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**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.



## 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”.



**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.



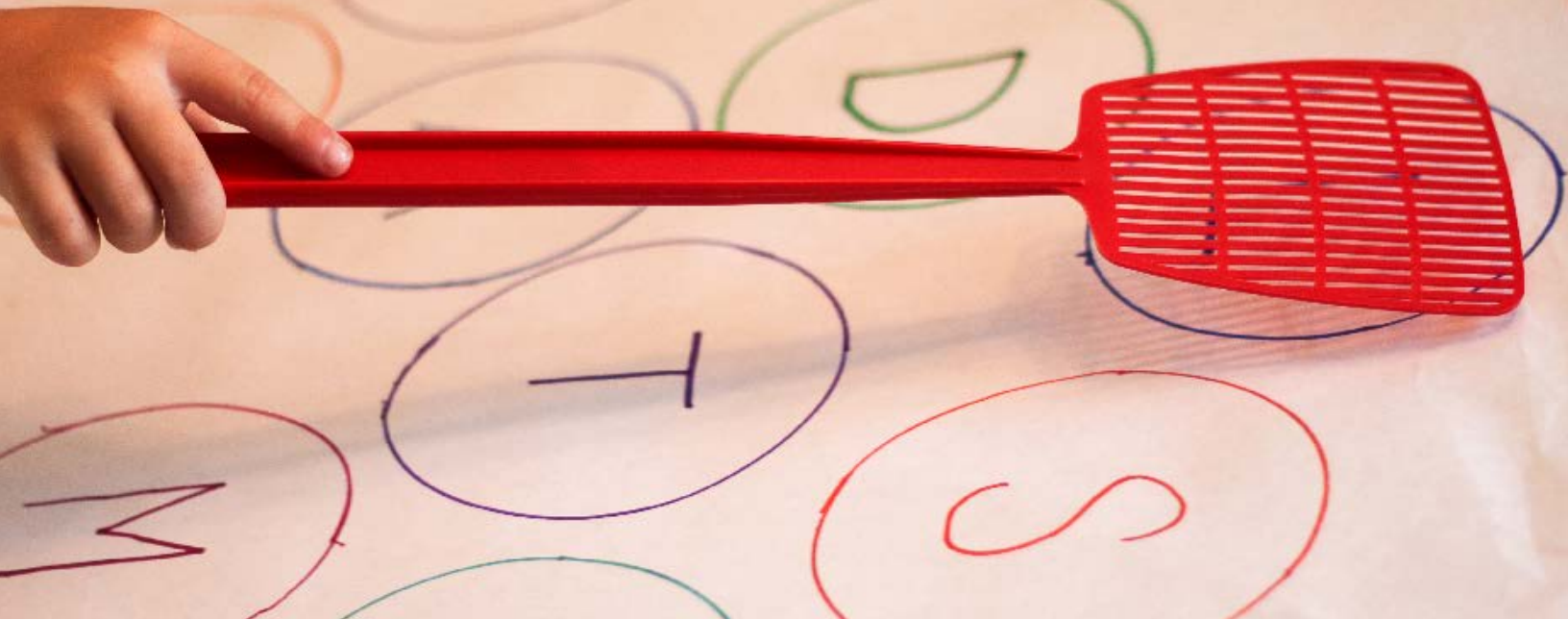
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**Tips:**

*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?*