

Explore Fruits & Veggies

HOW TO DO IT:

Trying new foods can be exciting (and a bit scary) for children. Have children select a piece of fruit / veggie to try. Before they eat it ask them some questions. How does it look? How does it smell? How does it feel? How does it taste? Would you eat it again? Mark your answer on the sheet.



WHAT CHILDREN LEARN:

- ⇒ Observation and prediction skills
- ⇒ Five Senses (see, smell, touch, taste, hear)
- ⇒ (Safe) Risk Taking
- ⇒ Vocabulary building

COOL STUFF TO KNOW:

1. Eat the rainbow of fruits and veggies to get the vitamins & minerals your body needs.
2. This activity may be SUMMER DARE activity for Explore It week. (Try a new food.)

Free Art

HOW TO DO IT:

Have your child pick any art items that she wishes to use. Allow your child to create whatever she wants. (You can show your child how to use materials such as scissors and glue, but try not to make suggestions or show examples of what her work should look like.) Let your child be creative. Let your child tell you about their artwork, if they wish.



WHAT CHILDREN LEARN:

- ⇒ Creativity and freedom of expression
- ⇒ Planning and organizing
- ⇒ Small muscle control and coordination of hand, arm, eye & torso
- ⇒ Self-discovery and independence

COOL STUFF TO KNOW:

1. The process of making art is more important than the product.
2. Try saying "Tell me about your picture" rather than "What is it?"

Sink & Float Science

HOW TO DO IT:

Science is all about observation, prediction, testing & recording info. Take a look at the objects. Talk about each of them. Is it light or heavy? Is it solid or does it have holes? Make a prediction on the provided sheet—Will it sink or float? Why do you think that? Now drop them in the water & observe what happens! Were you right? Were you surprised? Write down the results.

WHAT CHILDREN LEARN:

- ⇒ Science observation and prediction skills
- ⇒ Vocabulary building
- ⇒ Safe experimentation
- ⇒ Writing skills



COOL STUFF TO KNOW:

1 . All rocks sink right? NO! Pumice is a volcanic rock and due to the way it is formed with lots of gas pockets, most pumice rocks will float! Although even some pumice rocks sink.

Math Play—Magna Tiles

HOW TO DO IT:

Use the Magna Tiles to build and create. Begin with asking “What do you think holds the tiles together?” Then see if the child can build something with 4 sides? 3 sides? Build and have fun.

WHAT CHILDREN LEARN:

- ⇒ Geometry and spatial relations
- ⇒ Patterning
- ⇒ Fine motor skills
- ⇒ Science concepts of magnets



COOL STUFF TO KNOW:

- 1 . Playing with shapes such as magna tiles, puzzles and blocks helps develop math skills in young children.

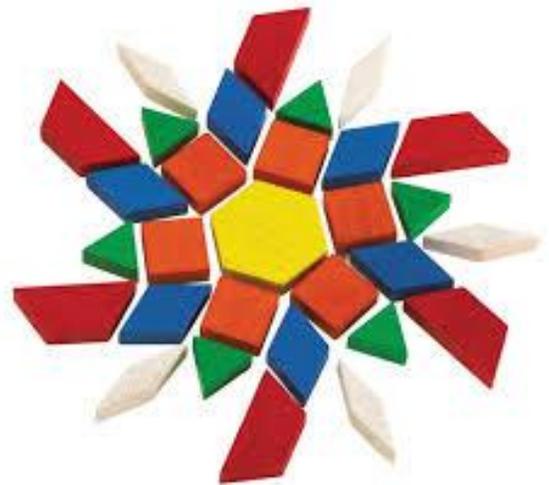
Math Play—Pattern Blocks

HOW TO DO IT:

Let your child explore and play with the pattern blocks. Take a pattern template and see if you can use the shape blocks to complete the shape. Can you make it with fewer blocks? Can you make it with more blocks? Create your own design.

WHAT CHILDREN LEARN:

- ⇒ Shapes, geometry and symmetry
- ⇒ Spatial relations
- ⇒ Fractions
- ⇒ Fine motor skills
- ⇒ Problem solving and reasoning



COOL STUFF TO KNOW:

1. Playing with shapes helps develop math skills in young children.
2. A lot of graphic designers use pattern blocks for artistic purposes.

Letter & Number Match Game

HOW TO DO IT:

Learning about letters & numbers can be fun! Have children choose a letter/number and then find its match on the tarp. Talk about the letter as they find the match. Make the sound of the letter. Ask what animals, food, color or shape may start with that sound/letter? Suggest touching and tracing the letter. Match as many letters/numbers as the child wants.



WHAT CHILDREN LEARN:

- ⇒ Strengthen letter & number recognition / Reading skills
- ⇒ Matching skills
- ⇒ Problem solving (how to get the letter/number to fit on space)
- ⇒ Writing skills (tracing the letter)

COOL STUFF TO KNOW:

1. Using your senses can help you learn. Touching letters & physically matching them can help children remember them.

I'm THIS Tall!

HOW TO DO IT:

Help children stack coffee cans in a tower as tall as the child. Count how many cans it took to build the tower. Can they build it even taller? Have fun (safely) knocking the tower over when you are done! Just be careful of others around you!



WHAT CHILDREN LEARN:

- ⇒ Problem solving (how to build tall stack)
- ⇒ Math skills (counting, 1:1 correspondence, shapes/geometry, measurement)
- ⇒ Balance stacking
- ⇒ How tall they are!

COOL STUFF TO KNOW:

1. Math is more than just reciting 123. Different math concepts are actually learned separately. Names of numbers, counting, 1:1 correspondence, shapes / geometry, measurement.
2. Block play is important work for children. It is the basis for so many skills such as balance, design, patience, trial & error, math concepts, communication/language, teamwork & friendship skills.

I'm Feeling...

HOW TO DO IT:

"Reading" emotions on faces is an important skill. It helps with friendship skills and have better relationships. Using a mirror so the child can see themselves, ask them to make different emotion faces. Some options are happy, sad, angry, surprised, scared, excited, shy, silly, frustrated, confused, serious, loved... Adults can make a face & have the child guess the feeling. Now the child can make a face & the adult guesses.

WHAT CHILDREN LEARN:

- ⇒ How to express & read emotions
- ⇒ Emotional Vocabulary
(vocabulary building)
- ⇒ Friendship Skills



COOL STUFF TO KNOW:

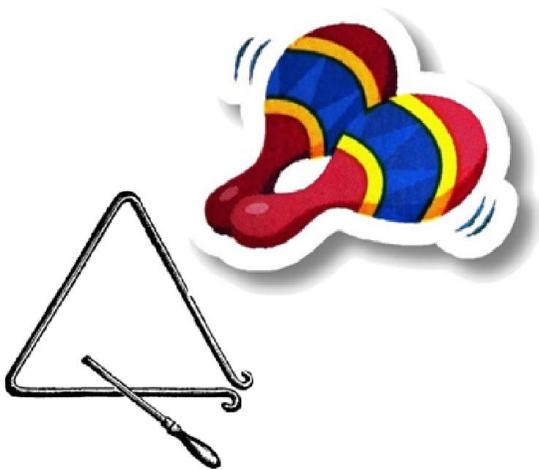
1. Emotional Vocabulary is the ability to recognize & name feelings in one's self and in others.
2. Other ways to build Emotional Vocabulary: ask your child "How does that make you feel?"; talk about how characters in a book/ video/TV show may feel; use books or art activities to talk about emotions; and express your own feelings in a variety of situations.

Play a Song

HOW TO DO IT:

Try this musical game. Listen to the sounds that each instrument makes. Have child turn his/her back and guess what instrument is played by listening to the sound. Play a rhythm or pattern and have the child repeat it. Switch places and let the child play the instrument and the adult guess.

Or just have fun playing music and dancing with the instruments.



WHAT CHILDREN LEARN:

- ⇒ Learn different instrument sounds
- ⇒ Practice rhythms or patterns using instruments
- ⇒ Creativity (create music, dancing)
- ⇒ Vocabulary (instrument names)

COOL STUFF TO KNOW:

1. Exposing young children to instruments & music can help with:
 - ⇒ increased gross & fine motor skills and muscle tone
 - ⇒ Reinforce hand-eye coordination
 - ⇒ Increase listening and reading skills
 - ⇒ Develop patterning skills & basic math concepts of sequencing, number order
 - ⇒ Understanding where sound comes from & how it can change
 - ⇒ Cultural awareness by listening to different types of music
 - ⇒ And more...

Wind Race

HOW TO DO IT:

Each person pick a straw. Have your child hold his hand up & blow through his straw on his hand to feel the “wind”. Have the adult blow through their straw. Who blew harder? Next, look at the different objects, and pick an item and set it on the ground. Make a prediction what item will go farther / quicker. Ready. Set. Blow. Each of you use the straw to blow your item across the table. Did you predict right? Feel free to do it again with different items. Which item goes the quickest? Why do you think that is?

WHAT CHILDREN LEARN:

- ⇒ Science concepts (wind force)
- ⇒ Problem solving & reasoning
- ⇒ How to make predictions



COOL STUFF TO KNOW:

1. Along with being fun, blowing activities like this one (or blowing bubbles) may improve respiratory function.

Read Together, Learn Together

HOW TO DO IT:

Find a new book that you would like to read together. Check the book out using a library card. Find a cozy place to read the book together. Take the book home to read it again or return it in the book return.

WHAT CHILDREN LEARN:

- ⇒ Understanding how to use books
- ⇒ Build vocabulary
- ⇒ A host of additional literacy skills
- ⇒ Reading together bonds parents & child over a shared, fun activity that benefits the child throughout



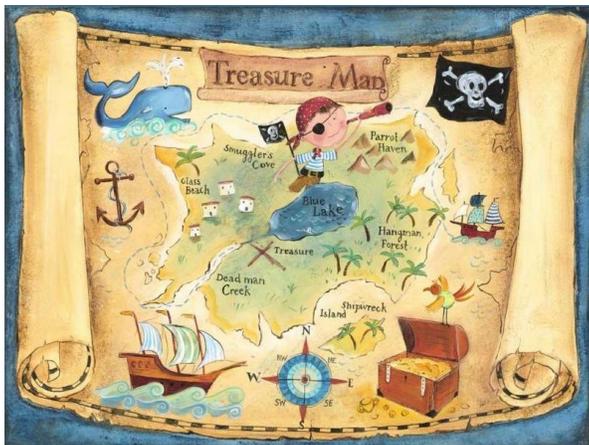
COOL STUFF TO KNOW:

1. Reading for pleasure is more important to children's cognitive development than their parent's level of education.
2. Children learn an average of 4,000 to 12,000 new words each year as a result of book reading.
3. Parents are the most important reading role models for children and young people.

Map Walk

HOW TO DO IT:

You are going on an adventure! First take a map and then follow the journey on it to visit fun, smart places. (Parents the trail is also marked on the floor with tape.) Some places can only be visited by certain ways of travel, so look at your map for info. The adult with you or our helpers can help you read the map too. Stops along the way include: Alphabet Village and Yoga-ville. Remember X marks the spot



WHAT CHILDREN LEARN:

- ⇒ How to use a map
- ⇒ Follow directions
- ⇒ Gross motor skills and balance
- ⇒ Letters (Upper and lower case)

COOL STUFF TO KNOW:

1. No one knows the exact date when the first map was created. However, we do know that maps have been used for 100s of years!
2. Maps have been written in all sorts of ways and with all sorts of materials. In ancient China maps were written on silk fabric. Eskimos used driftwood, bone & pebbles to represent paths and trading grounds.

Map Walk Stop #1—Alphabet Village

When in Alphabet Village...

That was hop-tastic! You are now at Alphabet Village. Letters are everywhere in Alphabet Village.

There are both upper case and lower case. Often the first letters we learn are the ones in our names.

Can you find the letters in your name? Can you find them in both upper and lower case? What other letters do you know?



Map Walk Stop #2—Yoga-ville

When in Yoga-ville...

Good tip toeing Traveler! You are now in Yoga-ville, and when in Yoga-ville, try Yoga. Did you know that yoga helps with your flexibility, coordination, body awareness

AND can help with concentration & focus? Take a look at the yoga poses in the picture. Try to do one of the poses? Can your mom/dad do the same pose? Which one do you think would be the hardest to do? Why?

