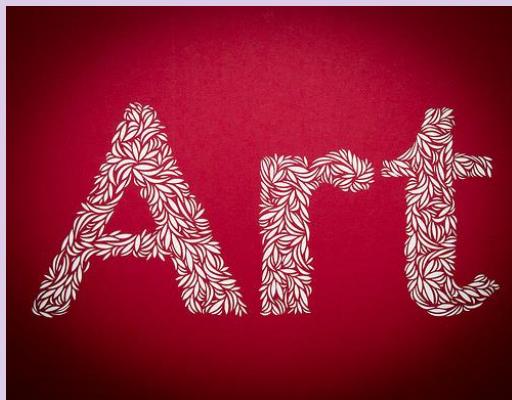


# Family Activity Book

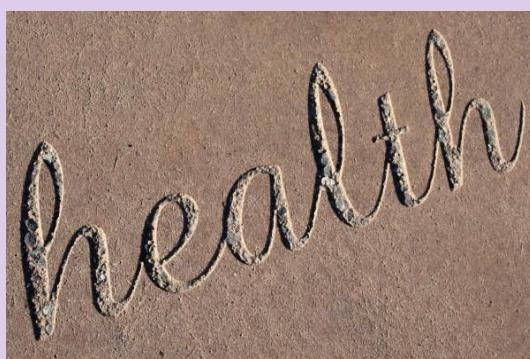


Math



literacy

ideas  
reading  
photos  
recording  
learning  
drawing  
thinking  
focusing  
helping  
looking  
interesting  
listening  
concentrating  
planning  
writing  
describing  
doing



MUSIC

Kelley Molina

# Introduction

This activity book contains twenty one various activities which are play based and fall in to many categories such as, math, health, science, and literacy. Play is important for young children because it allows children to use their creativity while developing their imagination, physical, cognitive and social/emotional strength. It is through play which children engage and interact in the world around them. As well play is integral to a child's academic environment, because it ensures the setting puts focus on the social/emotional and cognitive development of children. It is important for parents to engage their children in activities at home. Because being involved lets your child that you care about his or her education and see it as important. This in itself can help children appreciate the importance of education and to understand what they are doing has a purpose. As well you are your child's first teacher and a child spends three times as many hours away from the classroom as in it, and the lessons taking place in those non-school hours are every bit as important as those hours inside a school. The lessons that a child learns at home can strengthen all their learning at school.



## Head, Shoulders, Knees and Toes-Song

*Head, shoulders, knees and toes, knees and toes*

*Head, shoulders, knees and toes, knees and toes*

*And eyes and ears and mouth and nose*

*Head, shoulders, knees and toes, knees and toes*

Find a nice open spot to move to this song. As you sing it have your child touch each body part and parrot after you the lyrics. This is a health activity because as your child is participating in this activity they are moving. They are also developing language skills and a love of music as they hear and sing along with you. It is a good way to develop body part recognition as well. During this activity feel free to change it up and sing/move fast and slow.



## Hop, and Jump with Paper Plates

Materials: Colored paper plates

Place the plates around the room or outside about one and a half to two feet apart. Then have your child hop or jump to each paper plate. To add math concepts have them count how many they can jump or hop to.

As the child is participating in this activity they are developing large motor skills, such as balance and controlled movement. They are also developing early math skills as they count how many plates they hop or jumped to. It is a great way to stay active and get some exercise indoors or outdoors.



## Mini Ice Sculptures

Materials: Various plastic containers such as an ice cube tray, yogurt cups, etc.

Water

Food coloring (optional)

Freezer space

Work area

Spray bottle of water

Salt (kosher or table salt) in a salt shaker or small container to sprinkle from  
Tray or plastic platter.

Old rags for cleanup and to warm chilly fingers

1. Before you get your young learner involved, make the ice. Fill various plastic containers with water. Choose several of the containers and add food coloring to the water. Once the food coloring has been added, stir the water gently.
2. Freeze the containers of water until solid.
3. Set up the tray as a work area. Have the spray bottle of water, salt shaker, and rags close at hand.
4. Now it is time to get your young learner involved as you remove the ice from the containers. As you do this, begin to explore. What happens when you hold an ice cube in your hand? Does it melt slower or faster than a cube on the tray?
5. Test how ice reacts with water. What happens when you spray an ice cube with the water? Does it melt slower or faster than a cube held in your hand?
6. Experiment with how ice reacts to ice. When you press two ice cubes against each other, what happens when you let go? What about when you spritz them with water?
7. Now sprinkle an ice cube with salt. Does it melt slower than a similar cube left alone on the tray?

As your child is participating in this activity they are engaging in science and learning science concepts such as predicting, cause and effect and testing their predictions. They are also developing language skills as you talk about what is happening and ask them the questions. They will also gain new vocabulary if you use words such as predict, test, and reaction while talking to them.



## Writing Letters in Sand

Materials: Sand from a craft store, beach or donated from a friend

Tray

Pencil (optional)

Pour the sand on the tray (enough for them to write letters in). Give your child visual cues of different letters by looking at books, magnetic letters or even by writing and showing them. Then have your child use their finger, or pencil to practice writing the shapes of letters of their name, and other meaningful letters (such as ones in parents or friend's names) in the sand.

As they participate in this activity children are learning letter recognition and practicing writing the shapes of letters. As well the idea that letters make up words.



## Making Playdough

Materials: 1 cup of flour (whatever kind you have on hand)

$\frac{1}{4}$  cup of salt

$\frac{1}{2}$  cup of warm water

3 to 5 drops of food coloring or liquid water color

Measuring cups

Two bowls or empty containers

Spoon for mixing

1. Have your child help measure and mix together the flour and the salt.
2. Have your child mix together  $\frac{1}{2}$  cup of warm water with a few drops of food coloring.
3. Then have them slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, then knead with hands until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick at all. Finally let them play with it, exploring its texture and create with it. Talking to them about what they are doing and how it feels. If you have old cookie cutters let them have fun cutting out shapes.

As your child participates in this activity they are developing math skills as they measure the ingredients, language skills as they talk about what they are creating and how the playdough feels and looks, and cause and effect as they mix the ingredients and observe what happens. Sensory development as they touch, smell, and observe their creation.



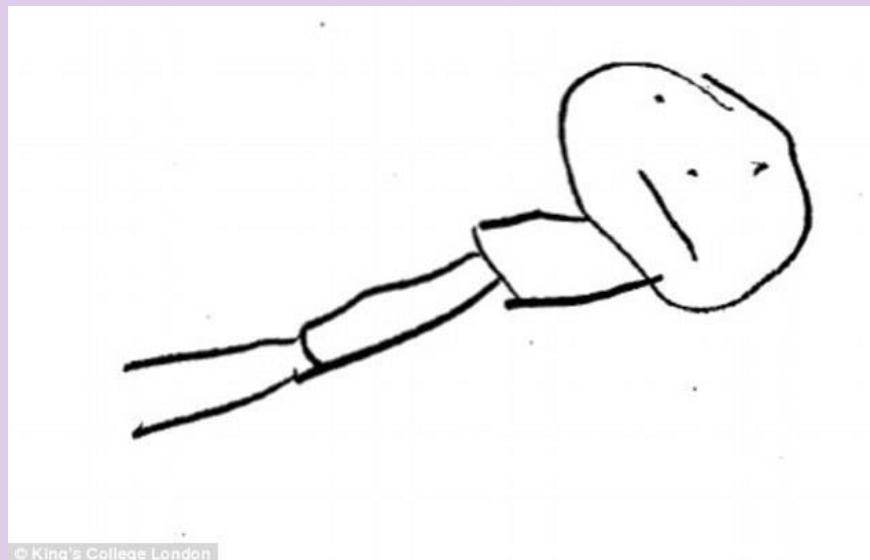
## Emotion Self Portraits

Materials: Paper

Crayons, markers, or pencils

Give your child a piece of paper and the writing utensil of choice and talk to them about how there are different emotions (mad, sad, happy, scared) and discuss what things make them have those emotions. Then let them draw themselves feeling that way, then talk about what they can do when they feel this way and how it is okay to have those different feelings. You can even write what they have said on their drawing.

This activity allows your child to develop social emotional skills as they identify feelings, talk about how to handle them and recognize others have feelings as well. It also develops language skills as they discuss the different feelings and what to do about them. They are also developing fine motor skills as they draw. If you write what they say they will be developing literacy concepts such as words convey meaning,



## Five Little Monkeys Song

*Five little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
“No more monkeys jumping on the bed!”*

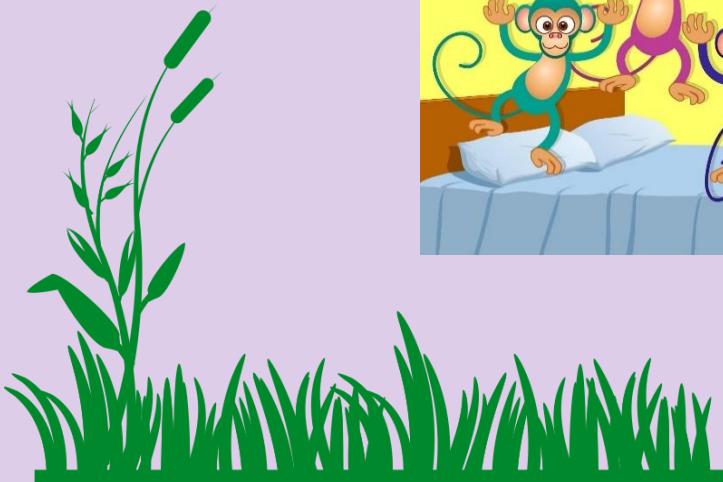
*Four little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
“No more monkeys jumping on the bed!”*

*Three little monkeys jumping on the bed.  
One fell off and bumped her head.  
Mama called the doctor and the doctor said,  
“No more monkeys jumping on the bed!”*

*Two little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
“No more monkeys jumping on the bed!”*

*One little monkey jumping on the bed.  
She fell off and bumped her head.  
Mama called the doctor and the doctor said,  
“No more monkeys jumping on the bed!”*

Singing this song helps your child not only develop a love of music but develop language as they are singing. As well they are engaging in early math skills as they count and identify how many monkeys are left after one falls off the bed. Finger movements can even be used to make it more engaging. This can be done by holding up one hand flat and the other sitting on it with fingers extended to represent the monkeys. Then lower one finger each time one monkey falls off the bed.



# Open Shut Them

Open, shut them, *(open and shut fists)*

Open, shut them,

Give a little clap. *(clap)*

Open, shut them, *(open and shut fists)*

Open, shut them,

Lay them in your lap. *(place hands in lap)*

Creep them, creep them, creep them, creep them *(walk hands up body to chin)*

Right up to your chin.

Open wide your little mouth,  
But do not put them in.

Roll them, roll them,  
*(make rolling motion with hands)*

Roll them, roll them,

Roll them just like this.

Shake them, shake them,  
*(shake hands)*

shake them, shake them,

Blow a little kiss! *(blow a kiss)*



As your child and you sing this song they are developing language skills and vocabulary, body part awareness (as they engage each body part), and learning to enjoy singing and music. The movements keep them engaged and make it more fun.



## Making Snow Dough

Materials: 1 cup flour

2/3 cup baby oil

Few drops of liquid water color (optional)

Old bowl or large enough container

In an old bowl have your child help measure out the flour, baby oil, and liquid water color. Then let them mix it with their hands and have fun molding and exploring it. If you have any old cookie cutters around let them flatten it and cut out shapes on an old tray.

While your child is engaging in this activity they are learning math concepts as they help measure the materials. Science concepts such as cause and effect, and prediction as they mix the materials and see what happens, and language development as you talk to them about what they are doing and what is happening. They will also be engaging their senses as they explore it through touch, smell, and sight.



## Making Bracelets

Materials: Any type of medium size beads (letter, wood, colorful plastic)

Stiff string or pipe cleaners

Tray or small bowl (to prevent beads from rolling away)

Give your child a small handful of beads and let them string/place them on the pipe cleaner or string. While they are doing this have them count how many beads they have put on and if you are using letter beads have them see if they can identify some of the letters or just talk to them about the different letters they are using.

While your child is engaging in this activity they are learning early math concepts as they count how many beads they are using, developing fine motor skills as they are putting the beads on, and letter recognition if they are using letter beads and you are engaging them in discussion about the different letters.



## Mini Alphabet Sensory Bins

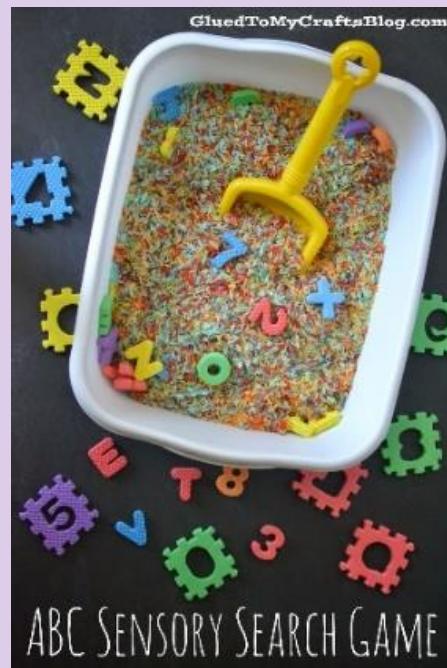
Materials: Mini bins, bowl or pot

Letters, upper case and/or lower case (you can use puzzles pieces, plastic letters, or letter stamps)

Sensory filler such as dried rice, peas or beans

Put the sensory filler and letters into the bin or bowl then have your child use their hands or a small plastic trowel to search for and find the letters. Then encourage them to try and identify them. Talk to them about the letters they find. They can even count how many letters they find and put them in separate stacks according to color or the letter.

As your child engages in the activity they will be learning letter recognition as you encourage them to identify the letters they find and talk to them about the letters they found. Sound and letter correspondence as you talk to them about the sound the letter they found makes. They will be developing early math skills such as counting and sorting as they count the letters they find and separate them by type or color.



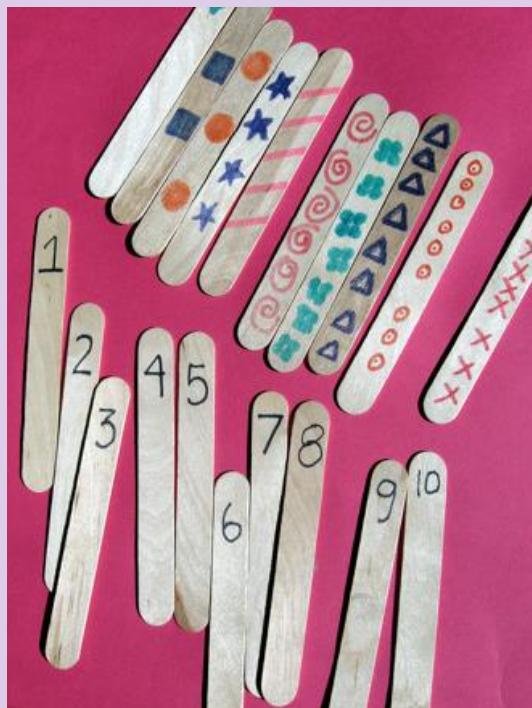
## Number Match Game

Materials: 20 Popsicle sticks

Colored markers

With the sticks placed vertically, number each stick from 1 to 10 in bold, black letters. Then, on the remaining ten sticks, make designs using different shapes and colors. You can draw hearts, circles, squares, fish, etc. Just make sure that the number of shapes on each stick matches the numbers in the other set. For example, on one stick you may have one circle, on the next, two hearts, then three stars, and on until you get to ten. When the sticks are all ready, mix them up and give them to your child. Encourage her to pair the numbered sticks with their matching counterparts. After she's matched up all the sticks, challenge her to take a look at the different shapes. Can she name the shapes on all the different sticks?

As your child engages in this activity they will be gaining early math skills/number sense, shape recognition, and counting. These happens, as they identify the numbers, count the objects, and identify the shapes (geometry).



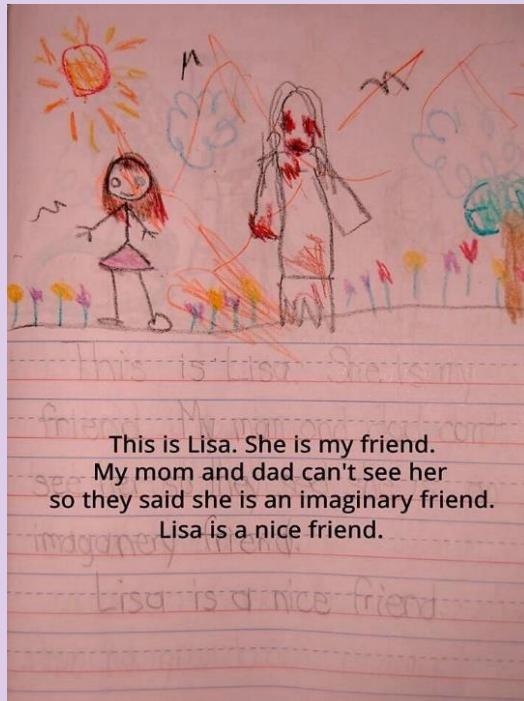
## My Picture Story

Materials: Paper

Crayons, pencils or markers

Allow your child to draw and color anything he or she wants. When finished, ask your child to tell you about his or her picture. Write your child's story and then read it back to him or her.

As you do this activity with your child they will be developing language skills as they tell you the story. Literacy skills such as the idea words have meaning, and letter sound connections as you write and read the story back to them. They will also develop fine motor skills as they draw and develop creativity and an appreciation for literacy as they create the story.



## Count and Sort Fruit Salad

Materials: 4 colorful fruits such as: blueberries, strawberries, melon, kiwis, mango, etc., at least 10 pieces of each

Small bowls

1 large bowl

Tray or cutting board

Butter knife for cutting

1. After you've both cut and prepared the fruit, lay it all on a tray or cutting board and place it in front of your child. See how many different fruits she can recognize and name.
2. Encourage her to separate each fruit into different bowls. Explain that the recipe requires ten pieces of each fruit. Can she help you make sure you have the right amount?
3. When all the fruits are separated, talk to her about the different colors in each fruit. What different colors can she see? Are there any colors that are the same? Explain to her that each fruit is healthy and has vitamins which are good for her body and keep them healthy.
4. Now, encourage your child to pour each fruit into the big bowl, and help them mix everything together. Voila! They have made a delicious fruit salad. When you're all done, don't forget to give the fruit salad a try.

While engaging in this activity your child will be developing early math skills as they count, and sort the fruit, and they will gain number sense as they do this as well. It also involves science as you talk about the different fruits, how they are healthy, where they come from and identify the different colors of the fruit. Language is also developed as you talk and engage with your child.



## Shape Art

Materials: White paper

Paint on hand

Small tray or plate for paint

Materials of different shapes (i.e. blocks of various shapes, small lid for circles, sponges cut into triangles, circles, etc.).

Give your child a piece of paper and let them pick a shape and dip it into the paint then place it on the paper. As they do so talk to them about the shape they chose and how many prints they are going to make. When they are done it can be art to hang on the wall.

What your child learns from this activity is geometry as they identify the shapes, counting skills as they count the number of shape prints they made. They also develop creativity and an appreciation for art as they create their art.



## Blow Painting

Materials: Bendable straws

Thin homemade paint or watered down store-bought paint

Paper

Spoon

Safe container with sides

1. Cut and place a piece of paper to cover the bottom of the container for easy cleanup.
2. Ask your child to pick a paint color, and pour a tiny bit onto the paper.
3. Using a straw, invite your child to blow the paint. Make sure she doesn't suck in the straw!
4. Have your child choose a color and dribble a bit onto her paper with the spoon.
5. Keep putting more colors on the paper! Have your child come up with stories to describe her painting. Ask her questions to get her talking. Have her identify shapes and patterns.
6. Encourage your child to name the painting. Write her name in the corner.
7. Let the painting dry, and hang the beautiful artwork when it's done!

While engaging in this activity your child will be developing early math skills as they identify shapes and patterns they created, literacy and language skills as they describe their painting/talk about it, and see you write their name on it. As well they will be developing their creativity as they create their art. Lastly a sense of cause and effect and color recognition as they mix and identify the colors they are using.



## Nature Walk Collection

Materials: Bag to put collected items in

Tray

Go on a nature walk and encourage your child to look for and collect natural materials, such as acorns, leaves, and pinecones, putting them into the bag. Then at home have them sort them on the tray and identify what they collected. Talk to them about what they collected and what it is. To add more math concepts encourage them to count how many of each material they collected.

While engaging in this activity your child will be developing not only an appreciation for nature but language skills as you talk about what they found and math skills as they count each different material and sort them. And nature science as you talk about what they found and what it is and comes from.



## Letter Writing

Materials: Paper

Pencil or pen

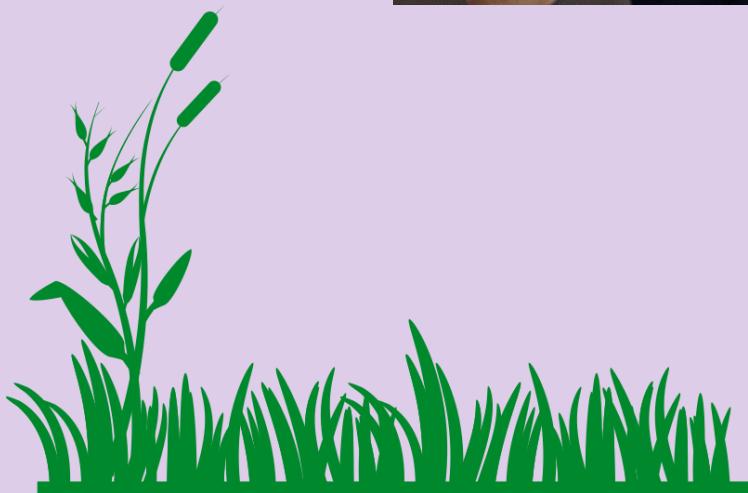
Crayons

Envelope

Stamp

With your preschooler, write a letter to a friend or family member. Ask your child what he or she would like to say in the letter. Read the letter to your child after writing it. Explain to them that letters must be sent in envelopes and then address the envelope reading the address as you write. Later take a trip to the post office or mailbox and let your child mail the letter.

As your child engages in this activity they will be developing language as they dictate the letter, literacy development, such as words have meaning, are used for communication, concepts about print, letter and word knowledge as they observe you write and communication skills.



## **Magic Exercises**

Discuss the importance of exercise and a healthy body. Let your child suggest what kind of exercises to do.

- \* standing on their toes
- \* clapping both hands over their heads
- \* standing on one foot
- \* wishing hard
- \* clapping both hands behind their backs
- \* waving a magic wand

Put the exercises together to make a simple routine. See if your child can repeat them several times.

This activity is a great way to have fun while staying healthy. It as well develops the child's large motor skills, balance, strength, etc. (depending on the exercises they do).



## Feeling Face Balloons

Materials: Balloons

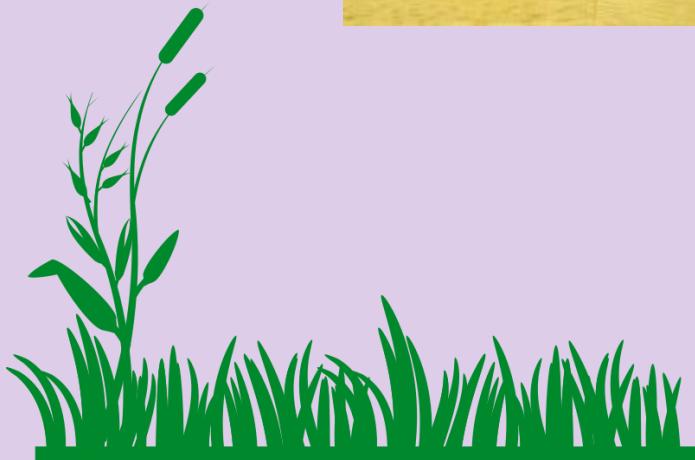
Rice or bird seeds

Black marker

Funnel

Fill the balloons with rice or bird seeds using the funnel just big enough to draw a face on it. After filling the balloon draw different emotion faces on it (sad, happy, scared, and mad). Then have your child try to identify the feelings and then ask them what makes them feel that way. Then talk about what they can do when they feel a certain way, such as scared or mad. Some of the answers may include taking deep breaths, counting to ten, getting a special toy or going to an adult.

This activity allows your child to develop social emotional skills as they identify feelings, talk about how to handle them and recognize others have feelings as well. It also develops language skills as they discuss the different feelings and what to do about them. It also can help develop self-control as they learn and try out the ideas for what to do when they have a certain feeling.



## Measuring Up

Materials: Ruler

Clipboard and paper

Pen or pencil

Preschoolers love comparing "how big" different objects are. You can channel this interest into learning more about nature. Find a simple children's ruler with lines marking only inches, or make your own from a thick piece of cardboard or poster board. Then bring your child outside and ask her to measure different objects, such as a leaf and a long blade of grass. At first, you'll have to help her measure different objects, but in time, you'll be able to make the game more complex. Challenge your child to find something in nature that is two inches long, or ask your child to find the longest leaf by using her ruler. This can even become part of a scavenger hunt.

Not only will your child gain a love of nature out of this activity, but they will be developing math skills as they measure items found, fine motor and early literacy skills as they attempt to draw what they found and tally sizes. As well they will be developing language skills as you talk about what they found and its size.

