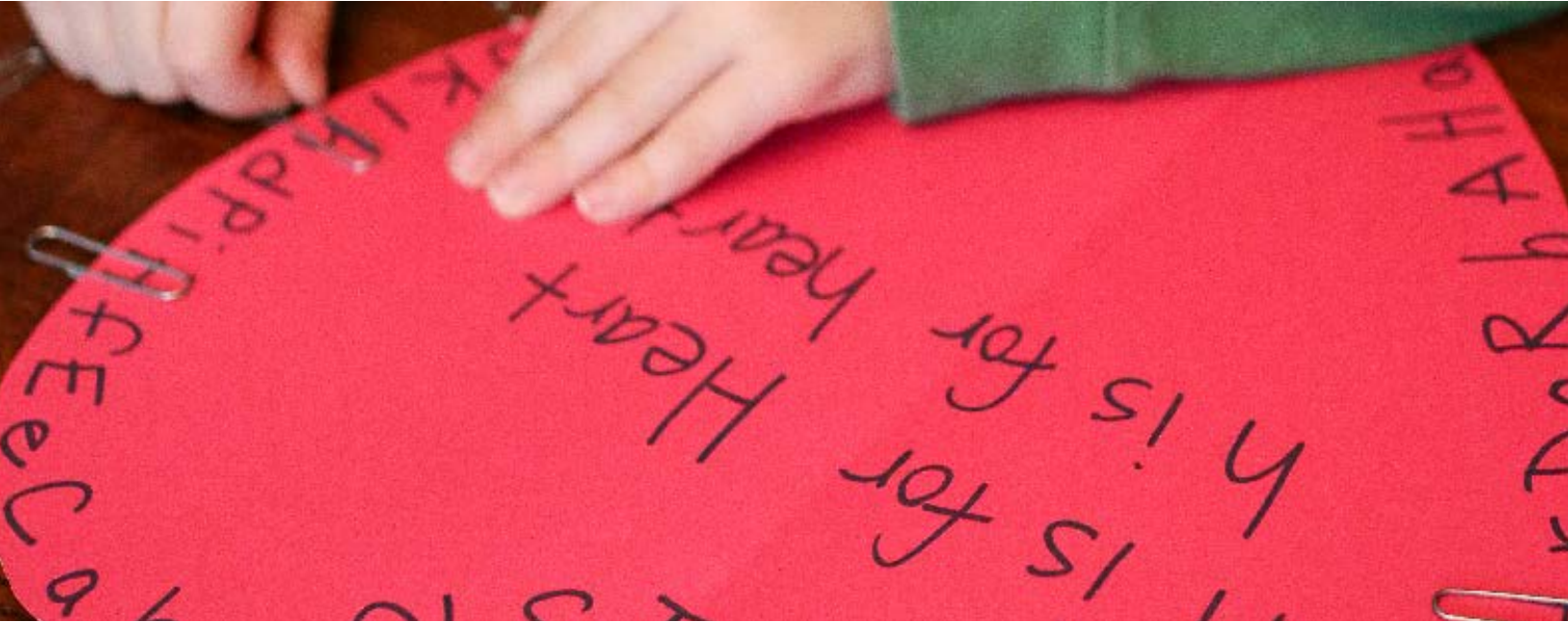


Tips:

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.



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!

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.



Match Leaf Rubbings

Supplies:

- leaves from nature
- crayons
- white paper
- tape

1

Go on a hunt around the backyard to find pairs of leaves. Get two of each.

2

Tape one of each of those leaves onto a piece of paper. Flip it over.

3

Rub crayons over the paper to reveal the leaf. Match up the remaining leaf with the crayon rubbing leaf.



Tips:

Make the hunt for nature an activity in itself! Maybe you find one leaf and have your child try to find it too.

Peel the crayon to use the side when creating the leaf rubbings.

When looking for the leaves, look for different textures and shapes of leaves.



I Spy Baggy

Supplies:

- paper*
- marker or pen*
- gallon size baggy*
- rice or oatmeal*

1

Write letters, words, shapes or notes on a piece of paper. Write the same on a paper as a list to find (a legend).

2

Slip the piece of paper into a clear baggy. Add rice to the baggy (on top of the paper).

3

Spy the notes through the rice. Cross off each item on the list as you find it.



Tips:

Rice too easy to move around? Add shaving cream to a second baggy and slip inside the other baggy. Slip the paper behind the baggy, inside.

Younger kids can simply match a shape to a shape, or a sticker to a sticker.

Older kids can match equations to their answers, upper to lowercase letters, or numbers to their corresponding number of dots.



Slide Painting

Supplies:

paint
water
paper
slide

1

Put a piece of paper to cover the slide.

2

Add a few drops of water to paint to water it down a bit.

3

At the top of the slide, pour the paint down the paper/slide to create a masterpiece.



Tips:

You can also add a ball, dip it in the paint and let it roll down.

To make the activity last longer, only give your child small cups of paint each time to dump, so its not dumped all in one go.

Older kids can mix different thicknesses of paint (add corn starch to make it thicker), and compare how fast they run down the slide.



Canned Food Blocks

Supplies:
canned food

1

Bring out as many canned foods as you have from the pantry to use as blocks!

2

Stack up the cans as best you can, making towers, or walls.

3

Knock 'em down and start again!



Tips:

Canned foods come in all sizes. This is a great opportunity for older kids to sort and stack them by size.

Do this on the floor and preferably on a soft surface (carpet or a rug). If the canned food falls down then it won't have far to fall and won't hurt little toes as much.

If you're worried about smashing little toes, have your child put on a pair of shoes first.



Popsicle Airplane

Supplies:

- (2) craft sticks
- school glue
- markers

1

Glue two craft sticks together in a cross and let dry.

2

Draw on the craft sticks to make it look like an airplane

3

Pretend play and fly it around!



Tips:

Older kids can decorate their airplane to their desire (get the paint out, markers, etc). Younger kids will need your help.

Talk about what airplanes do and what kind of people fly in them. Who's the one flying it? Where do people go (on vacation, to work, to see family)?

Don't overthink this one, let your child's imagination fly.



Shape Photo Hunt

Supplies:

camera or iPad

1

Take a moment and go around the house or backyard and look for different shapes (triangle, circle, square, rectangle).

2

Snap photos of those shapes with your iPad or camera.

3

Hand over those photos (in digital or print form) to your child and go on a hunt to find them.



Tips:

When taking the photos, try to get in really close to the object. This way the surroundings can't be used as clues.

Add in a fun element of having your child take a photo of it too.

For triangles, look at tires (the spokes or hub caps), circles can be lids, wheels and so many things. Bricks are rectangles, so are tiles. Tiles can also be squares!



What Floats Experiment

Supplies:

clear tub or bucket
toys or nature

1

Fill a shallow tub 3/4 full of water.

2

Collect toys that are waterproof, or even pieces of nature.

3

Make a guess if each object will sink or float and then test to see!



Tips:

Collecting the toys can be part of the fun. Go on a hunt for just the right ones.

Be sure to collect some toys that will sink. Many waterproof toys are meant to float. So add in a sponge, a rock, or a spoon to make sure something sinks.

Older kids can chart their findings! On a paper, make a chart with two columns for sink and float and draw pictures of (or write) the objects under their corresponding column.



Ribbons in a Bottle

Supplies:

ribbons

narrow-neck bottle

1

Set out several scrap pieces of ribbon of different lengths, along with a narrow-neck bottle.

2

Push the pieces of ribbon into the opening of the bottle.

3

Shake the ribbons to come out and use fingers to pull them out. Repeat.



Tips:

Add a spark of fun to it with a simple spoon, or craft stick to push the ribbons down through the neck of the bottle.

Older kids can first measure and sort the length of the ribbons. Short and long piles, or a lineup of shortest to longest.

What else could you find to put in the bottle and dump out? Try it!