

Resource Guide

Play & Learn ~ KIDCO AT HOME



Nature Walk Crowns

While enjoying a walk around the neighbourhood, hike in the forest or playing in the backyard, have your little one create a Nature Crown. Cut a strip of bristol board or card stock to fit around their head and apply a strip of double sided tape around the crown. While getting some fresh air, your little one can collect nature treasures to add & stick to their crown, therefore creating a memorable piece.



Blow Painted Creations



Provide your little ones with a set of water colours and a straw. They can use their imagination to create a masterpiece by putting watercolours on their paper and using their straw to blow or manipulate the paint around the paper. After the paint dries, your child can complete their painting by adding various objects (e.g. eyes) as well as markers or crayons to draw in stems and other imaginative pieces to complete their work of art.



Rainbow Treasure Hunt



This fun Treasure Hunt can get your little ones moving indoors or out to find a rainbow of items. Older children can practice their letters and sounding out the words of the treasures they discover.



Sensory Bags

Sensory Bags are a great activity to keep your little one busy - having this tactile experience develops colour recognition, language skills, fine motor skills and more - and it's tons of fun!

Fill a ziplock baggie with Hair Gel & a few drops of food colouring to create the bag. You can add sequins, sparkles or beads for your munchkin to create designs by touching, squeezing and drawing on top.

Tip: Secure the bag with a strip of packing tape to avoid spills.



Sidewalk Chalk Fun

Create a fun obstacle course of shapes and colours which your little one can hop, twirl, skip and jump through. Adding colours and shapes to the course reinforces your child's cognitive development. Play music to play a freeze shape activity.



Sidewalk Chalk Recipe:

- ❖ 1 cup of plaster of paris
- ❖ $\frac{3}{4}$ cup of cold water
- ❖ Tempra Powder Paint - to colour
- ❖ *Mix and pour into moulds or paper cups to form chalk - let stand until it is completely dry



Coffee Can Button Drop

Fine Motor Fun – have your little one work on their small motor skills as they sort and drop buttons or small objects through a slit cut in the top of the lid. Encourage counting and colour sorting as they play.



Counting Fun



Numbers and shapes put in the bottom of muffin cups are a great activity to support your child's cognitive learning. Beads, cheerios, fishies or small objects can be used to sort & count to fill the cups.



Moon Sand Fun

Moon Sand Recipe:

- ❖ 8 cups of flour
- ❖ 1 cup of oil
- ❖ Few drops of food colouring

Mix the flour and oil in a large bowl.

Once the mixture is smooth, add food colouring bit by bit until you reach the colour you want.

Mix this recipe up with your little one and give them cookie cutters and small rollers to add to the play. This sensory activity will encourage creative expression & scientific connections.



Gross Motor Fun with Tape



Lay out six or more strips of Painters Tape on a large floor area with a foot of space in between each line & have your munchkin try the following:

- ❖ Jump from one line to the next
- ❖ Jump backwards - have them count as they go
- ❖ Jump on one foot through the 'ladder'
- ❖ How far can they stretch their body placing one foot on the front line
- ❖ How far can you reach
- ❖ Measure your body by laying across the tape to see how tall you are

