



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.



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.

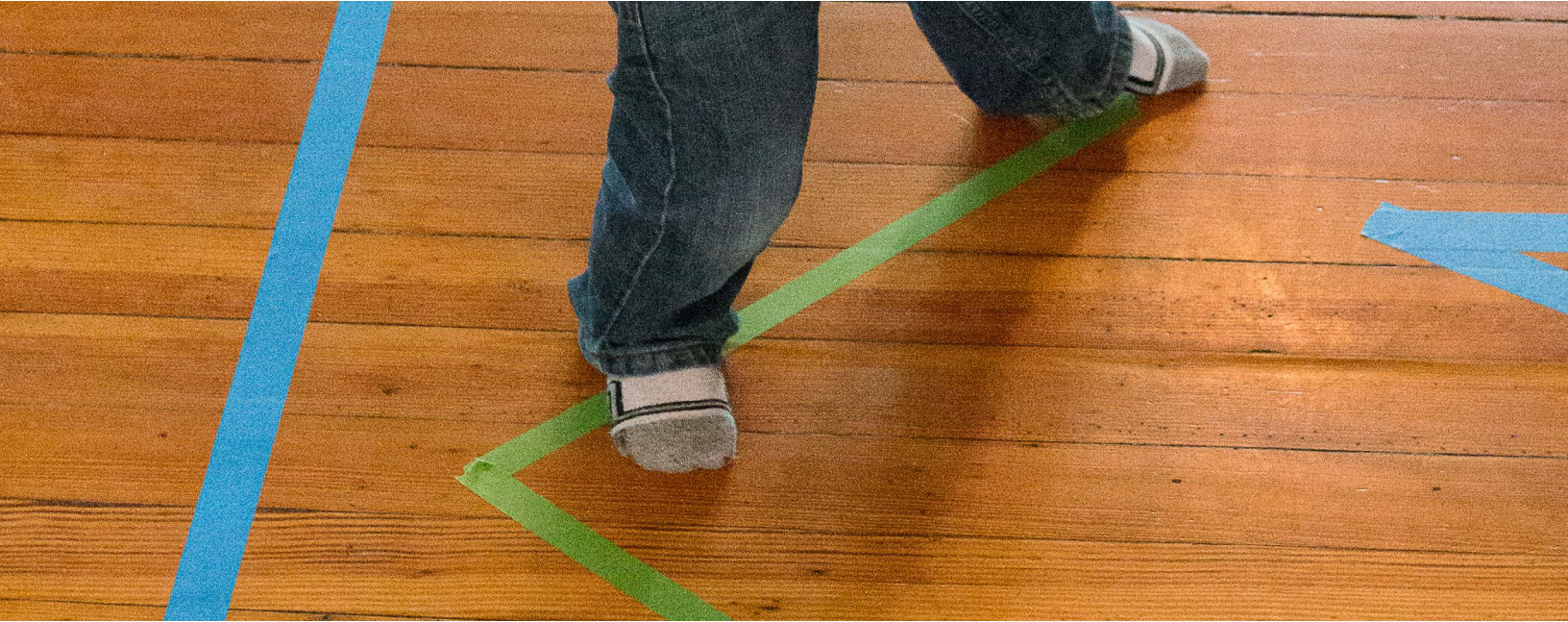


Tips:

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!