SOME IDEAS FOR HOME FROM AMI

Hello my friends! Below are some photos with descriptions of a few ideas to keep the learning through play happening at home.

BONUS: Any and all of these activities can be done outside in the fresh air!

PLAY DOUGH- STEAM, Sensory Play

You can make play dough at home like we do at school. Here is what you'll need and how to do it! (I have cut the recipe from school in half, you could probably cut it down by half again.) Children can scoop, level, and count the dry ingredients (smaller measuring cups can be easier to manage for small hands.)

- 2 cups flour
- 1 cup salt
- 1 Tbs cream of tartar
- 2 cups boiling water
- 2 Tbs oil
- (optional)- food color/liquid water color/cake dye, scented extract

Stir together all dry ingredients in one bowl. Stir together all wet ingredients in a separate bowl. Add wet ingredients to dry ingredients and mix. Dump onto table and knead until combined. (An adult should do the first part of the kneading, until it is cool enough for the kids to help.)

Just **some** of the things we do/talk about when making play dough with the kids--

- *We count in English and in Spanish.*
- *We identify the color(s) were are using or mixing.*
- *We watch the steam from the boiling water and discuss the different forms liquid can take (solid- ice, liquid- water, vapor- steam).*
- *We talk about how and why the oil and water separate.*
- *We make a hypothesis about where the wet ingredients go when we add the dry.*

Add craft and natural materials to the play dough experience to extend the play

OPEN CUTTING STATION- Fine Motor, Creativity

Make a spot in the house (we call it a station) that is open to practice cutting. All you need is a tray or cookie sheet, some paper scraps or old magazines, and a pair of child-safe scissors. To get a little more advanced, draw lines or shapes on the paper for your child to cut out!

You'll end up with the raw materials for a collage!

NEW BULDING MATERIALS- STEAM, Creativity, Imagination

Every-day household items, like these coffee cans, and large tubes can be added to extend block and car/train play. Wrapping paper, paper towel and toilet paper tubes, cans, plastic containers, plastic bottles, and small boxes are just a few easy-to-find items that can be added to your child's block building area.

APROPRIATE RISK TAKING- Gross Motor, Emotional Growth, Resilience

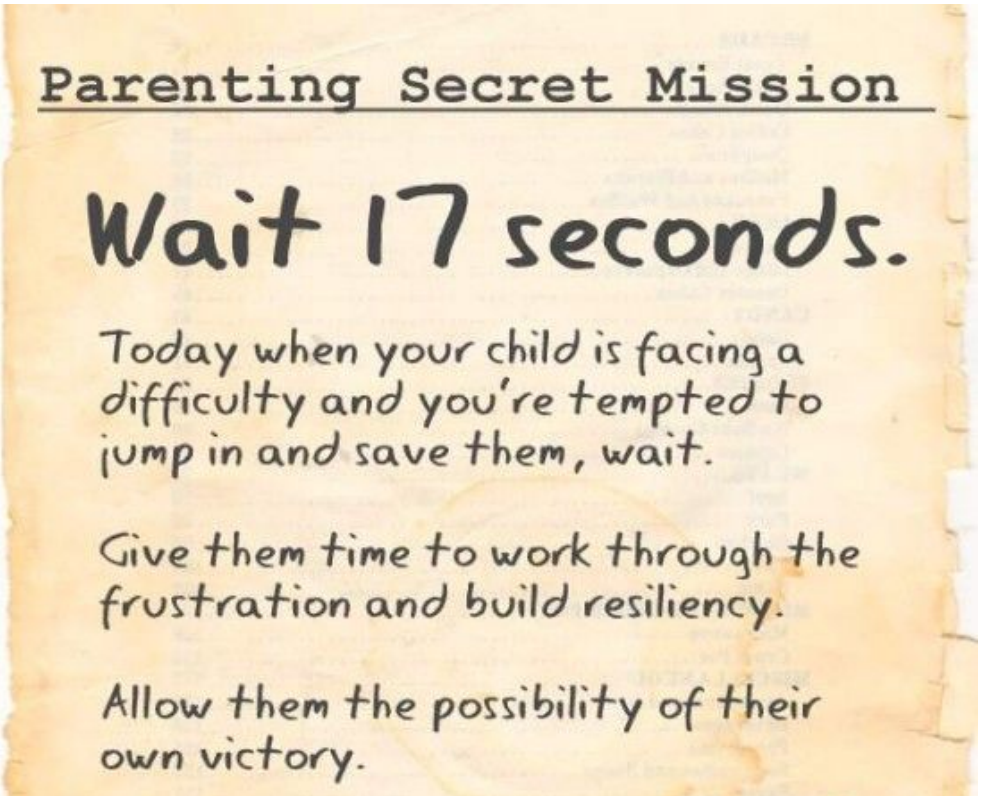
While playing outdoors, it is important children have the opportunity to take appropriate risks. In addition to further developing gross motor abilities, **some** benefits of allowing appropriate risk are:

•Building confidence, the ability to persist, and the ability to overcome fear

•Self-regulation, e.g., “how high is too high in this tree?” or “how fast can I ride my bike and still stop quickly?”

•Sending the message to your child, “I trust you.”

•Enables parents to see areas where your child might need additional guidance or support.



Parenting Secret Mission

Wait 17 seconds.

Today when your child is facing a difficulty and you're tempted to jump in and save them, wait.

Give them time to work through the frustration and build resiliency.

Allow them the possibility of their own victory.

BOX PLAY- Creativity, Imagination

Grab a box, any box, and encourage your child's imagination to run wild! Add markers, crayons and stickers to decorate. Add blankets, pillows and flash lights to make a fort!

Bigger boxes that a child can fit into are best for hours of fun!

BAKING SODA & VINEGAR- STEAM, Color Recognition, Fine Motor

For this you will need:

- a few small cups & a tray or baking sheet
- white vinegar
- food coloring/liquid water color
- baking soda
- eye droppers OR cotton balls OR rolled up paper towels.

Fill small cups with vinegar. Add color. Place small piles of baking soda on the tray. Allow children to add drops of color-filled vinegar to the piles of baking soda. Watch the magical chemical reaction! Repeat with new piles of baking soda/new cups of vinegar.

PEELING/CUTTING FRUITS AND VEGETABLES- Fine Motor, Self-Help, Community

Make time for your child to help you prep a meal. Find items they can peel or cut with a plastic knife. On this day we made a fruit salad. Children helped to peel clementines and bananas, and cut up pieces of kiwi, strawberry, apple and pear. The children are always so proud when they help with a baking or cooking project…and they tend to be more inclined to eat something they helped to make!

NATURAL COLLECTIONS- Exploration, Classification, Creativity

Whether it's a walk around the neighborhood, or a hike in the woods, bring a bag or container and invite your child to collect nature. Rocks, sticks, flower petals, leaves, pods, seeds, weeds and more can be collected and brought home. Children can use their collections for sorting, classifying, adding to play scenarios, and art projects!

STICKER ART- Fine Motor, Creativity

Work that pincer grip! (*The pincer grasp is the coordination of the index finger and thumb to hold an item.)* Each time you hold a pen or button your shirt, you're using the pincer grasp. While it may seem like second nature to an adult, to a young child this is an important milestone in fine motor development.

Stickers are a fun and rewarding way for children to build small motor muscles and show their creativity. Simple, inexpensive tag sale colored stickers work just as well as the pricier collections from Mrs. Grossman's. Add markers or crayons for a higher level of design☺️.