

# ROOM



# THE ACTIVITY ROOM

October's Activity Plans  
*for* Toddlers & Preschoolers



Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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### THIS MONTH'S THEME:

Learning to let go.



### ***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 October.

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#### **Craft Items:**

*butcher or art paper*  
*various types of paper*  
*orange cardstock*  
*green scrap paper*  
*white cardstock*  
*marker*  
*pencil*  
*drawing utensils*  
*paint*  
*scissors*  
*tape*  
*school glue*  
*googly eyes*  
*yarn or string*  
*hole punch*  
*cardboard tubes*  
*pom poms*  
*pipe cleaners*  
*beads*  
*craft sticks*  
*colored craft sticks*

#### **Kitchen Items:**

*kitchen tongs*  
*kitchen utensils*  
*knife*  
*measuring cups, spoons, etc*  
*clear jar*  
*muffin tin*  
*bowl*  
*straws (optional)*

#### **Pantry Items:**

*water*  
*cooked spaghetti*  
*dry pasta*  
*potatoes*  
*vegetable oil*  
*food coloring*

#### **Around the House:**

*plastic bottle with lid*  
*plastic bottles*  
*narrow neck bottle*  
*painter's tape*  
*newspaper*  
*tub or bucket*  
*books*  
*fly swatter*  
*ball*  
*blocks*  
*toys*

#### **Other:**

*deck of cards*  
*alka seltzer tablets*



26

**Monday:** Create a sticky spider web with tape across an open doorway. Throw balled-up newspapers to stick to it!

*painter's tape  
newspaper*



27

**Tuesday:** Tape one of each number card from a deck of cards to a wall (remove J, Q, K, A). Put tape on the rest of the number cards. Set out to find matches to the numbers on the wall.

*deck of cards  
tape*



28

**Wednesday:** Play with blocks. When you're done, hand over kitchen tongs for clean up time.

*kitchen tongs  
blocks*



29

**Thursday:** Build and create with crafts sticks and glue.

*colored craft sticks  
school glue*



30

**Friday:** Watch a movie together as a family.



1/2

**Over the Weekend:** Create a creation station to focus on the process of creating. Set out supplies that you feel are 'safe' for your child to use without your guidance. And just see what happens. Items to maybe set out: paint, paintbrushes, sponges, paper, construction paper, scissors, stickers, markers and crayons, pom poms, and glue.

Click [here](http://room.handsonaswegrow.com/wp-content/uploads/2016/08/creation-station.pdf) to download and fill out the "Creation Station" sheet or go to:  
<http://room.handsonaswegrow.com/wp-content/uploads/2016/08/creation-station.pdf>

**THIS MONTH'S THEME:** Learning to let go.

**3**

**Monday:** Trace favorite toys on butcher paper. Put them away. Search for the toy that matches the outline!

*toys  
marker  
butcher or art paper*

**4**

**Tuesday:** Stick craft sticks into a narrow neck bottle and shake them out again. Repeat!

*craft sticks  
narrow neck bottle*

**5**

**Wednesday:** Make an yarn monster by dipping various colors of yarn in glue and covering the bottom of a muffin tin, let dry. Glue on a googly eye. Hang in a window to enjoy!

*yarn  
glue  
water  
muffin tin  
bowl  
scissors  
googly eyes*

**6**

**Thursday:** Cut various shapes (two or three of each) from paper. Hang just high enough out of reach in a doorway using yarn and tape. Jump and grab the matching shapes.

*paper  
scissors  
tape  
yarn or string*

**7**

**Friday:** Learn what every family member's favorite color is today.

**8/9**

**Over the Weekend:** Try a messy activity but don't fret the mess. Make cleanup part of the fun! If the daunting task of cleaning up stops you in your tracks — Get the kids involved in cleanup! What can they do to help? Can they wash off the supplies? Can they vacuum it up?

**THIS MONTH'S THEME:** Learning to let go.



10

**Monday:** Draw a large spiral on a piece of white cardstock and cut along the line. Draw a ghost face in the center of the spiral and punch a hole above it. Thread a string through to hang.

*white cardstock  
marker  
pencil  
hole punch  
string or yarn*



11

**Tuesday:** Tape cardboard tubes (toilet paper, paper towels) to a wall or the fridge. Drop pom poms through to fall into a tub at the bottom.

*cardboard tubes  
pom poms  
painter's tape*



12

**Wednesday:** Have kids walk along straight, curvy and zig zag lines of tape on the floor, or blow pom poms along them.

*painter's tape  
pom poms (optional)  
straws (optional)*



13

**Thursday:** Pour dry pasta into a tub to explore with measuring cups and spoons. Include an empty bottle or two to fill and pour between. Shake it to listen to the sounds.

*dry pasta  
tub  
measuring cups, spoons,  
etc  
plastic bottle with lid*



14

**Friday:** Chase each other's shadows while on a walk. Don't let another step on your shadow!



15/16

**Over the Weekend:** Try a big art activity and get messy and creative!

Find ideas [here](#) or go to: <http://handsonaswegrow.com/summer-art-projects-outside/>

**THIS MONTH'S THEME:** Learning to let go.



17

**Monday:** Cut a potato in half and carve a face in the flesh of the potato with a knife. Dip the carved potato in paint and stamp it on paper over and over again.

potatoes  
knife  
paint  
paper



18

**Tuesday:** String yarn back and forth between a hallway of chairs. Tape the letter 'S' to the backs of the chairs (beside the string). Follow the string to find all the letter S's.

string or yarn  
paper  
marker  
tape



19

**Wednesday:** Make a lava lamp. Fill a glass bottle 1/3 with water and 2/3 with oil. Add food coloring. Drop in an Alka Seltzer tablet and watch it bubble up!

clear jar  
water  
vegetable oil  
alka seltzer tablets  
food coloring



20

**Thursday:** Cut a large pumpkin out of orange cardstock. Draw a pumpkin face with marker. Write various letters around the edge of the pumpkin, with plenty of P's. Punch out the letter P's with a hole punch!

orange cardstock  
green scrap paper  
marker  
hole punch



21

**Friday:** Try Geocaching as a family.



22/23

**Over the Weekend:** Give yourself a break. Know that you are an amazing parent. No one can do it all. And just by printing off these activity plans means that your kids are lucky to have you. Make a plan to just 'start'.

**THIS MONTH'S THEME:** Learning to let go.



- 24** **Monday:** Bunch pipe cleaners together to make 8 legs of a spider. Glue pom poms onto the center to make a body and face. Thread on beads to each leg. Hang it in a window!  
*5 pipe cleaners  
beads  
pom poms  
string  
scissors*
- 25** **Tuesday:** Stand up various sizes of books in a domino line. Tip one! After they've tipped, walk across the uneven line of books.  
*books*
- 26** **Wednesday:** Give kids a large bowl full of different types of paper and let the shredding begin.  
*various types of paper*
- 27** **Thursday:** Make a path of a certain number on a long sheet of paper. Fill in a grid around it with other random numbers. Follow the number from beginning to end.  
*butcher or art paper  
marker or tape*
- 28** **Friday:** Carve or decorate pumpkins.

- 29/30** **Over the Weekend:** Don't do everything. Make plans for what's important to you and your family. Learn to say no to what you 'should' be doing, or what others think you should do. This is especially important with the holidays coming up.

Click [here](http://room.handsonaswegrow.com/wp-content/uploads/2016/08/whats-important-family.pdf) to download and fill out the "What's important to Our Family" sheet or go to: <http://room.handsonaswegrow.com/wp-content/uploads/2016/08/whats-important-family.pdf>

**THIS MONTH'S THEME:** Learning to let go.





31

**Monday:** Add food coloring and oil to leftover cooked spaghetti. Put in a tub for little hands to explore. Add kitchen utensils to “cook”.

*cooked spaghetti  
food coloring  
oil (vegetable)  
tub or bucket  
kitchen utensils*



1

**Tuesday:** Draw in an odd spot. Tape butcher paper to the back of a chair, or the floor, or under the table...

*butcher paper  
drawing utensils*



2

**Wednesday:** Write letters on a large sheet of paper, randomly. Call out a letter and swat it with a fly swatter!

*fly swatter  
marker  
butcher or art paper*



3

**Thursday:** Line up plastic bottles to go bowling! Roll a strike!

*plastic bottles  
ball*



4

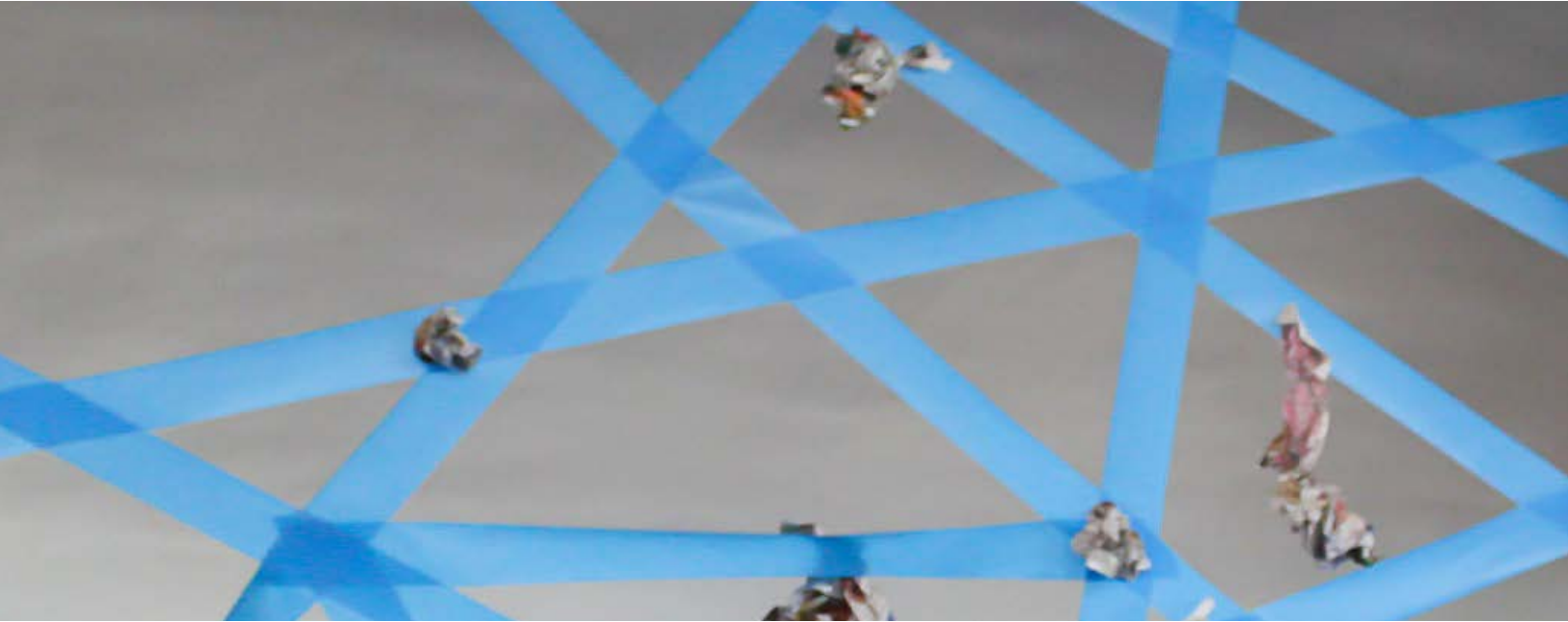
**Friday:** Go for a drive and let your child navigate the way!



5/6

**Over the Weekend:** Take a moment and brainstorm for 15-20 minutes all the things that you have going on for the rest of the year (push yourself 5 minutes longer after you think you’ve got it all). Include things like the following: What’s already scheduled for the rest of the year? What are things you did last year that you plan to do again? Include mundane tasks and chores, along with the bigger events that happen during the holiday season.

Looking forward to November: We’ll be prepping for the season.



## Sticky Spider Web

*Supplies:*

*painter's tape  
newspaper*

1

Criss-cross tape across an open doorway to make a spider web.

2

Scrunch up newspaper into balls.

3

Throw the newspaper balls into the spider web to stick to it.



*Tips:*

*Not all painter's tapes are created equal and it won't all stick the best.*

*Masking tape sticks better, just be careful of your woodwork. Instead of newspaper, try cotton balls or pom poms, or even yarn!*

*For younger kids, tape the spider web low enough so they can touch it to stick the newspaper to it instead of throwing it.*



## Number Card Slap

*Supplies:*  
deck of cards  
tape

1

Sort through a deck of cards and group them all by number.

2

Tape one of each number on the wall. Put tape on the back of the rest of the cards.

3

Pick up a card and find its match on the wall. Slap it on there to stick it on top of it.



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### *Tips:*

*I roll the tape on the back of the card. You can also just tape it on the front to hang it in place.*

*You can do this on the table too. The wall just makes it fun. Especially if you hang the cards just slightly high enough that they have to jump a tad to reach them.*

*Not quite ready to match numbers? Just sort them by colors, red and black!*



## Tongs Pickup

*Supplies:*  
kitchen tongs  
blocks

- 1 Dump out the tub of blocks and play with the blocks as normal.
- 2 When done playing, use kitchen tongs to make picking up the blocks fun!
- 3 Squeeze one block at a time in the tongs and drop it back into the tub.



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### *Tips:*

*Be aware that kitchen tongs are notorious for pinching.*

*Too simple? Pick up only one color at a time.*

*Can they grab two blocks with the tongs at one time?*





## Craft Sticks Art

### *Supplies:*

- colored craft sticks*
- school glue*

1

Set out colored craft sticks and glue for your child.

2

Add dabs of glue on the end of the craft sticks to attach to another. Keep adding to your desire.

3

Let dry completely and find a place to proudly display it!

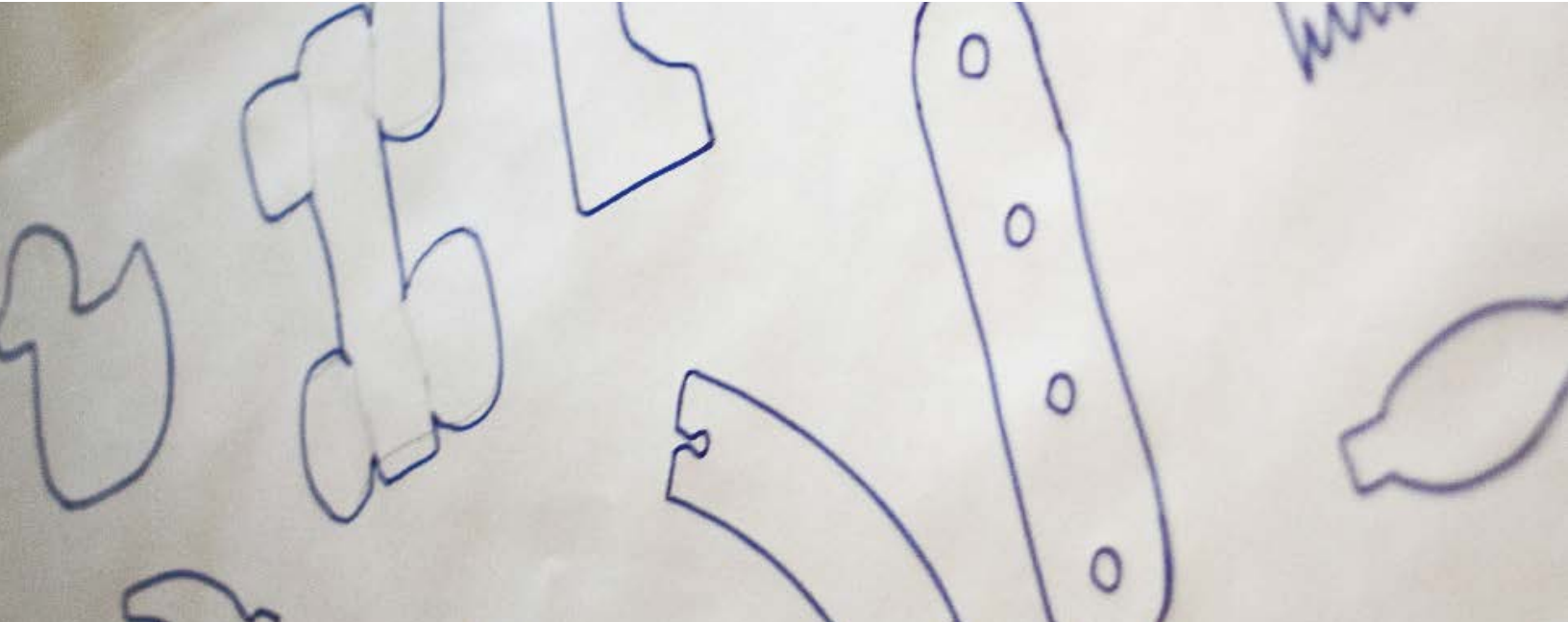


### *Tips:*

*This is all about the child's creativity. Let them create what they want.*

*When your child is done, you may need to go back and add glue to spots to make sure everything stays together.*

*A hot glue gun works awesome for this. Kids can do this with supervision. Just be sure to point out the hot parts not to touch.*



## Outline Shape Hunt

*Supplies:*

- toys*
- marker*
- butcher or art paper*

1

Collect and trace a few favorite toys on a large piece of butcher paper.

2

Put those toys away.

3

Have your child look at the shapes on the paper and search for the toy to match it!



*Tips:*

*You may want to try different ways of holding the toy when you trace it, it may be the footprint, or you may want to try laying it on its side.*

*Instead of tracing the objects, do it with basic shapes. Draw a large square, triangle, and circle and see what toys you can find in those shapes.*

*Take this as a lesson in putting the toy back where they found it too when they're done. Have an older kid help draw the lines!*





## Craft Stick Poke

*Supplies:*

*craft sticks*

*narrow neck bottle*

1

Set out craft sticks and a narrow neck bottle.

2

Poke the craft sticks into the bottle.

3

Shake them out. Repeat!



*Tips:*

*If you don't have a narrow neck bottle, or a bottle with a small hole, you can make one! Cut a small hole in the top of the lid.*

*Try not to let your child remove the lid, or use their fingers when shaking out. Can they manipulate the bottle to get the sticks out?*

*Other items you could use instead of craft sticks: pipe cleaners, plastic knives, or toothpicks!*



## Yarn Monsters

*Supplies:*

- yarn*
- glue*
- water*
- muffin tin*
- bowl*
- scissors*
- googly eyes*

1

Cut various lengths of yarn and stir into a mixture of glue and a tad bit of water in a large bowl.

2

Place yarn to lightly cover the bottom of each section of the muffin tin. Let dry overnight (or in the oven at the lowest temp).

3

Add a googly eye to each circle to make a monster.



*Tips:*

*Be patient with them drying, it takes a long time.*

*Line muffin tin with wax paper for easier removal.*

*Hang them up in a window!*





## Shape Jump

**Supplies:**

- paper*
- scissors*
- tape*
- yarn or string*

1

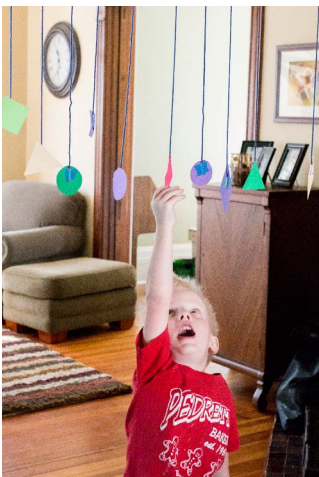
Cut two or three of a variety of shapes from paper.

2

Tape the shapes to a long string to hang from a doorway (with tape).

3

Jump and grab a shape to pull it down. Find the matching shape and jump and grab that one too!



**Tips:**

*Have your child stand and raise their hand. Hang the shapes 'just' above that mark, not much higher. Preschoolers don't jump that high!*

*Not interested in doing shapes? Try colors, or write sight words, letters or numbers to jump and match!*

*Make it an obstacle course and put a variety of shapes in several doorways. Start at one door, grab a shape and go to the next door to find its match, and so on.*



## Spiral Ghost

**Supplies:**

- white cardstock*
- marker*
- pencil*
- hole punch*
- string or yarn*

1

Draw a large spiral on a piece of white cardstock, keeping the lines of the spiral a couple of inches apart. Cut along the line.

2

Draw a ghost face in the center.

3

Punch a hole above the ghost's face and thread a piece of string through to hang it on a light or in a doorway.



**Tips:**

*Leave the center bigger than you think is necessary because that is the ghost's face.*

*Use a large plate to start the circle if you need guidance. Kids can do this too!*

*An adult will need to draw the spiral for young kids. A 12x12 piece of card stock will only have about 3 spiral passes.*





## Pom Pom Drop

*Supplies:*

*cardboard tubes*

*pom poms*

*painter's tape*

1

Collect cardboard tubes from paper towels and toilet paper.

2

Tape them to the wall with painter's tape.

3

Set out pom poms for your child to drop into the tubes.



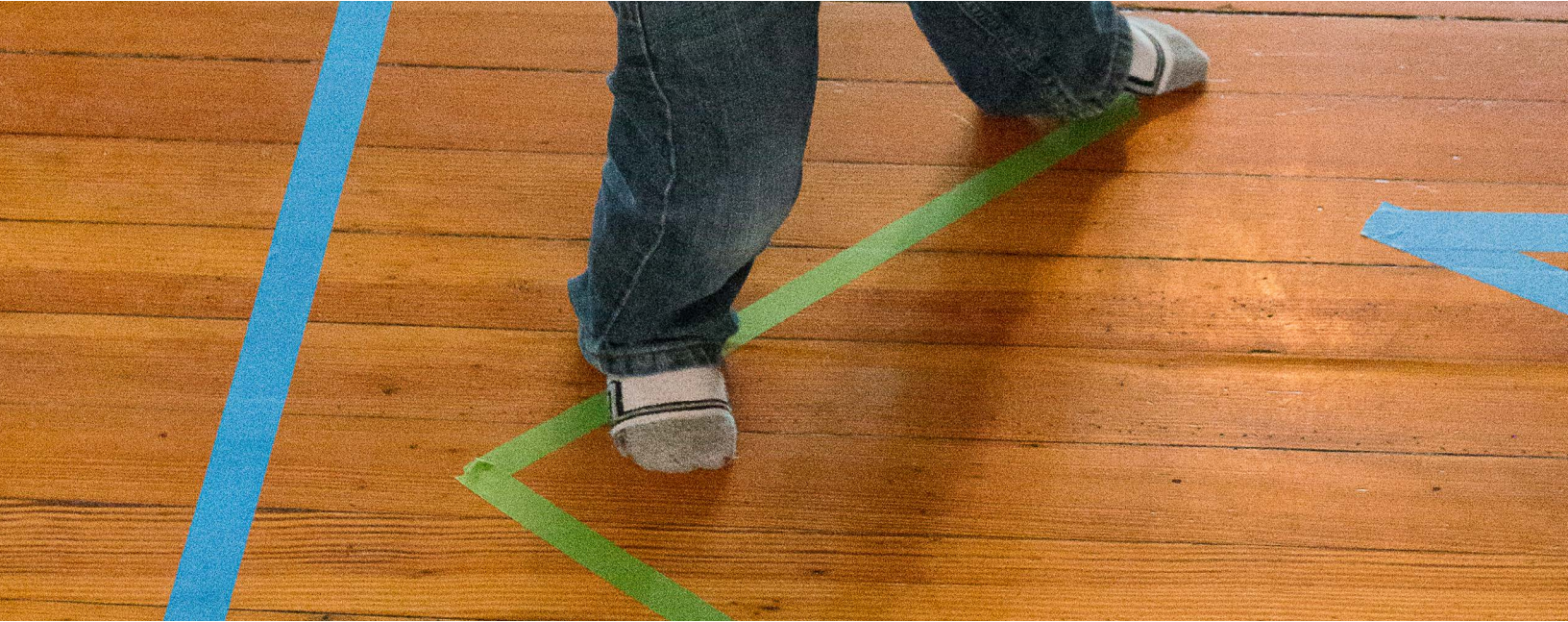
*Tips:*

*Instead of using cardboard tubes, you can make your own with cereal boxes. Just cut out one side, roll into a tube and tape together.*

*Bonus: Place tubes so that the pom poms drop from one tube and into another!*

*You could also make two chutes of cardboard tubes and sort pom poms by color.*





## Walk the Line

*Supplies:*

- painter's tape*
- pom poms (optional)*
- straws (optional)*

1

Tape several lines of tape on the floor with painter's tape. Make one zig zag, one straight, one curvy if you can!

2

Walk forwards, sideways, backwards along each line of tape, trying not to fall off!

3

Add pom poms! Blow a pom pom along the line, gently trying to keep it on the line of tape.



*Tips:*

*Young kids and old, love this activity. Its great for balance and coordination.*

*Start simple, slide along the straight line and work up to walking sideways and backwards on the zig zag.*

*Blowing a pom pom and keeping it on the line is nearly impossible, but tons of fun. Let kids figure it out through trial and error.*



## Pasta Sensory Tub

*Supplies:*

*dry pasta  
tub  
measuring cups, spoons, etc  
plastic bottle with lid*

1

Pour dry pasta (macaroni) into a tub along with measuring cups, spoons and a plastic bottle (with a lid).

2

Pour pasta into the empty bottle with the spoons.

3

Close the bottle and shake it to listen to the sounds. Pour out and repeat.



*Tips:*

*This sensory activity can get messy, take it outside if possible, or place it inside another larger tub.*

*Ask your toddler if the sound is any different with more or less pasta in it.*

*Using spoons to pour into the bottle is great for fine motor control!*





## Potato Stamping

**Supplies:**

- potatoes
- knife
- paint
- paper

1

Cut a potato in half.

2

Carve a jack o' lantern face in the flat, flesh part of the potato.

3

Dip the carved potato in paint and stamp onto paper over and over.



**Tips:**

*You can also paint the potato using a paintbrush instead of dipping it in paint.*

*Use a paper towel to lightly stamp off excess paint before stamping on paper.*

*Carve several different faces and talk about the emotions of the jack o' lanterns*



## String a Spider Web

*Supplies:*

*string or yarn*

*paper*

*marker*

*tape*

1

Make two lines of chairs to form a hallway. Tie a string to the back of a chair and string back and forth between the chairs.

2

Write several S's on paper and tape it to the back of the chairs next to each

3

Follow the string back and forth and find all the S's.



*Tips:*

*Have your child pull the string through, but help them as it can get caught and break.*

*Ask about the letter S along the way to help the child recognize the letter. Tell them about words that start with S, or ask what the letter is they're looking for.*

*For older kids, you can do the same sight word on each paper to practice! Repeat with different sight words.*





## Lava Lamp

*Supplies:*

- clear jar*
- water*
- vegetable oil*
- alka seltzer tablets*
- food coloring*

1

Fill a clear bottle 1/3 with water and 2/3 with oil.

2

Add food coloring.

3

Drop in Alka Seltzer tablets to watch it bubble up.



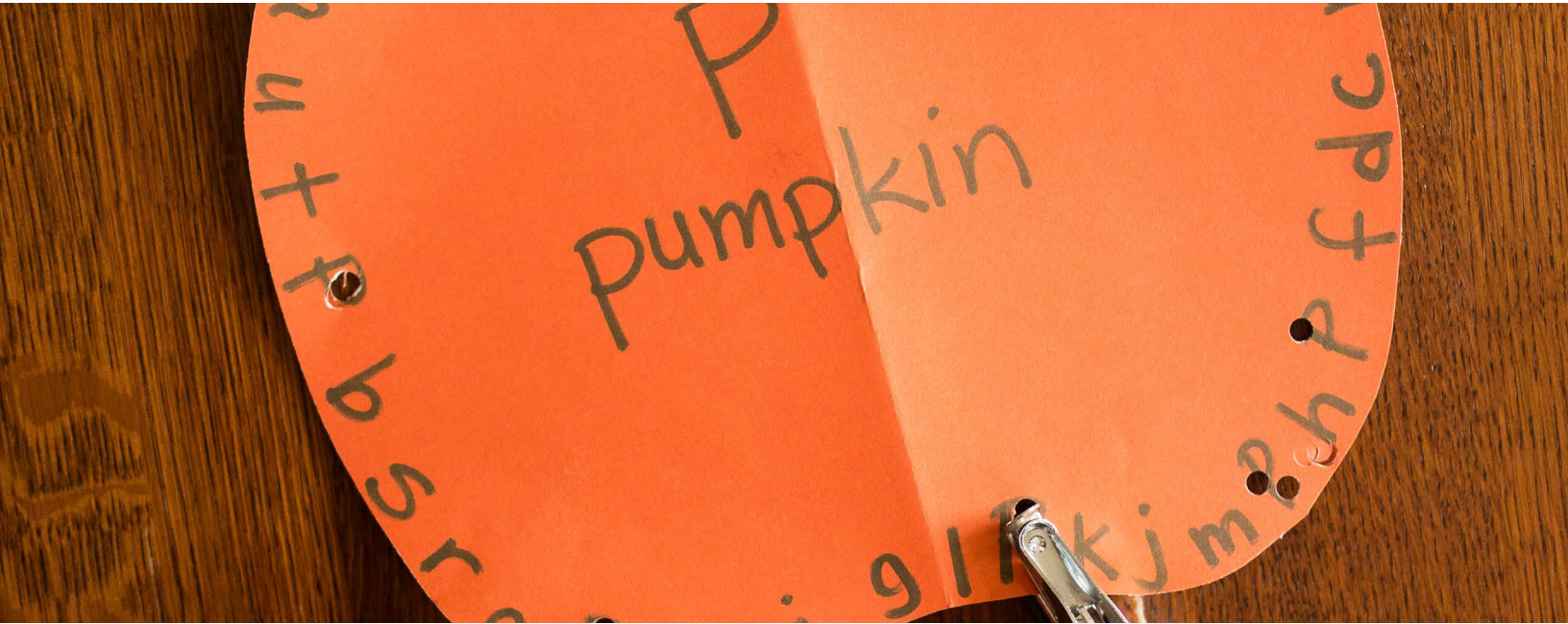
*Tips:*

*Use small jars, mason jars, or tall glasses work great!*

*Don't be afraid to let them use the whole pack of Alka Seltzer tablets!*

*No Alka Seltzer? This can be done with just salt too. Just reverse the water/oil ratios (mostly water) and dump salt in instead!*





## Clip the P on the Pumpkin

### *Supplies:*

- orange cardstock*
- green scrap paper*
- marker*
- hole punch*

1

Cut a pumpkin shape out of orange cardstock. Add a stem.

2

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

3

Punch a hole through every one of the letters that the object starts with. (Punch the letter Ps.)



### *Tips:*

*Punching holes is tricky and takes practice and teaching. It takes 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.*



## Beaded Spider

*Supplies:*

- 5 pipe cleaners*
- beads*
- pom poms*
- string*
- scissors*

1

Take 4 pipe cleaners and lay them straight out, together. Wrap all four tightly in the center with another pipe cleaner to make 8 legs for a spider.

2

Glue 2-3 pom poms on the center, with a hot glue gun, to make a body and head/face.

3

Thread on beads to each leg and hang it in a window!



*Tips:*

*Add a face to the spider with a marker, or stickers if you have them.*

*Older kids can bead the legs in a pattern (ABAB, ABCABC, etc)*

*Younger kids may need help by holding the pipe cleaner for them, and them sticking the bead on it.*





## Balancing Book Dominoes

*Supplies:*  
*books*

1

Collect books in various sizes. Stand the books up on end (so they're slightly opened), in a line like dominoes.

2

Tip the first book and watch the domino effect.

3

Walk along the fallen books like a balance beam.



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### *Tips:*

*Showing your child how dominoes work is an advanced skill. The space between books cannot be longer than the book is tall.*

*Straight lines of books will be easier than curving around the rooms.*

*This is a great way to utilize those developing balance skills, both with themselves and with the books.*



## Paper Shredding

*Supplies:*

*various types of paper*

1

Collect various types of paper, including tissue paper, newspaper, copy paper, construction paper, etc.

2

Set paper out to explore.

3

Tear paper into pieces.



*Tips:*

*You may need to model ripping a few sheets to get your child started.*

*Older kids can be challenged to make a clean rip from one end of the paper to the other, making strips, or to draw a line to follow when ripping.*

*For younger kids, start with 1 inch strips of paper to make short rips across.*





## Follow the Number Maze

**Supplies:**

*butcher or art paper  
marker or tape*

1

Make a path for a maze from beginning to end with a certain number on a long sheet of paper.

2

Fill in the grid around it with other random numbers.

3

Start with the number at the beginning and follow it through the maze by taping it as you go.



**Tips:**

*Do it without tape and just draw a link through the maze.*

*You can do this with anything you're learning, letters, sight words, numbers, etc.*

*You can also do this on a chalkboard if you don't have the long sheet of paper.*



## Spaghetti Slime

**Supplies:**

- cooked spaghetti*
- food coloring*
- oil (vegetable)*
- tub or bucket*
- kitchen utensils*

1

Make extra spaghetti for dinner and use the leftovers for sensory play!

2

Add food coloring and a tad bit of oil to the cooked spaghetti.

3

Put the colored spaghetti in a tub to explore. Add kitchen utensils to “cook”.



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**Tips:**

*Split the spaghetti into different bowls and add different colors to each bowl.*

*Take this outside if possible, or put down a tablecloth (or shower curtain or large towel) to make clean up easy.*

*Food coloring may stain hands so don't do this before a special event!*





## Draw in an Odd Spot

**Supplies:**

*butcher paper  
drawing utensils*

1

Pick an odd spot to color or draw! Under the table, cover the entire table, on the floor, outside.

2

Cover the entire area with butcher paper.

3

Draw! Leave it up for days to add to it.



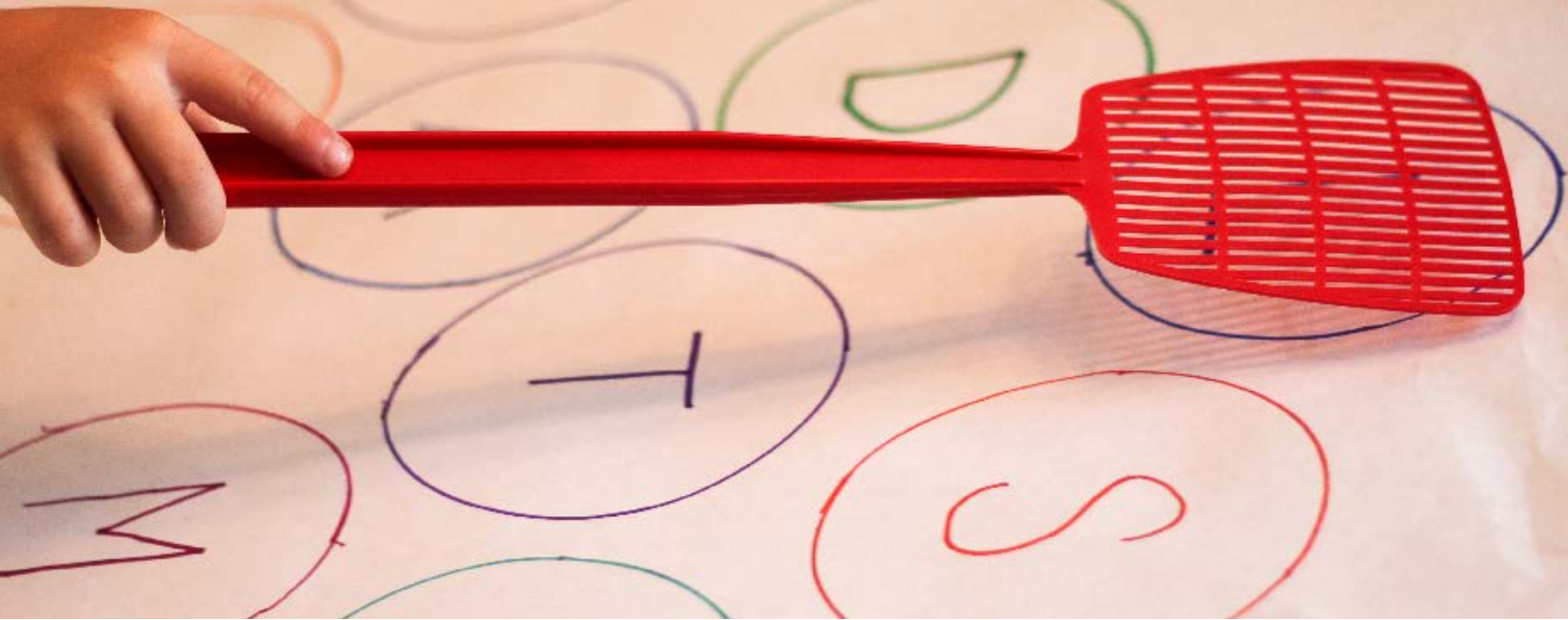
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**Tips:**

*Set out different drawing utensils at different times. Some kids don't like crayons, but do markers or colored pencils.*

*Don't be afraid to join in with your child! Seeing you enjoy coloring and drawing will encourage their creativity.*

*Just doing this in a room you normally wouldn't makes it new and interesting.*



## Swat the Letter

**Supplies:**

*fly swatter*

*marker*

*butcher or art paper*

1

Write letters randomly on a large sheet of paper.

2

Call out a letter for your child to find.

3

When they find it, swat it with a fly swatter!



**Tips:**

*Write the letters in different colors. If your child gets stuck on a letter and can't find it, give them hints by telling them what color it is.*

*Choose mostly letters that your child knows to build their confidence. Stick in a few that they struggle with to build their knowledge.*

*Switch it up and have your child tell you all the "blue" letters as they swat them.*





## Bottle Bowling

*Supplies:*

*plastic bottles  
ball*

1

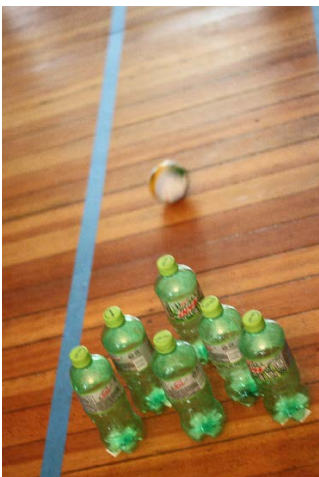
Line up plastic bottles to go bowling. Six or ten bottles work well.

2

Roll a ball at the bottles to try to knock them all down.

3

Set them up again and bowl again!



*Tips:*

*Tape marks on the floor where the bottles are to set for easy setup!*

*Younger kids may do better with less bottles. Try three if there's a struggle.*

*Try other ways of setting up the bottles. Can you knock them all down if they're lined up in a row?*