

# Preschool Activity List

## Week 2

Choice Time Activities:	Details
Cooking Dinner Pretend Play	Provide your child materials for pretending to cook a meal. Material ideas: spoons, measuring cups, bowls, pots and pans, plates, cups. Extend play by having them set the table. Questions to encourage thinking: How many plates do we need? What are you cooking? What ingredients did you put in your _____?
Build a city or neighborhood	Use empty boxes and containers to build your own city. Have children decorate them with paper, glue, or other art materials. Consider making signs for your buildings. Questions to encourage thinking: Which building is the tallest? What buildings do you have in your city?
Nature Walk	Consider making your own binoculars with toilet paper rolls and yarn before going on a nature walk. Take time to talk to your child. Encourage them to describe and label things that they see. Extend their knowledge by noticing what they are interested in and sharing information. Encourage your child's curiosity by asking I wonder questions (e.g., I wonder why the butterfly is on that flower?).
Row, Row, Row, Your Boat	Use an empty laundry basket or large cardboard box. Pretend you are in a boat. You can add fun props to make it more fun (e.g., broom for a paddle or stuffed animals for ocean animals, stick as a fishing rod) Sing the song as you row along. What animals can you spot? What did you catch?
Sink or Float	Set up a water bin or fill up the bathtub. Collect items around the house and find out what sinks or floats. Ask them what they predict will sink and what they predict will float. Ask questions to encourage thinking (e.g., Why do you think that sank to the bottom?).

Physical Play Activities:	Details
Move Like an Animal	Practice moving around the house like different animals. Ideas: Bird, Snake, Bear, Rabbit, Elephant, Monkey
Kick the Ball	Practice kicking a ball to another person or at a target.
Dancing with Scarves	Practice dancing with scarves or handkerchiefs. Practice moving to the music. Play different types of music to encourage fast and slow movements.

# Preschool Activity List

## Week 2

Ball Toss	Use beanbags, a ball, or make your own balls out of paper. Have your child practice throwing balls into a basket or cut a hole in a large cardboard box and see how many they can get into the hole.
Follow the Leader	Stand in front of your child. Tell them to watch you carefully and copy your movements. Ideas to try: jump up and down, circle your arms, stomp, run in place.

Art & Sensory Play Activities:	Details
Rice or Bean Play	Fill up a large container or empty storage bin with rice or beans. Materials you might include: funnels, measuring cups, measuring spoons, containers for pouring.
Mini Michaelangelo	Tape a piece of paper under a table or a chair. Have your child lie on their back and use markers or crayons and make a masterpiece.
Salt Tray	Pour salt onto a cookie sheet. Have your child use their finger to draw in the salt. You can practice shapes, letters, or numbers or just let your child explore.
Make Goop	<p>Ingredients:</p> <ul style="list-style-type: none"> <li>• 2 Cups cornstarch</li> <li>• 1 Cup Water</li> <li>• Food Coloring (Optional)</li> </ul> <p>Directions: Place Flour in a large container and place a few drops of food color into the center. Have the water ready for your child to pour in. Allow your child to mix it together with their hands. You may want to provide spoons or cups for playing. How does it feel? You may want to cover the table with a plastic tablecloth or old sheet. This will be messy fun.</p>
Make your Own Puppets	Material Ideas: socks or paper bags, paper plates, felt pieces, paper, googly eyes, old buttons, scrap fabric. Get creative and create your own puppets. Put on your own puppet show. You can drape a sheet across furniture for your child to hide behind like a theater curtain.