

March

2020

Activity Sheet

Tell me and I forget. Teach me and I remember. Involve me and I learn.

– Benjamin Franklin

Week 1:

3/19/20 – 3/20/20

5 Activities

Choose 3 *Activities Per Day*

See Activity Log *For Documenting*

Activity #1

Sticker Line – Up

Setting up this sticker line-up activity took seconds!

Materials:

(this list contains affiliate links)

- [Dot stickers](#)
- [Butcher paper](#)

I rolled out a 3 foot long section of butcher paper for my toddler and that was the perfect size for his three year old attention span. Any longer and he would have lost interest. Any shorter and he would have ended early. I drew a mix of zig-zag, curly, loopy, and swirly lines down the center of the paper. His goal: use his stickers to “trace” the line. The line can be made more simple to better suit the age of your child

Goal:

Working on fine motor skills by peeling stickers and placing them on a line.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist your child in peeling the sticker off if needed as well as doing the activity a few times first. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them. You can also opt out of making the

lines too complicated and they draw straight lines or shapes like a circle for your toddler to go over.

Older Children:

Can help with the activity by assisting the younger one and using language with the younger while they accomplish the task.



Activity #2

Laundry Hamper Fishing

Supplies

- Laundry hamper
- [Kitchen tongs](#)
- [Fish toys](#)
- Blue blanket

If you have one of those [fancy toy fishing sets](#), then this will be even easier to set up. We don't, so we made do by using a pair of kitchen tongs as a makeshift pole- it worked like a charm!

To set up I set out a blue blanket for water, added some fish, the "boat" and the tongs. That's it!

This was soon much fun! Once they caught all the fish, we threw them back in the water (sport fishing, here and did the activity again!

Goal:

Working on fine motor skills by picking up items with tongs and placing them in basket. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first.

Even if your child does not get the hang of the activity at first and decides to use their hands, that's fine too. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children: Can draw, color and cut out paper fish for this activity. Allow them to join in on the fun by taking turns with the younger children present.



Laundry Hamper fishing



Activity #3

DIY Pipe Cleaner Fun

This fun DIY activity is easy to put together. Cut pipe cleaners in half (better for little hands) and use a clean creamer container (or water bottle). This is an easy to make activity. Your child can open and close the lid by themselves, and place the pipe cleaners in the hole. This activity works hand-eye coordination and fine motor skills. Excellent skills for toddlers to be working on.

Goal:

Working on fine motor skills by picking up pipe cleaners and placing them in container. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first. What's most important is that they grasp the concept of what is being

done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can help with the prep of the activity as well as assist the younger in getting the pipe cleaner into the tight space.



Activity #4
Plop In Hole

Any canister with a lid will work for this. Just cut a circle in the top big enough for caps to fit through. This fine motor activity is easy to make and perfect for babies and toddlers to place items into a hole. **This is very similar to the [Montessori Imbucare Box](#).**

Goal:

Working on fine motor skills by picking up items and placing them through the hole.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can assist with preparation and guided play



Activity #5 Pasta Play

For this easy pasta play activity you will need:

- Dried pasta (including spaghetti)
- Cups/ pots/ pans / spoons (whatever you have available)
- Colendar

We usually play with our pasta in our large tuff tray ([UK affiliate link](#)) to make tidying up even easier.

Posting spaghetti through a colendar is brilliant for toddlers' fine motor and concentration skills. Daisy (21 months) will spend ages trying to post the spaghetti through the holes.

Goal:

Place pasta through colendar.

How Can I Help As A Parent?

You can help by prepping and assisting child through guided play activity. Observe your child while they problem solve by trying to get the pasta through the colander. Its okay if your child struggles with the activity, the point is to aim to accomplish the task.

Older Children:

Can participate in this activity



Week 2:

3/23/20 – 3/27/20

10 Activities

Choose 3 Activities Per Day

See Activity Log For Documenting



Activity #1 Homemade Bath Paint

Looking for a gentle homemade bath paint recipe? Try this fun and colorful bath time activity that is also safe for baby's skin.

Author Parenting Chaos

Ingredients

- Kid Liquid Soap
- Cornstarch
- Food Dye

Instructions

1. Mix Kid Soap and Cornstarch (2:1)
2. Portion out into individual cups
3. Add Food Dye and stir.
4. Paint!

Goal:

Identify colors while painting during bath time.

How Can I Help As A Parent?

Build language with your child as you discuss the different colors.

Spending meaningful time with your child during their bath make sure to give them lots of eye contact and encourage them while they paint.

Older Children:

Can assist in prepping the activity.



Activity #2

Match The Object

These simple toddler puzzles are a quick and easy activity with very little prep.

Materials Needed:

- markers
- colored cardstock
- scissors or paper cutter
- toys/objects from around the house

Directions:

1. Cut each piece of cardstock in half. I used 4 pieces, so I ended up with 8 cards.
2. Trace some of your child's favorite objects onto the cardstock using a marker. You can have your child choose the objects and you can trace them. If your child is older, have them choose more challenging objects and let them trace their own "puzzle" pieces.
3. Lay out the completed "puzzles" and have your child try and match the objects with their outline.
4. If your child struggles the first time, model how to complete the puzzles and then have him try again.
5. When finished, store the objects and cards in a basket in your child's room so that he can try out his puzzles again and again when he is playing.

Grade: A

Another easy prep/automatically motivating activity. My little guy loved doing something new with the toys that are already his favorites. He was so proud of himself when he made a correct match! This could also be modified to make it into a memory game. Just trace each object twice and have your child match the cards and clip them together with a clothespin.

Language Development:

This activity can foster a lot of conversation about size, shape, and colors (ex. "the hammer is orange and yellow" or "the green gear is round"). You can also talk about the function of the objects (ex. track= what the train drives on). You can practice receptive language skills by asking your child to listen and follow directions, for example, "find the object that is red and round" or "find the object that you use to hammer a nail." You can make the questions/directions easier or harder depending on your child's age.

Goal:

Working on math skills by matching items to their outline.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can help in prepping this activity by outlining the objects before younger ones attempt to match them to the outline.



Activity #3 **Q-Tip Foil Painting**

Painting on foil is an easy process art idea for a kid that's perfect for days indoors.

This activity is great for toddlers and preschoolers working on fine motor skills and color mixing. For this art technique we used cotton buds (Q tips) as paintbrushes. Inspired by Van Gogh's paintings we used different shades of blue and explored swirling the paint around the foil which gives the artwork a real Winter feel.

This painting activity works on so many skills for young children. Toddlers and preschoolers are able to work on fine motor skills, learn about an artist, explore color mixing and experiment with a new media. I love the

use of blue and white on the foil and think that this artwork would be great for a Winter theme. We have lots more [winter themed ideas here](#).
To paint on foil you will need:

- A piece of cardboard
- Foil
- Tape
- Cotton Buds (Q tips) ([UK link](#)/ [US link](#))
- Paint (we used 2 shades of blue and white) ([UK link](#)/ [US link](#))
- For inspiration we looked at the painting 'Starry Night' by Van Gogh. ([UK link](#)/ [US link](#))

Squeeze Paint onto a sheet of foil give your child a Q-Tip or Cotton Swab, allow them to paint the sheet of foil using the Q-Tip/Cotton Swab.

Goal:

To paint with Q-Tip

How Can I Help As A Parent?

You can help by first demonstrating the goal and then assisting your child, as needed in completing this goal.

Older Children:

Can partake in this activity as well!



Activity #4

Card Slot Drop

Build this card slot drop activity in seconds!

I always tell people the best activities are the ones that happen totally on the fly. Like this card slot drop that I made my 19 month old. I had just recycled an empty oats container when I saw her messing around with a deck of cards. A light bulb went off and here is the activity to show for it. I love using recycled items for my activities. Do you? If so, try [recycled building](#), [pom pom push](#) or [giant building](#) with your toddler.

It only took seconds to make a card slot drop!

Materials:

(this list contains affiliate links)

- Container
- [Deck of cards](#)
- [Utility knife](#)

I carefully cut a hole in the top of the oats container – just wide enough for the cards to fit through. Of course, I ripped it a little because things aren't always perfect but my toddler didn't mind. Next time we do this activity, I'll make sure to add a little duct tape reinforcement.

My 19 month old daughter went nuts for this activity! It kept her busy for almost 15 minutes and she's gone back to play it over and over since I set it up.

All I did was dump out a set of playing cards and let her figure out how to slide them into the card slot. It's been absolutely perfect for her!

Cut a slot out of the lid to a tin large enough to fit a card through. Give your child a deck of cards and allow them to place the cards through the slot, into the tin, one by one.

Goal:

Working on fine motor skills by picking up items with tongs and placing them in basket. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

You can help by taking time to observe and enjoy your child while they learn through play!

Here are a few things to note:

There's so much skill involved in card slot drop!

Even with as easy as this seems, there is a lot of learning and hard work at hand for such a young toddler.

Here's what my toddler is learning / working on:

- Fine motor skills
- Hand eye coordination
- Dexterity

Older Children:

Can help prep this activity. They can also take the tin ahead of time and wrap it in constriction paper. They can paint or use markers and stickers to decorate the tin for Card Slot Drop use.



CARD SLOT DROP

A QUICK & EASY TODDLER ACTIVITY



Activity #5

Shape Hunt Sensory Bin

Find the Shape/Find the Animal/Find the Puzzle Piece

Fill a bowl with cheerios or rice. Hide objects to a puzzle (shapes puzzle, animal puzzle etc.) in the bowl. Allow child to dig for the puzzle pieces and after doing this assist them in matching the piece to the actual puzzle.

This easy **preschool shapes activity hunt** is the perfect way to teach toddlers shapes. We often do [colors and shapes activities for preschoolers](#) because they work on basic preschool shape recognition, preschool color recognition, sorting skills and visual perception. This early math themed sensory activity is sure to teach your child some wonderful math facts in a hands on way. I was searching for ways to help my toddler

learn shapes. Through repetition and many of the other shapes activities we did, she learned them pretty quickly at the age of 2. Kids learn through their five senses and when we can target these senses kids are more easily able to internalize the learning experience.

This activity is a great way to repurpose puzzles you already have at home! Also, your preschooler will get to learn math in a more hands on way. Did you know learning shapes is an early math skill? Kids learn through their five senses and when we can target these senses kids are more easily able to internalize the learning experience.

Goal:

Working on early math skills through sensory activity

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can assist your child in the Shape Hunt and try to be as enthused as possible when either of you find a shape, animal or puzzle piece. Be sure to discuss what you find and describe it by name, shape, color and size.

Older Children:

Can join in on the fun or have a separate puzzle hunt where you hide pieces of the puzzle around the house and ask them to put the puzzle together once they find a piece.



SHAPES HUNT

learn shapes through touch



Activity #6

Peg Box – Golf Tee Push

Set up Golf Tee Push in just seconds!

Materials:

(this list contains affiliate links)

- [Golf tees](#)
- Small box – I used a toddler shoe box

Setting this up was actually really fun. My other toddler (3 years old) actually poked all the holes into the shoebox for his sister using a golf tee. He loved this and was so proud of the project he made for sister (20 months). I added a few more holes and we were ready to go.

I loved doing this activity with my toddler and loved how independent she was doing it. *Of course, as with all toddler activities, she was well supervised.*

But supervised doesn't mean I was an active player. I sat on the sidelines and watched, sipping my hot morning coffee, and enjoying a quiet break from rowdy toddlers and 8,478 life questions.

Try making this golf tee push activity today!

Grab a box, poke some holes, and make your toddler a golf tee push activity. It's a perfect quiet time activity and great for rainy days stuck inside.

Goal:

Your child should be able to place the golf tees into the holes. Pulling them out can also be apart of the fun.

How Can I Help As A Parent?

You can supervise your child during this activity.

Here are some things to note:

Here's what my toddler is doing:

- Fine motor skills
- Hand-eye coordination
- Spatial awareness

Suggestion: If you don't have golf tees lying around you can use Q-Tips. Be sure to make the holes in the box a little smaller.

Older Children:

Can decorate the box the day before you decide to do the activity. They can assist you in poking holes into the box for your younger ones activity.



Activity #7 Bubble Whisking

So what do you need for 2 hours of soapy suds?

- Big container – I have a zillion of these things to store toys in!
- Whisks
- Dish Soap
- Optional – food coloring
- Optional scented oils – for this I used a summer melon essential oil

I used food coloring and scent because I was trying to be fancy – and yes, the water was yellow and the smell was nice, but next time I'd leave it out – it's not necessary – nice, but not necessary!! Whisking bubbles is enough!

After I had squirted in about a third of a cup dishwashing liquid – a biiiiiig squirt, I filled the plastic container up with water.

You want to try and find a container that is wide, so the child can whisk well (and all over the place) – a small space or bucket will restrict this whisking frenzy!!

This is what it looked like after the water had been added!

Be careful not to go overboard with the hosepipe or tap – this already starts making some bubbles! Bubbles need to be made with hard work and whisking!!!

And believe me when I tell you – this is arm-burning stuff!!
Great arm and hand strengthening activity! (Great workout for you!!!)
Whisking and whisking and whisking eventually produces bubbles right up to the top!
See if you can do it!

Goal:

Strengthen arm and hand through Bubble Whisking activity

How Can I Help As A Parent?

Your help by being engaged as your child whisk their bubbles. You can also help joining in on the fun!

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child/ren.



Activity #8

Simple Entertainment – Sensory Bottle

Don't forget simple when you try to entertain a baby! Learn how to make simple **baby sensory bottles** that easily engage your child and allow them to play with water without making a mess. Find more [baby play ideas and taste safe toddler activities](#).

This toy is a similar idea: take a clear plastic container, and add water and glitter. It fascinates Lily, Emma, Johnny, and their friends.

And it's not just for babies! The older kids especially like to roll it across the floor and watch the glitter spin as the container turns.

We've had this toy for nearly a year now and nobody has tried opening it, but you may want to add some superglue if you have more investigation-minded children – remember, our very similar [bean toy](#) lasted four years before some friends realized the cap came off!

More Simple Baby Sensory Bottles

There are all sorts of variations you can make of this toy! Here are a few we have tried:

- Oil and water with food coloring. Makes a lava lamp type sensory bottle.
- Water with [squinkies](#)
- Water with [shaped foil confetti](#)
- Water with beads and [shaped sponges](#)
- Water with [glycerin](#) added to make the solution thicker, followed by heavier items (little erasers work well, and so do these [little jewels](#))
- Pom poms and no liquid
- Rice and small toys – this doubles as an I Spy toy if you make a list of items for the child to find.

The great thing with most of these combinations is that you can re-use the items for play or crafts once your child tires of this sensory toy. It can also be a fun way for a younger child to safely interact with a toy that would otherwise be a choking hazard.

Do you have a favorite sensory bottle filler that we should check out? How about a fun DIY toy that my kids would enjoy?

Goal:

To explore a DIY, at home sensory toy.

How Can I Help As A Parent?

Sensory bottles and DIY toys are always fun to make. While creating this sensory bottle include your toddler by allowing them to pour the objects into bottle. Be sure to seal and secure the bottle very well. You can either use tape or super glue.

Older Children:

Can create their very own sensory bottle with any of the supplies listed above. This is a great time for them to get creative.



Activity #9

Sticker Line – Up

Setting up this sticker line-up activity took seconds!

Materials:

(this list contains affiliate links)

- [Dot stickers](#)
- [Butcher paper](#)

I rolled out a 3 foot long section of butcher paper for my toddler and that was the perfect size for his three year old attention span. Any longer and he would have lost interest. Any shorter and he would have ended early. I drew a mix of zig-zag, curly, loopy, and swirly lines down the center of the paper. His goal: use his stickers to “trace” the line. The line can be made more simple to better suit the age of your child

Goal:

Working on fine motor skills by peeling stickers and placing them on a line.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist your child in peeling the sticker off if needed as well as doing the activity a few times first. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can conduct the same activity but include more complicated lines. They can older assist the younger children with peeling the stickers and placing them on their line.



Activity #10

Laundry Hamper Fishing

Supplies

- Laundry hamper
- [Kitchen tongs](#)
- [Fish toys](#)
- Blue blanket

If you have one of those [fancy toy fishing sets](#), then this will be even easier to set up. We don't, so we made do by using a pair of kitchen tongs as a makeshift pole- it worked like a charm!

To set up I set out a blue blanket for water, added some fish, the "boat" and the tongs. That's it!

This was soon much fun! Once they caught all the fish, we threw them back in the water (sport fishing, here and did the activity again!

Goal:

Working on fine motor skills by picking up items with tongs and placing them in basket. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

Your help will always be needed to provide guidance to your child throughout their activities. You can further assist by demonstrating and verbalizing the activity first. Even if your child does not get the hang of the activity at first and decides to use their hands, that's fine too. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand.

You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can also join in on this super fun activity!



Week 3:

3/30/20 – 3/31/20

5 Activities

Choose 3 Activities Per Day

See Activity Log For Documenting



Activity #1

Fine Motor Skills Alphabet Activity

I decided maybe on a **Fine Motor Skills Alphabet Activity** that required no prep. This was the perfect answer to help us survive until dinner. I quickly

rummaged through the house to see what I could put together for an easy activity with the girls. I immediately knew that using some buttons and construction paper was not just a way to occupy my daughters, but a perfect classroom activity to share!

The best thing about this activity is that there was hardly any prep involved, I literally just picked out random craft items that we already had in the house. It also introduces (or reinforces) the alphabet to kids and helps to sharpen their fine motor skills. What's not to like?

Developing fine motor skills is something that is a huge part of teaching your children and students. Their ability to develop these skills is a vital part of how they can work in daily life, not just now but in the future. Learning the alphabet is just another bonus of this activity. I love that this simple process was a great way that I could occupy my daughters and at the same time could work on their fine motor skills and education at the same time!

Supplies Needed:

- [construction paper](#)
- [sharpie](#) or marker
- small manipulatives or [buttons](#) for kids to place on letters and/or numbers

I grabbed a handful of construction paper (you could also just use white printing paper too) and a sharpie. I wrote the ABCs and extended it on to the numbers 0-10. I did mine on a full piece of construction paper, but, honestly, you could probably get away with doing it on a half sheet (especially if you use smaller manipulatives). I grabbed random items from our craft closet for my girls to place on the letters and numbers. We used [beads](#), [google eyes](#), [pompoms](#), and buttons. However, you can also use rocks, yarn, sequins, seeds, goldfish, chocolate chips, and/or paper clips. The list goes on and on, but hopefully, that gives you a few ideas of things that you can easily grab around the house.

Another bonus was that little sister was just as into the activity. She spent the entire time picking up handfuls of whatever manipulative we were working with and dropping it on the table. Over and over again. This doubles as a fun sensory activity! You could even have your younger children put the manipulatives in a bin and sort as a sensory project!

Goal:

Completing an Early Literacy activity and to strengthen fine motor skills.

How Can I Help As A Parent?

You can help by assisting and/or guiding your child throughout this activity. You can also help build language by speaking each step out loud.

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



Fine Motor Alphabet *activity*



Activity #2 Simple Entertainment Sensory Bin

Materials:

(this list contains affiliate links)

- Rice
- [Under the bed storage tub](#)
- [Measuring cups](#) and [wooden spoons](#)
- [Funnels](#)

My toddler, Sam, just loves the rice bin. He loved it at 21 months old and he loves it still – almost a year later! Dump a bag (about 16 oz) into a large tub. Add scoops, cups, spoons, and even some funnels for your toddler to work with. Sam always adds in his construction trucks too.

The amount of play that I can buy with a simple rice bin is astounding. And I know it's not just my toddler because all his little toddler friends love this bin just as much. MOM TRUTH: In the beginning, my son would try to sneak rice out the bin and make a mess. I wasn't having any of that. A few "rice bin time outs" and he got the message. He's an old pro at rice bin behavior now.

Goal:

Your child's goal is explore a rice bin and the function and possibility of each item within this bin.

How Can I Help As A Parent?

Carefully supervise your child during their exploration of this simple rice bin activity.

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



Activity #3

Sink or Float Discovery Station

That's when the idea of a sink or float discovery station came to mind. Water is the simplest sensory material ever, and all it would require would be for me to collect things from around the house.

After filling the plastic tub we bought for our [sensory bin stand](#) with some water and a couple of drops of food colouring, I roamed the house in search of small objects with different densities. Between the kitchen, the craft shelf, and junk drawer of sorts, I found tons of great stuff – metal Ikea tools, coins, hair clips and pins, utensils, and plastic rewards cards included. I neatly set the objects out on a tray that sat on top of the water bin, and waited for Miss G to wake up.

When she did, it was straight to her new station, as expected (this girl is all about stations!) Though I normally invite her to play and then step back to watch activities unfold, this time around Miss G wanted to know more before jumping in. I explained that when placed in the water, some of the items would sink and others would float, and that was enough for her. She carefully dropped in object after object, taking the time to marvel at the outcome each plunk brought.

Part way through the activity, she began predicting whether or not the objects would float before putting them in the water.

Immediately after the first round of testing, Gracen emptied the bin, put the objects back on the tray, and began again. This time around, I encouraged her to try placing the objects on the water's surface very gently. She was pleased as punch with the results too. While this silicon cup sunk the first time around {after being dropped in sideways}, when set in gently, it floated!

Goal:

Your child's goal is conducting a simple science experiment of items that sink and float.

Note:

Don't be worried that your little one can't verbalize what is going on they can still comprehend and understand the experiment.

How Can I Help As A Parent?

You can help by verbally explaining to your child this activity. You can also help your child build language by announcing when an item is one that sinks and announcing when an item floats as well. Please be sure that all children are carefully supervised during these activities.

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



Activity #4 **Hide The Animal**

Hide the Animals: Quick Sensory Bin

Looking for a quick sensory bin activity?

I have an animal obsessed toddler on my hand! She is absolutely crazy for animals so I built her a fun Hide the Animals activity as a quick sensory bin – a simple way to entertain her and give Mom a little quiet time.

Sensory activities are amazing for toddlers. It gives them a chance to learn, explore, and engage in the world around them in a safe environment. It also teaches valuable skills. This quick sensory bin focuses on two skills: **scooping and pouring**.

Making a Hide the Animals bin is so easy!

Materials:

(this list contains affiliate links)

- **Small animals** (these Toobs – [domestic cats](#) and [farm animals](#) – are our favorites!)
- **Rice** (I used a two pound bag)
- **Storage containers**
- [Muffin tin](#)
- [Scoop](#)

I had this entire activity set up and ready in approximately 129 seconds. Rough guess. Seriously, it's that easy! Don't shy away from toddler activities thinking they need to be complex or take mountains of time to set up – they can be a snap!

I took my daughter's beloved "tiny animals" and put one in each hole in the muffin tin. I set the muffin tin in a large under the bed storage tub and set the rice in a smaller container next to the muffin tin. In the rice container, I put a single scoop. The goal: bury the tiny animals in rice. My daughter (22 month old) loved it!

Goal:

Learn, explore and engage.

How Can I Help As A Parent?

You can begin to work on recognizing the different names of animals and the sounds each animal makes.

Suggestion:

Use the same batch of rice for every rice activity

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



HIDE THE ANIMALS

AN EASY TODDLER ACTIVITY



Activity #5

Q-Tip Foil Painting

Painting on foil is an easy process art idea for a kid that's perfect for the indoor play.

This activity is great for toddlers and preschoolers working on fine motor skills and color mixing. For this art technique we used cotton buds (Q tips) as paintbrushes. Inspired by Van Gogh's paintings we used different shades of blue and explored swirling the paint around the foil which gives the artwork a real Winter feel.

This painting activity works on so many skills for young children. Toddlers and preschoolers are able to work on fine motor skills, learn about an artist, explore color mixing and experiment with a new media. I love the use of blue and white on the foil and think that this artwork would be great for a Winter theme. We have lots more [winter themed ideas here](#).
To paint on foil you will need:

- A piece of cardboard
- Foil
- Tape
- Cotton Buds (Q tips) ([UK link](#)/ [US link](#))
- Paint (we used 2 shades of blue and white) ([UK link](#)/ [US link](#))

- For inspiration we looked at the painting 'Starry Night' by Van Gogh.
([UK link](#)/ [US link](#))

Squeeze Paint onto a sheet of foil give your child a Q-Tip or Cotton Swab, allow them to paint the sheet of foil using the Q-Tip/Cotton Swab.

Goal:

To paint with Q-Tip

How Can I Help As A Parent?

You can help by first demonstrating the goal and then assisting your child, as needed in completing this goal.

Older Children:

Can partake in this activity as well!



April

2020

Activity Sheet

Week 1:

4/1/20 – 4/3/20

7 Activities

Choose 3 Activities Per Day

See Activity Log For Documenting

Activity #1

Pom Pom Racing

This is really a great activity to teach children how to blow through a straw. It may sound like a simple concept, but children need to learn this. They only need to do it once or twice, and then they have it!

This is also a great way to spend a rainy day inside! We have done this a few times... INDOOR ENERGY BUSTERS are worth their weight in gold!!... [here is a link to a few more ideas...](#)

We set up a racetrack with a start and finish line, placed our pom poms on the start line, each with their own blowing straw, and then we were ready to race!

I won't tell you who won, but I will say that after a few rounds of blowing through the straw, and another few rounds of blowing without the straw I felt slightly light headed!!

A slightly shorter straw (I cut on in half) is a little more easy for a younger child!

You will be surprised at how much air you need to move a light little pom pom!!

Great Birthday Party or Group activity!

After a few rounds of racing we decided to up the stakes a little and set box goals at the other end!

Now you had to really focus – no more random blowing – and it is a little harder than it looks to get the pom pom into the box!!

I used two boxes I found in the [magic box \(our recycling\)](#) and stuck them to the floor with masking tape.

A little more time – and slightly out of breath – we moved onto Pom Pom Hockey – with the same objective...

From start to goal...

Moving a pom pom along the floor with a straw requires a little concentration!!

Let us know who wins!!

If you are looking for an activity for a toddler using pom poms, then this [Pom Pom Play Bin](#) is also a fantastic indoor kids activity!!

Goal:

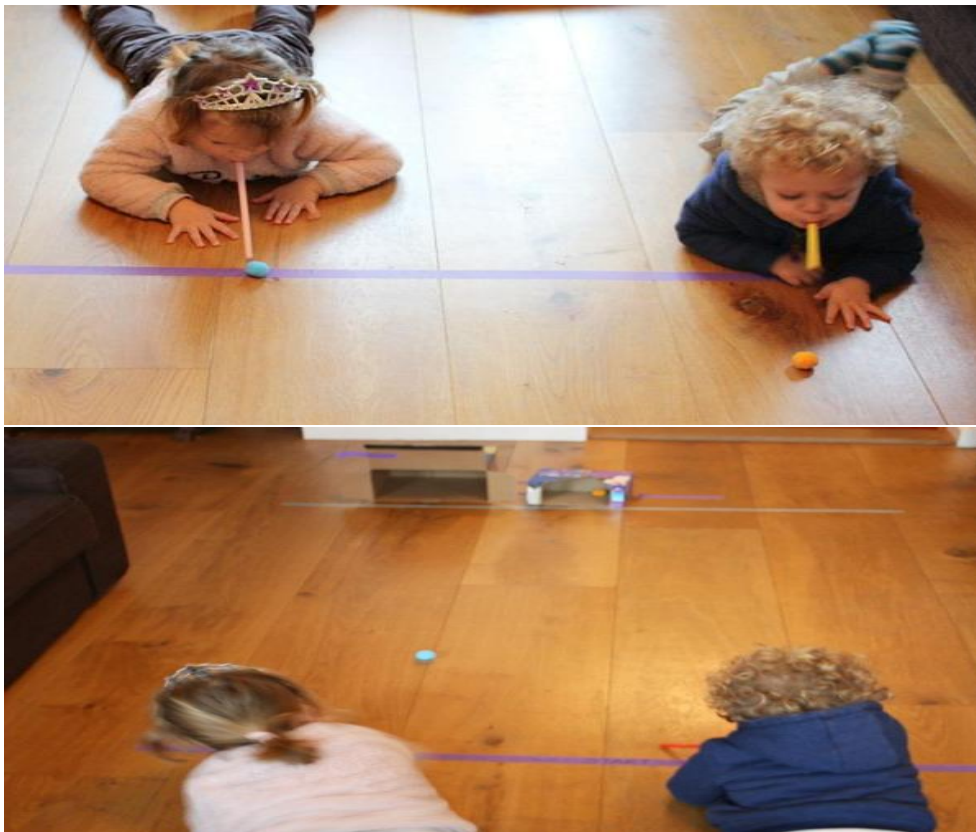
Your child's goal is to practice the skill of blowing as well as to develop hand eye coordination.

How Can I Help As A Parent?

You can help by first demonstrating the goal and then assisting your child, as needed in completing this goal. You can also swap out the straw for a stick if the straw is a little bit to difficult for your toddler.

Older Children:

Can partake in this activity as well!





Activity #2

What's Missing?

Sitting in a restaurant with an antsy toddler? You should be playing What's Missing.

Need a no-prep, high fun game to play with your toddler? What's Missing is what's missing from your day (oh that joke was awful but I'm too lazy to go back and re-write it, so we move on together...).

This is an amazing toddler activity and one that you need to add into your repertoire. What's Missing is what I call a "high rate of return" activity. It takes basically zero seconds to prep and buys you tons of quality and focused time with your kiddo.

Here's how we play:

Materials

(this list contains affiliate links)

- Tray (I use this one from a [Melissa and Doug set](#), but this set of [wooden trays](#) is toddler activity magic)
- Items your toddler can name

I set up three to four items on a tray. **Each item is something my toddler is familiar with and has a word for.** I began playing this with him right when he turned two. At that time, corkscrew and tuning fork were not items I was going to pick for this game. He didn't know those items and he couldn't name them so they weren't right for this game. Bottom line – Your toddler does need to have some verbal skills to be able to play.

In the photo above, this round (round 15 of the morning?? seriously, he could play this forever...) was block, spider, dinosaur, train. Here's how the round goes down:

1. I set out the objects, making sure also that I pick different colored items (I don't want to confuse him with four yellow items).
2. I pointed to the objects and slowly said their names. I did this twice before asking my toddler, Sam, to say them with me.

3. I had Sam close his eyes (this is a skill in and of itself!!) and covered one object with a cup
4. Then I asked Sam "What's Missing?"

I wish I could bottle his giggles when he'd open his eyes because he was all smiles each time. It was magic to him. For some reason, he just laughs so hard trying to remember what's missing/hidden under the cup.

We play a few times with each set before I select a new set of items.

Here's the best part: We play this all the time and especially at restaurants. It always buys us that last five minutes before the food comes – you know, just before the meltdown begins. Salt, butter, fork, iPhone.... What's Missing? It save our bacon every time.

Other best part: I know this game has longevity so we will be playing it for years. It's an old game from the kindergarten math curricula I used forever ago and even my six year olds would go nuts for it.

It's a winning toddler activity and one you need to be playing.

Goal:

The goal is for your child to develop language and memory skills.

How Can I Help As A Parent?

You can help by first demonstrating the goal and then assisting your child throughout the activity. This game has so many skills in it: memory, taking turns, patience and vocabulary.

Older Children:

Can partake in this activity as well!



WHAT'S MISSING
A SIMPLE GAME TO
KEEP KIDS ENTERTAINED



Activity #3 Homemade Bath Paint

Looking for a gentle homemade bath paint recipe? Try this fun and colorful bath time activity that is also safe for baby's skin.

Author Parenting Chaos

Ingredients

- Kid Liquid Soap
- Cornstarch
- Food Dye

Instructions

5. Mix Kid Soap and Cornstarch (2:1)
6. Portion out into individual cups
7. Add Food Dye and stir.
8. Paint!

Goal:

Identify colors while painting during bath time.

How Can I Help As A Parent?

Build language with your child as you discuss the different colors.

Spending meaningful time with your child during their bath make sure to give them lots of eye contact and encourage them while they paint.

Older Children:

Can assist in prepping the activity.



Activity #4

Painting With Cars

The weather here is starting to turn chilly, but that doesn't stop my boys from wanting to play outside all the time. After an especially good day yesterday, I decided to set up a special outdoor activity for my boys that they loved!

Supplies

- [WASHABLE paint](#)
- Toy cars ([these ones from B.Toys](#) propel forward when you pull them back and which made them extra fun!)
- [Butcher/easel paper](#)
- Tape

Several months ago we [Painted with Tractors](#) on a much smaller scale, so this activity wasn't a completely new thought for my boys. The two elements that made this special was the larger scale of the activity and the fact that the cars could propel themselves forward through the paint and RACE! So fun and so easy to set up!

I started by taping the butcher paper to the floor and squirting a dash of paint at the start line. (We always use washable paint, which hosed down easily when cars went astray from our butcher paper track).

To paint we just pulled the cars back and watched them drive across the paper leaving a trail of paint behind them!

Since we didn't use a lot of paint, the middle of the track was pretty bare. We fixed that by just jumping right on the track and painting it up!

Ways to extend the activity: Put the butcher paper on a slide or other makeshift ramp to really watch the cars fly!

This would be a fantastic activity to go along with a preschool transportation unit, or as an activity at a messy play dates! Share this post with some play date buddies (or co-teachers!) and get ready for fun!

I love to see how you all interpret our activities with your kids! Snap a few pictures and post them on [Instagram](#) with the hashtag

#munchkinsandmoms so I can see the fun!

Goal:

Your child's goal is to experience and explore cause and effect through painting with cars.

How Can I Help As A Parent?

Build language with your child as you discuss the activity.

Older Children:

Can assist in prepping the activity as well as join in on the fun!



Activity #5 **Shape Hunt Sensory Bin**

Find the Shape/Find the Animal/Find the Puzzle Piece
Fill a bowl with cheerios or rice. Hide objects to a puzzle (shapes puzzle, animal puzzle etc.) in the bowl. Allow child to dig for the puzzle pieces and after doing this assist them in matching the piece to the actual puzzle.

This easy **preschool shapes activity hunt** is the perfect way to teach toddlers shapes. We often do [colors and shapes activities for preschoolers](#) because they work on basic preschool shape recognition, preschool color recognition, sorting skills and visual perception. This early math themed sensory activity is sure to teach your child some wonderful math facts in a hands on way. I was searching for ways to help my toddler learn shapes. Through repetition and many of the other shapes activities we did, she learned them pretty quickly at the age of 2. Kids learn through their five senses and when we can target these senses kids are more easily able to internalize the learning experience.

This activity is a great way to repurpose puzzles you already have at home! Also, your preschooler will get to learn math in a more hands on way. Did you know learning shapes is an early math skill? Kids learn through their five senses and when we can target these senses kids are more easily able to internalize the learning experience.

Goal:

Working on early math skills through sensory activity

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can assist your child in the Shape Hunt and try to be as enthused as possible when either of you find a shape, animal or puzzle piece. Be sure to discuss what you find and describe it by name, shape, color and size.

Older Children:

Can join in on the fun or have a separate puzzle hunt where you hide pieces of the puzzle around the house and ask them to put the puzzle together once they find a piece.



SHAPES HUNT

learn shapes through touch



Activity #6

DIY Pipe Cleaner Fun

This fun DIY activity is easy to put together. Cut pipe cleaners in half (better for little hands) and use a clean creamer container (or water bottle). This is an easy to make activity. Children can attempt to open and close the top by of the container by themselves and place the pipe cleaners in the hole. This activity works hand-eye coordination and fine motor skills. These are excellent skills for toddlers to be working on.

Goal:

Working on fine motor skills by picking up items and placing them through the hole.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can assist with preparation and guided play



Activity #7 Plop In Hole

Any canister with a lid will work for this. Just cut a circle in the top big enough for caps to fit through. This fine motor activity is easy to make and

perfect for babies and toddlers to place items into a hole. **This is very similar to the [Montessori Imbucare Box](#).**

Goal:

Working on fine motor skills by picking up items and placing them through the hole.

How Can I Help As A Parent?

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Older Children:

Can assist with preparation and guided play.



Week 2:

4/6/20 – 4/10/20

10 Activities

Choose 3 Activities Per Day

See Activity Log For Documenting



Activity #1

Impromptu Drum Circle

Before long, we'd yanked out all kinds of pots, containers, and bowls out and created an impromptu drum circle for the budding musician in our family.

Maracas, rhythm sticks, wooden spoons, a xylophone, and background music were added in along the way too.

Perhaps not the most neighbor-friendly activity if you live in a small apartment or have basement tenants below you (ours weren't home), but great fun for a rainy day.

Here's our little musician jamming out...

Goal:

Explore music using different items.

How Can I Help As A Parent?

Build language with your child as you discuss the activity. Show your enthusiasm by dancing to the beat of the music your child makes.

Older Children:

Can be creative and make instruments and join you're the fun by creating a band.



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Here's how we play:

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It's a winning toddler activity and one you need to be playing.

Goal:

Identify colors while painting during bath time.

How Can I Help As A Parent?

Build language with your child as you discuss the different colors.

Spending meaningful time with your child during their bath make sure to give them lots of eye contact and encourage them while they paint.

Older Children:

Can assist in prepping the activity.



WHAT'S MISSING

A SIMPLE GAME TO KEEP KIDS ENTERTAINED



Activity #3

Pouring Station

[MESSY MESSY OUTSIDE PLAY POPULAR](#)

Pouring Station Activity for Toddlers

Create a simple pouring station to entertain your toddler.

Is there anything better than a concentrating toddler dumping water all over the place? This activity takes seconds to set up and hold's toddler attention spans for so much longer. A free activity that captures my toddler's attention... Pouring Station is my activity Nirvana.

Our water pouring station is one of my absolute favorite toddler activities and one of my son's favorites to do. This activity is a great way to teach the practical life skill pouring. It gives toddlers the chance to practice a skill they will need and use often in life in a safe, engaging manner. Setting up a pouring station is quick and easy!

Materials:

(this list contains affiliate links)

- [under the bed storage tub](#)
- containers
- water
- [food coloring](#)

I used my trusty under the bed tub for this activity just to keep things in a nice even space because I have issues. Outside, you're probably good to just set this up and go – it's my personal preference to have it in a bin even on my patio. Like I said: issues. Also, make sure to vary the size of your containers so your toddler can practice filling different capacities. I set my toddler, Sam, up a pouring station for two reasons.

1. He loves dumping water (shocker: he's a toddler).
2. He's going to need to learn to pour for himself someday so why not start this skill now? He's definitely interested in learning how to pour so it's not like this is some hard sell on a used car with 200K miles.

Inside the house, I definitely use the under the bed tub to catch the water (and use roughly 1,000 towels under the tub too). Trust me, this can be an inside activity for a rainy day – just have lots of towels ready and your game face on.

Within our pouring station, I put a mix of containers. Some had water and some didn't. I also chose to add food coloring to some of the containers for added fun.

As my toddler poured, we could see the red and blue water turning to purple, and then the color diluting as regular water was mixed in. Just a little added science bang for your project buck.

This was an absolute hoot to watch. Sam did pretty good with aiming but had absolutely no concept of capacity. I'm not saying that disparagingly, it was just an interesting observation that I had while watching him. In his head, the full pitcher of water was totally going to fit in the baby food jar. I loved it.

We give the Pouring Station two very excited thumbs up. He played with this independently for about 20 minutes which felt like an eternity to me and kind of was.

Love this idea? Try my [scooping station](#), [rice bin](#), or [pom pom pouring activity](#).

Goal:

Work on the skill of pouring.

How Can I Help As A Parent?

Build language with your child as you discuss the activity. Please be sure to supervise your child(ren) throughout the entire activity.

Older Children:

Can assist in prepping the activity.



POURING STATION A NO COST, HIGH FUN TODDLER ACTIVITY



Activity #4

Painting With Cars

The weather here is starting to turn chilly, but that doesn't stop my boys from wanting to play outside all the time. After an especially good day yesterday, I decided to set up a special outdoor activity for my boys that they loved!

Supplies

- [WASHABLE paint](#)
- Toy cars ([these ones from B.Toys](#) propel forward when you pull them back and which made them extra fun!)
- [Butcher/easel paper](#)
- Tape

Several months ago we [Painted with Tractors](#) on a much smaller scale, so this activity wasn't a completely new thought for my boys. The two elements that made this special was the larger scale of the activity and the fact that the cars could propel themselves forward through the paint and RACE! So fun and so easy to set up!

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To paint we just pulled the cars back and watched them drive across the paper leaving a trail of paint behind them!

Since we didn't use a lot of paint, the middle of the track was pretty bare. We fixed that by just jumping right on the track and painting it up!

Ways to extend the activity: Put the butcher paper on a slide or other makeshift ramp to really watch the cars fly!

This would be a fantastic activity to go along with a preschool transportation unit, or as an activity at a messy play dates! Share this post with some play date buddies (or co-teachers!) and get ready for fun!

I love to see how you all interpret our activities with your kids! Snap a few pictures and post them on [Instagram](#) with the hashtag #munchkinsandmoms so I can see the fun!

Goal:

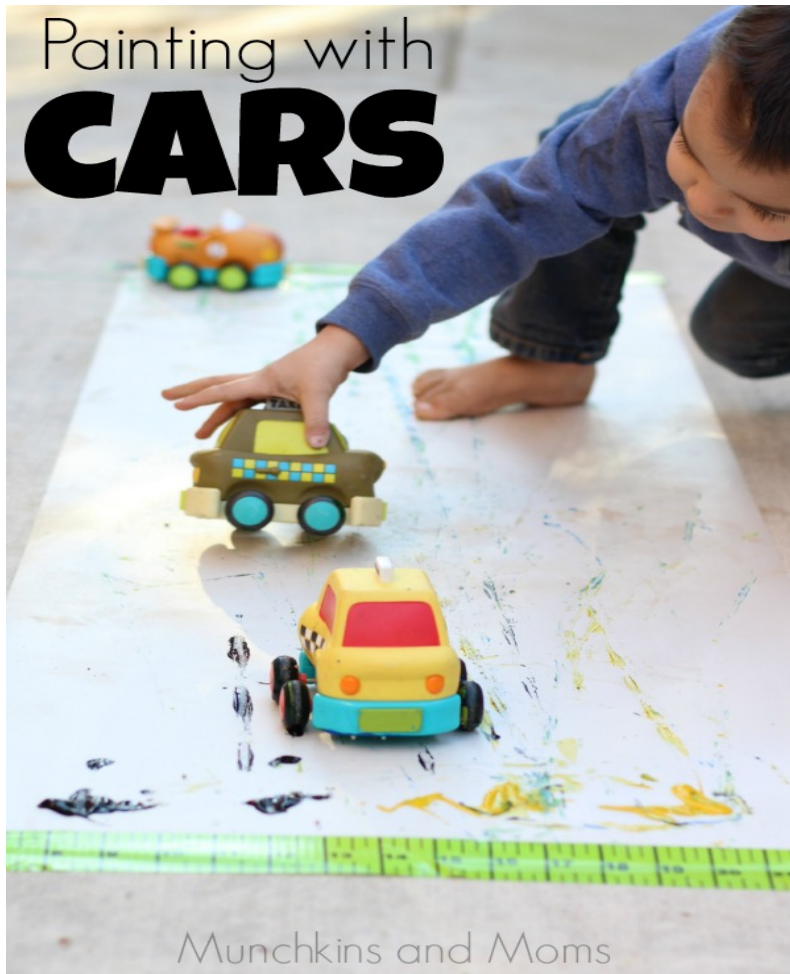
Your child's goal is to experience and explore cause and effect through painting with cars.

How Can I Help As A Parent?

Build language with your child as you discuss the activity.

Older Children:

Can assist in prepping the activity as well as join in on the fun!



Activity #5 Tong Transfer Game

Since returning home from vacation last week, we've been in a bit of a 'getting back on track' mode... While we're pretty good at maintaining Gracen's overall schedule while away, some things are harder to control. While on vacation, the time Grae's left to find and engage in activities on her own is minimal – and for good reason as there are cousins and grandparents to play with! The trouble is, mix the lack of time to practice independence with a whole lot more media exposure (I'm learning that our television is on for, perhaps, an *abnormally* small fraction of the day), and by the time we return home, I've got a stage five clinger on my hands. And don't get me wrong – I love having my little sidekick right next to me most of the time... But sometimes a mama has just got to do something on her own, without a little pair of hands in the mix. Not to mention that I think independent play is a very important skill for kids to learn.

So tonight, as I was whipping together some dinner, I thought of a little game that would allow Miss G (my purple dinosaur) to be right there in the kitchen with me, while allowing me a wee bit of space. Flipping some chicken using tongs caused me to remember the mini tongs we'd put in Grae's Christmas stocking. I added two bowls and some shell pasta to the mix, and we had a game on our hands.

The goal? Simply using the tongs to pick up the shells from one bowl and transfer them to the other bowl.

Now this may sound ridiculously easy, but for a toddler who's had minimal experience with tongs and whose motor skills are not yet fully developed, it's quite a challenge at first.

But not for long. After successfully transferring all of the pasta pieces twice, Gracen asked for something new. I quickly scanned our kitchen and came up with these honey mandarins.

I could already see that her tong transferring skills had improved this time around.

After a couple of rounds with the oranges, Miss G wanted to try something new again, so we dug these bells out of a craft box to use.

It is such a simple activity, but this little 'game' certainly kept my clingy monkey happily engaged until dinner was ready. And sometimes that's just what a mama needs.

Goal:

Working on fine motor skills by picking up items with tongs and placing them in basket. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

Your help will always be needed to provide guidance to your child throughout their activities. You can further assist by demonstrating and

verbalizing the activity first. Even if your child does not get the hang of the activity at first and decides to use their hands, that's fine too. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can also join in on this super fun activity!



Activity #6

Scooping Pom Poms

Toddler activities are always a big hit with my two year old! This **toddler activity** requires only a few materials and provides the opportunity for children to work on **fine motor skills**, **color words**, and basic **math skills** like counting and size comparison.

It seems like most of our toddler activities come about on accident. That's exactly what happened with this one! I noticed Theo picking up some stray pom poms from a previous craft and putting them into things. After observing his interest in this, I gathered some materials and set up a fun **pom pom scooping station** for him!

Reminder: This activity uses pom poms that are small enough to be a choking hazard. If your child is under 3 years old and is still mouthing

things, you may want to modify this activity to better suit your child. And, of course, never leave your child unattended when doing this activity.

Goal:

To scoop pom poms

How Can I Help As A Parent?

Your help will always be needed to provide guidance to your child throughout their activities. You can further assist by demonstrating and verbalizing the activity first. You can also place your hand over their hand to successfully accomplish the activity. This is something that has recently been introduced to your child at school since we have switched over to Family Style eating

Older Children:

Can conduct a pom pom spoon race across the room while you work one on one with your little one. The is a fun activity and can give you two some alone time during the Scooping Pom Pom Activity.



Activity #7 Recycled Building

Building is the perfect STEM toddler activity.

INSIDE PLAY QUICK AND EASY

Recycled Building STEM Activity

Recycled Building is the perfect STEM toddler activity.

One man's junk is another toddler's building supplies. I'm pretty sure that's how the saying goes.

Ok so maybe I've got a few words out of order but I think that about sums up what went on here in our Recycled Building activity.

I was literally taking the bag of recycling to the garage bin and thought "wait a sec. Let's build with this."

I did cheat ever so slightly and went a tiny bit dumpster diving to collect all the parts we used since most of what was in the recycling bag I was holding was glass and sharp cans. So, I rummaged through the big recycling bin and came up with some milk cartons, boxes, and toilet roll tubes. All perfect for Recycled Building.

My toddler, Sam, didn't care that it was 100% garbage: it was different, it was interesting, and he's a toddler who would much rather play with random junk than actual toys (am I right or am I right?).

What was great about this activity (other than the copious amounts of toddler play time it bought me) was the engineering and problem solving he had to do to make his buildings. Non-standard materials like this invite so much creativity and need so much extra thought to actually work. It was fantastic to watch his little brain tackling this.

He built bridges, roads, tunnels and "berv tall towwers". And he was really, really proud of what he was doing. He also really liked that with these big materials, he could make some seriously tall buildings that could be tipped over in a seriously cool way.

And that was our activity one day.

As simple as that: we used our recycling to make a little toddler city. It was perfect for us and exactly my kind of activity: zero prep, zero money, loads of fun and learning.

Looking for more toddler STEM activities? Try my [Magnet Sort](#), [Fizzy Fun](#), and [Rainbow Oobleck](#).

Goal:

To give your child an environment that helps build the imagination.

How Can I Help As A Parent?

In most communities recycling goes out once or twice a week. Be sure to conduct this activity a day or a few days before the recycle garbage goes out so that you'll have more items to work with.

Older Children:

Can also join in on this super fun activity! They'll probably be the most creative and have the best ideas for what to build.



RECYCLED BUILDING

A SIMPLE, ECO-FRIENDLY ENGINEERING ACTIVITY



Activity #8

Card Slot Drop

Build this card slot drop activity in seconds!

I always tell people the best activities are the ones that happen totally on the fly. Like this card slot drop that I made my 19 month old. I had just

recycled an empty oats container when I saw her messing around with a deck of cards. A light bulb went off and here is the activity to show for it. I love using recycled items for my activities. Do you? If so, try [recycled building](#), [pom pom push](#) or [giant building](#) with your toddler.

It only took seconds to make a card slot drop!

Materials:

(this list contains affiliate links)

- Container
- [Deck of cards](#)
- [Utility knife](#)

I carefully cut a hole in the top of the oats container – just wide enough for the cards to fit through. Of course, I ripped it a little because things aren't always perfect but my toddler didn't mind. Next time we do this activity, I'll make sure to add a little duct tape reinforcement.

My 19 month old daughter went nuts for this activity! It kept her busy for almost 15 minutes and she's gone back to play it over and over since I set it up.

All I did was dump out a set of playing cards and let her figure out how to slide them into the card slot. It's been absolutely perfect for her!

There's so much skill involved in card slot drop!

Even with as easy as this seems, there is a lot of learning and hard work at hand for such a young toddler.

Here's what my toddler is learning / working on:

- Fine motor skills
- Hand eye coordination
- Dexterity

Cut a slot out of the lid to a tin large enough to fit a card through. Give your child a deck of cards and allow them to place the cards through the slot, into the tin, one by one.

Goal:

To build fine motor skills

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first.

Older Children:

Can help and cheer on the younger.

Goal:

Working on fine motor skills by picking up items with tongs and placing them in basket. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

You can help by taking time to observe and enjoy your child while they learn through play!

Here are a few things to note:

There's so much skill involved in card slot drop!

Even with as easy as this seems, there is a lot of learning and hard work at hand for such a young toddler.

Here's what my toddler is learning / working on:

- Fine motor skills
- Hand eye coordination
- Dexterity

Older Children:

Can help prep this activity. They can also take the tin ahead of time and wrap it in constrictor paper. They can paint or use markers and stickers to decorate the tin for Card Slot Drop use.



CARD SLOT DROP

A QUICK & EASY TODDLER ACTIVITY



Activity #9

Bubble Whisking

Fill a Large Bowl with water. Squeeze soap into the bowl (allow your child to assist you in this). Give your whisk and allow them to stir the water and soap creating bubbles. This is a perfect science activity for this age group!

So what do you need for 2 hours of soapy suds?

- Big container – I have a zillion of these things to store toys in!
- Whisks
- Dish Soap
- Optional – food coloring
- Optional scented oils – for this I used a summer melon essential oil

I used food coloring and scent because I was trying to be fancy – and yes, the water was yellow and the smell was nice, but next time I'd leave it out – it's not necessary – nice, but not necessary!! Whisking bubbles is enough!

After I had squirted in about a third of a cup dishwashing liquid – a biiiiiig squirt, I filled the plastic container up with water.

You want to try and find a container that is wide, so the child can whisk well (and all over the place) – a small space or bucket will restrict this whisking frenzy!!

This is what it looked like after the water had been added!

Be careful not to go overboard with the hosepipe or tap – this already starts making some bubbles! Bubbles need to be made with hard work and whisking!!!

And believe me when I tell you – this is arm-burning stuff!!

Great arm and hand strengthening activity! (Great workout for you!!!)

Whisking and whisking and whisking eventually produces bubbles right up to the top!

See if you can do it!

Goal:

Working on fine motor skills by picking up items with tongs and placing them in basket. Another goal would be to simply follow the instructions/command given or demonstrated.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first. Even if your child does not get the hang of the activity at first and decides to use their hands, that's fine too. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.



Activity #10

Simple Entertainment – Sensory Bottle

Don't forget simple when you try to entertain a baby! Learn how to make simple **baby sensory bottles** that easily engage your child and allow them to play with water without making a mess. Find more [baby play ideas and taste safe toddler activities](#).

This toy is a similar idea: take a clear plastic container, and add water and glitter. It fascinates Lily, Emma, Johnny, and their friends.

And it's not just for babies! The older kids especially like to roll it across the floor and watch the glitter spin as the container turns.

We've had this toy for nearly a year now and nobody has tried opening it, but you may want to add some superglue if you have more investigation-minded children – remember, our very similar [bean toy](#) lasted four years before some friends realized the cap came off!

More Simple Baby Sensory Bottles

There are all sorts of variations you can make of this toy! Here are a few we have tried:

- Oil and water with food coloring. Makes a lava lamp type sensory bottle.
- Water with [squinkies](#)
- Water with [shaped foil confetti](#)
- Water with beads and [shaped sponges](#)
- Water with [glycerin](#) added to make the solution thicker, followed by heavier items (little erasers work well, and so do these [little jewels](#))
- Pom poms and no liquid

- Rice and small toys – this doubles as an I Spy toy if you make a list of items for the child to find.

The great thing with most of these combinations is that you can re-use the items for play or crafts once your child tires of this sensory toy. It can also be a fun way for a younger child to safely interact with a toy that would otherwise be a choking hazard.

Do you have a favorite sensory bottle filler that we should check out? How about a fun DIY toy that my kids would enjoy?

Goal:

To explore a DIY, at home sensory toy.

How Can I Help As A Parent?

Sensory bottles and DIY toys are always fun to make. While creating this sensory bottle include your toddler by allowing them to pour the objects into bottle. Be sure to seal and secure the bottle very well. You can either use tape or super glue.

Older Children:

Can create their very own sensory bottle with any of the supplies listed above. This is a great time for them to get creative.



Week 3:

4/13/20 – 4/17/20

10 Activities

Choose 3 Activities Per Day

See Activity Log For Documenting



Activity #1

Pom Pom Racing

This is really a great activity to teach children how to blow through a straw. It may sound like a simple concept, but children need to learn this. They only need to do it once or twice, and then they have it!

This is also a great way to spend a rainy day inside! We have done this a few times... **INDOOR ENERGY BUSTERS** are worth their weight in gold!!... [here is a link to a few more ideas...](#)

We set up a race track with a start and finish line, placed our pom poms on the start line, each with their own blowing straw, and then we were ready to race!

I won't tell you who won, but I will say that after a few rounds of blowing through the straw, and another few rounds of blowing without the straw I felt slightly light headed!!

A slightly shorter straw (I cut on in half) is a little more easy for a younger child!

You will be surprised at how much air you need to move a light little pom pom!!

Great Birthday Party or Group activity!

After a few rounds of racing we decided to up the stakes a little and set box goals at the other end!

Now you had to really focus – no more random blowing – and it is a little harder than it looks to get the pom pom into the box!!
I used two boxes I found in the [magic box \(our recycling\)](#) and stuck them to the floor with masking tape.
A little more time – and slightly out of breath – we moved onto Pom Pom Hockey – with the same objective...
From start to goal...
Moving a pom pom along the floor with a straw requires a little concentration!!
Let us know who wins!!
If you are looking for an activity for a toddler using pom poms, then this [Pom Pom Play Bin](#) is also a fantastic indoor kids activity!!

Goal:

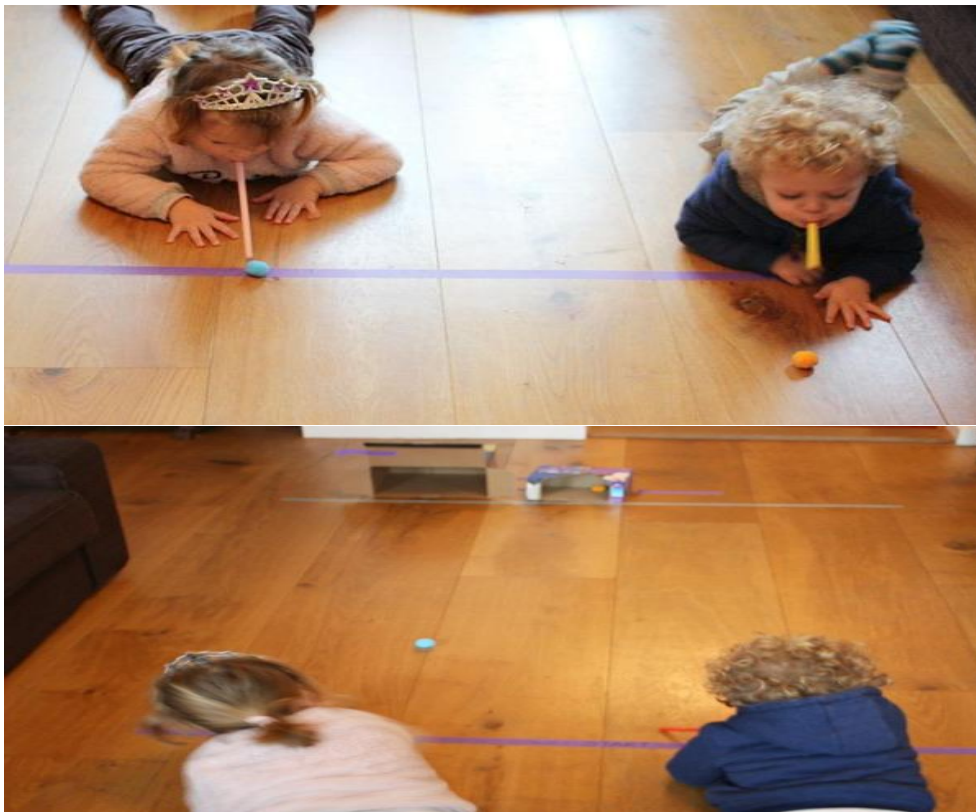
Your child's goal is to practice the skill of blowing as well as to develop hand eye coordination.

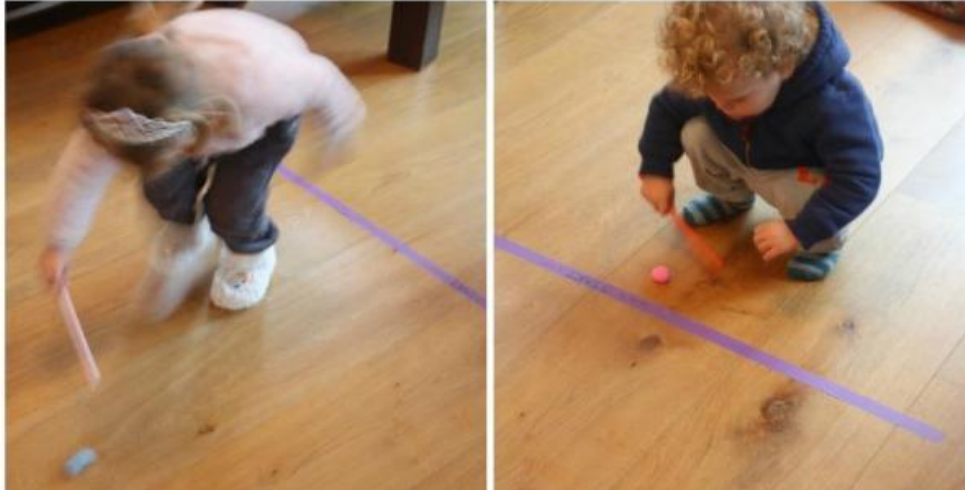
How Can I Help As A Parent?

You can help by first demonstrating the goal and then assisting your child, as needed in completing this goal. You can also swap out the straw for a stick if the straw is a little bit to difficult for your toddler.

Older Children:

Can partake in this activity as well!





Activity #2 Crunchy Box

How to turn your messy pantry into a crunchy box toddler activity.

Crunchy Box for the win!

This toddler activity definitely let me clean my pantry, use the stale food I was about to throw away, and keep my sweet boy, Sam, entertained.

Um, Hi Crunchy Box, you are amazing and I'm thinking of having a 3rd kid just to name it after you (kidding-ish).

Sometimes the best toddler activities are the ones that happen by accident.

Here's how Crunchy Box happened:

My pantry had hit a real low point and was about to cave in on me. I needed to do a massive over haul but didn't want to ditch my toddler with my phone (wink) so I could clean. I also didn't want to commit naptime / union break time to this endeavor so as you can see my back was against the wall. *Also, judge me not. You know naptime is precious time sent from Heaven and not to be used for organizing a pantry.*

Materials:

(this list contains affiliate links)

- [storage tub](#)
- [toddler hammer](#) (we have a million from tool boxes like this one)
- stale food

I pulled out one of our storage bins and started dumping in crunchy stale food that was headed for the trash: noodles, croutons, and a variety of cereal box end trails. I added in a few toddler hammers and let my toddler go at it.

This was amazing. He pounded and smashed and pulverized the entire time I cleaned the pantry in one heck of a toddler activity.

I even took a few whacks and let me tell you: it is very fun. I can see why he liked this activity so much. The noodles jumped if you hit them just right and the croutons could be ground into dust. It was loads of fun. My only

regret was that I didn't have more crunchies to add to the bin. I shouldn't have tossed the months old box of crackers the day before...

I love nothing more than a toddler activity that my son can do independently, affords me a minute to get a chore done, but keeps us close and laughing together. Crunchy Box – see you again the next time the pantry gets *that* bad (so sometime next week).

Goal:

To smash items with toy hammer.

How Can I Help As A Parent?

You can prepare that activity for your child. If you don't have a toy hammer you can use a metal spoon or allow your child to put on their shoes and stomp on the crackers, pasta and stale croutons etc.

Older Children:

Can help prepare this activity.



CRUNCHY BOX

AN EASY WAY TO ENTERTAIN
A TODDLER (AND CLEAN
OUT YOUR PANTRY!)



Activity #3

Pom Pom Push

Pom Pom Push is a simple DIY toddler activity.

It's a bird, it's a plane, no – it's a fantastic homemade activity that holds toddler attention for days. Sounds like a superhero to me.

Let's talk about why I love this kind of activity so much. This is the type of activity where you can see the idea and be doing the project minutes later. Activities don't need to take forever to prep and they certainly don't need to cost anything. I don't have a lot of time or a lot of spare cash with these kiddies running around so thank heavens for projects like this. Variations of this are all over the Interweb – this is the version I made my toddler and my “review” of Pom Pom Push.

Materials:

(this list contains affiliate links)

- [Pom poms](#)
- empty plastic container

I did a little dumpster diving to start this project and fished out an old sour cream container. Nothing fancy. I took some scissors and poked a few holes in the top that were just big enough to fit a pom pom ball.

The first time we played this, it held my son's attention for so much longer than I expected and I am definitely kicking myself that he hasn't had this Pom Pom Push made for many months. He can add it to his future therapy list.

We even promoted this little homemade activity into the main downstairs toy bin – so basically the big leagues at our house. It's been a month since I made this and it's been played with just as much as his construction trucks and trains. Even the baby plays with this...except she is a convicted pom pom eater so she just gets to shake the container when the pom poms are back in the container. She can't be trusted (wink).

Such an easy activity to do with your toddler. Win win.

Goal:

To strengthen fine motor skills by pushing pom poms through tight holes into container

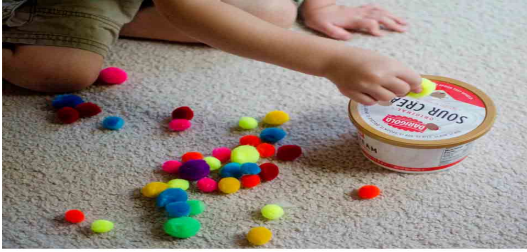
How Can I Help As A Parent?

You can help your child by verbalizing and demonstrating what the pom poms can do once they are pressed into the lid of a container.

Disappear!

Older Children:

Can partake in this activity as well!



POM POM PUSH

A TODDLER ACTIVITY THAT
CAN BE MADE IN SECONDS



Activity #4

Alphabet Letter Fishing

This **alphabet letter fishing activity** is a perfect toddler water play activity. Which kid doesn't like to play in water? Throw some alphabets in and now you have an educational kids activity. We have so much fun with our [printable letter crafts](#) and [alphabet activities for kids](#). The learning opportunities that await alphabet letter activities are endless.

In this sensory alphabet letter activity your toddler or preschooler has to search specifically for certain alphabet letters. Here we were searching for the Letter C because that is the alphabet letter we are currently working on in our [Letter of the week crafts curriculum](#).

Goal:

Exploring Letter Waterplay

How Can I Help As A Parent?

This activity is meant to slowly introduce your little one to letters. We don't want them to know the letters at this age but there is no problem with allowing them to be introduced to letters. This is a perfect opportunity for you to talk about the letters, describe them and make their sound while your child scoops them up out of the water

Older Children:

Can partake in this activity as well! This is also a perfect activity for older children to be apart of; especially those that already know their alphabet. They'll be really excited to share something they know with their younger sibling or family member.



LETTER FISHING

an alphabet sensory hunt



Activity #5

Lego Bath Building

A simple love story about having a Lego bath.

We can file this toddler bath time activity under "Why have I not been doing this FOREVER?" Because dear sweet Lego bath, where have you been all my life?

Ladies and gentlemen, this activity was an absolute win for us.

My toddler and I were having a "difference of opinion" morning (wink wink) and things were just not going well. On days like that, I like to take things back to neutral with a bath of sorts. Kind of like a do-over, a way to calm everyone down. Basically, in 90s kid language: a mid morning bath is our equivalent to blowing on a Nintendo cartridge. It's a reset.

[BATH TIME QUICK AND EASY](#)

Setting up a Lego bath is pure genius.

This bath time activity idea hit me like a ton of bricks: "I'll throw his Lego bin in the bath with him and see what happens". What happened was magical. He made boats, cars, trains, and had a tiny tea party with Lego "cups". And FORTY FIVE MINUTES LATER (yes yes, 45 minutes!), Prune Boy was finally ready to leave the tub. Happy, reset, and our day was saved. Hallelujah!

Materials:

(this list contains affiliate links)

- [Lego Duplo](#)
- Bath tub
- Semi-cranky toddler (wink)

Also a win was that the Legos actually got cleaned for once and that's a miracle in and of itself. Oh and I got the bathroom spotless clean because what else was I going to do trapped in there for 45 minutes? This activity idea was amazing and a rare stroke of genius for me. We've done this on repeat ever since.

I'm thinking about all the possibilities for other "toy baths": bristle blocks, Mr. Potato Head, basically anything that needs a good washing might be headed for our tub in the coming days and weeks.

Goal:

Build during bath time.

How Can I Help As A Parent?

Build language with your child as you discuss the different colors and imagine the things that you are building together. Spending meaningful time with your child during their bath make sure to give them lots of eye contact and encourage them while they paint.

Older Children:

Can assist in dumping the legos into the bathtub.



LEGO BATH

a simple way to
spice up bath time



Activity #6

Quick & Simple Fine Motor Activity

First I just need to thank my fellow [Crew](#) member Sharon from [Life in the Tribe](#) for this [brilliant idea](#)!

This fine motor activity was so quick, easy, convenient, and *needed*, that I had to share it with all of you in case anyone else might need it too!

You grab a wooden skewer and a ball of play dough, of course, and redirect the activity to something a bit more productive and that creates less mess.

Just simply poke the skewer into the play dough and secure it to a flat surface (we used the floor). Then have your child place the fruit loops on the skewer – a quick and easy fine motor activity that will keep your child busy in the kitchen.



Activity #7 **Simple Entertainment Sensory Bin**

Materials:

(this list contains affiliate links)

- Rice
- [Under the bed storage tub](#)
- [Measuring cups](#) and [wooden spoons](#)
- [Funnels](#)

My toddler, Sam, just loves the rice bin. He loved it at 21 months old and he loves it still – almost a year later! Dump a bag (about 16 oz) into a large tub. Add scoops, cups, spoons, and even some funnels for your toddler to work with. Sam always adds in his construction trucks too.

The amount of play that I can buy with a simple rice bin is astounding.

And I know it's not just my toddler because all his little toddler friends love

this bin just as much. MOM TRUTH: In the beginning, my son would try to sneak rice out the bin and make a mess. I wasn't having any of that. A few "rice bin time outs" and he got the message. He's an old pro at rice bin behavior now.

Goal:

Your child's goal is explore a rice bin and the function and possibility of each item within this bin.

How Can I Help As A Parent?

Carefully supervise your child during their exploration of this simple activity. Build language by discussing the activity with your child. Modify the activity to cheerios if you do not use fruit loops. You can also take the cereal off of the stick one by one and eat them together.

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



Activity #9

Sink or Float Discovery Station

That's when the idea of a sink or float discovery station came to mind. Water is the simplest sensory material ever, and all it would require would be for me to collect things from around the house.

After filling the plastic tub we bought for our [sensory bin stand](#) with some water and a couple of drops of food coloring, I roamed the house in search of small objects with different densities. Between the kitchen, the craft shelf, and junk drawer of sorts, I found tons of great stuff – metal Ikea tools, coins, hair clips and pins, utensils, and plastic rewards cards included. I neatly set the objects out on a tray that sat on top of the water bin, and waited for Miss G to wake up.

When she did, it was straight to her new station, as expected (this girl is all about stations!) Though I normally invite her to play and then step back to watch activities unfold, this time around Miss G wanted to know more before jumping in. I explained that when placed in the water, some of the items would sink and others would float, and that was enough for her. She carefully dropped in object after object, taking the time to marvel at the outcome each plunk brought.

Part way through the activity, she began predicting whether or not the objects would float before putting them in the water.

Immediately after the first round of testing, Gracen emptied the bin, put the objects back on the tray, and began again. This time around, I encouraged her to try placing the objects on the water's surface very gently. She was pleased as punch with the results too. While this silicon cup sunk the first time around {after being dropped in sideways}, when set in gently, it floated!

Goal:

Your child's goal is conducting a simple science experiment of items that sink and float.

Note:

Don't be worried that your little one can't verbalize what is going on, they can still comprehend and understand the experiment.

How Can I Help As A Parent?

You can help by verbally explaining to your child this activity. You can also help your child build language by announcing when an item is one that sinks and announcing when an item floats as well. Please be sure that all children are carefully supervised during these activities.

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



Activity #10 **Hide The Animal**

Hide the Animals: Quick Sensory Bin

Looking for a quick sensory bin activity?

I have an animal obsessed toddler on my hand! She is absolutely crazy for animals so I built her a fun Hide the Animals activity as a quick sensory bin – a simple way to entertain her and give Mom a little quiet time. Sensory activities are amazing for toddlers. It gives them a chance to learn, explore, and engage in the world around them in a safe environment. It also teaches valuable skills. This quick sensory bin focuses on two skills: **scooping and pouring**.

Making a Hide the Animals bin is so easy!

Materials:

(this list contains affiliate links)

- **Small animals** (these Toobs – [domestic cats](#) and [farm animals](#) – are our favorites!)
- **Rice** (I used a two pound bag)
- **Storage containers**
- [Muffin tin](#)
- [Scoop](#)

I had this entire activity set up and ready in approximately 129 seconds. Rough guess. Seriously, it's that easy! Don't shy away from toddler activities thinking they need to be complex or take mountains of time to set up – they can be a snap!

I took my daughter's beloved "tiny animals" and put one in each hole in the muffin tin. I set the muffin tin in a large under the bed storage tub and set the rice in a smaller container next to the muffin tin.

In the rice container, I put a single scoop. The goal: bury the tiny animals in rice. My daughter (22 month old) loved it!

Goal:

Learn, explore and engage.

How Can I Help As A Parent?

You can begin to work on recognizing the different names of animals and the sounds each animal makes.

Suggestion:

Use the same batch of rice for every rice activity

Older Children:

Can prepare the supplies for this activity. You can even allow them to lead the activity with your younger child(ren).



Week 4:

4/20/20

3 Activities

Choose 3 Activities Per Day

See Activity Log For Documenting

Activity #1

Name/Item Broom Hockey

The best part about the game is that you don't really need that many materials. You just need a flat open space- either pavement outside or a floor space inside. The paper plates move best on wood floor or pavement, but would work on other surfaces too.

Materials Needed:

- paper plates
- markers
- cardstock
- painters tape
- 2+ brooms (depending on number of players)
- baskets (or something to use as goals)

Prep-Ahead

Ahead of time I wrote the letters for each kid's name on paper plates so that each plate had one letter on it. Then I wrote each child's name on a strip of cardstock and stuck it to the basket goal.

To Play...

We played our name broom hockey game a variety of ways, but for the first way we started by throwing all of the paper plates into the middle of the room (or play space).

Goal:

Sweeping and pushing plates into a goal using a broom.

How Can I Help As A Parent?

Build language with your child as you discuss the activity and what each person is doing. Spending meaningful time while with your child during their play and exploration.

Older Children:

Can lead this activity. The older child's name can be written on plate if they are able to identify their name already. They can sweep the plate according to the spelling of their name. The younger children can sweep the plates into the basket for fun.



Activity #2 Stacking Cups

Tesco had their Easter homeware reduced at our local store where I managed to buy packs of 8 disposable cups for 25p. I bought several packs knowing that we would find some activity for them. One school I have taught at used cups for Speed Stacking in math and PE. The idea behind Speed Stacking is that children are learning how to sequence, finding patterns and the best way to stack a pyramid. The activity helps build the skills of perseverance and concentration. I was interested to see what Adam would do if I gave him a stack of disposable cups. Straightaway Adam started to create another stack of cups. He moved each cup separately to another pile until they were all stacked.

Adam kept coming back to the cups throughout the day. Each time he would transfer them from one pile to the next. I did attempt to show him a

pyramid but he got cross with me for breaking his pattern of transferring the cups.

Goal:

Stacking cups

How Can I Help As A Parent?

Build language with your child as you discuss the activity. Introduce new uses of the cups to your child by dropping shapes and other items into the cup. You can also practice pouring by assisting them in pouring the items out of the cup. You can observe them as they explore and discover new things to do with their cups.

Older Children:

Can also get creative with their own stack of cups.



Activity #3

Match The Object

These simple toddler puzzles are a quick and easy activity with very little prep.

Materials Needed:

- markers
- colored cardstock
- scissors or paper cutter
- toys/objects from around the house

Directions:

1. Cut each piece of cardstock in half. I used 4 pieces, so I ended up with 8 cards.
2. Trace some of your child's favorite objects onto the cardstock using a marker. You can have your child choose the objects and you can trace them. If your child is older, have them choose more challenging objects and let them trace their own "puzzle" pieces.
3. Lay out the completed "puzzles" and have your child try and match the objects with their outline.
4. If your child struggles the first time, model how to complete the puzzles and then have him try again.
5. When finished, store the objects and cards in a basket in your child's room so that he can try out his puzzles again and again when he is playing.

Grade: A

Another easy prep/automatically motivating activity. My little guy loved doing something new with the toys that are already his favorites. He was so proud of himself when he made a correct match! This could also be modified to make it into a memory game. Just trace each object twice and have your child match the cards and clip them together with a clothespin.

Language Development:

This activity can foster a lot of conversation about size, shape, and colors (ex. "the hammer is orange and yellow" or "the green gear is round"). You can also talk about the function of the objects (ex. track= what the train drives on). You can practice receptive language skills by asking your child to listen and follow directions, for example, "find the object that is red and round" or "find the object that you use to hammer a nail." You can make the questions/directions easier or harder depending on your child's age.

Goal:

Working on math skills by matching items to their outline.

How Can I Help As A Parent?

Your help will always be needed to help guide your child in their activities. You can further assist by demonstrating and verbalizing the activity first. What's most important is that they grasp the concept of what is being done. Be sure to congratulate your child for successfully accomplishing the task at hand. You should be speaking the steps and ideas of this activity out to your child and by doing this you work on language development with them.

Older Children:

Can help in prepping this activity by outlining the objects before younger ones attempt to match them to the outline.



Tips:

When I'm looking for a toddler activity, I'm looking for ones that:

- Use supplies I already have
- Take less than 2 minutes to set up
- Have a high likelihood that my toddler(s) will play for more than 5 minutes (hopefully 15-20 minutes)