



This guide details the steps to produce the simple, imaginative, and inexpensive projects featured in the *Smart Play* series. A goal of the series is to encourage the use of supplies commonly found around the home. However, any good cook knows to keep a few staples in the pantry. These staples include scissors, tape, glue, and coloring tools such as crayons, markers, and paint. (All your coloring tools are available in washable formulas.) Collect other supplies as you go. A leftover straw from a fast food restaurant, used wrapping paper, old keys, and extra buttons stored in a discarded metal cookie box provide a treasure trove of raw materials. Add imagination and a little guidance and the experience becomes enriching on a variety of levels.

Very often, some preparation will be required on your part. Use the age of the child as a guide when deciding how much preparation is needed. If your child is an older preschooler, he or she may want to help with the cutting chores. Keep the child interested and engaged.

It is important to remember that your child's finished project will not look like your finished project. That's okay. Step back and allow your child to make choices that reflect his or her tastes. This will help in the development of decision-making skills. Remember to discuss the process with your preschooler. For example, point out colors and shapes. Ask questions. Encourage your child to role-play with the projects. And most importantly, keep it fun!

Resource Packet by
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Play is a natural and important component in the development of a child. Play positively affects the physical, emotional, and social growth of children. Used as an instructional tool, play can enhance the learning process, gratify the preschool child's curiosity, and support the basics skills needed for kindergarten.

PAPER PLATE PROJECTS

These simple projects are fun for group activities. The most important ingredient is a paper plate. That summertime staple of barbecues and picnics can be used for a variety of projects. They are plentiful and can be decorated many ways. Colored plates add an interesting short cut.

Paper Plate Masks

Here is a fun project that can be used to practice identifying the parts of the face. If you decide to make the eyes with construction paper, fold the paper in half and cut two at one time. When making lips, fold the paper and draw the lips on the fold. Cut out and unfold. Once the masks are completed, put on a play!

Materials:

- Paper plates
- Craft sticks
- Markers, crayons, or paint
- Supplies for decorating (e.g., crepe paper, buttons, glitter, dried beans, cut paper)
- Construction paper
- Tape
- String or yarn
- Glue or glue stick
- Scissors

1. Color the back of the paper plate with markers, crayons, or paint.
2. Attach the eyes and lips. If using heavier materials such as buttons, use glue and not a glue stick.
3. If hair is made from paper, attach the hair with tape or glue. When using yarn for the hair, punch holes at the top of the plate beside both eyes. Thread a short piece of yarn through the holes and use to secure the "hair" to the plate.
4. Make a "T" with two craft sticks. Secure with glue or tape.
5. Tape the "T" to the lower half of the plate.

Tip: Encourage your child to practice using scissors. Cutting is an important skill for kindergarten. Safety scissors for children are inexpensive and are a practical addition to your art supplies. If your preschooler is just beginning, let him or her sit in your lap. As the child cuts, you control the paper.

Carnival Masks

Paper dessert plates are perfect for this project. They are small enough to be comfortable for little faces.

Materials:

- Paper plates (dessert size)
- Markers, crayons, or paint
- Supplies for decorating (e.g.: crepe paper, buttons, glitter, dried beans, cut paper)
- Pencil
- String or yarn
- Scissors
- Glue or glue stick

1. Tell your preschooler to hold the plate to his or her face. Your child guiding you, mark the location of the child's eyes with a pencil, then draw a line on the plate just below where the nose is located.
2. Draw shapes for the eyes around the eye marks. Cut out the shapes.
3. Using the line drawn below the nose as a guide cut off the bottom of the plate on this line. (approximately 1/3 to 1/2 of the plate)
4. Punch holes on either side of the eyes for the string.
5. Color the mask with markers, crayons, or paint. Decorate the mask.
6. Attach the string or the yarn.

PUPPETS AND DOLLS

Besides being fun, puppets and dolls are great ways to introduce new ideas and model acceptable behavior. A child can use puppets to communicate feelings that may be otherwise difficult to share.

When you are finished with the project, draw an uncomplicated background on paper. Encourage your child to act out stories with the puppets.

Toilet Paper Roll Puppets

Believe it or not, toilet paper rolls are great raw material for art projects. They are free, easily available, and can be used in many ways.

Materials:

- Toilet paper rolls
- Pencil
- Marker, crayons, paint
- Supplies for decorating (e.g., scraps of material, buttons, feathers)

1. Separate the roll into three sections with the pencil.
2. In the top section, add a square for the face.
3. Color the three sections.
4. Decorate the sections. (Keep in mind: top section—face and hair, middle section—torso, and bottom section—legs and feet.)

Note: Paper towel rolls are a fun variation. Create a totem pole by dividing the roll into five or six sections and adding extra faces.

Clothespin Doll

Clothespins without the springs are preferred for this doll. You won't have to worry about pinched fingers. Markers create quick and easy decorations. Add a scrap of material for a skirt when making a girl doll.

Materials:

- Clothespins
- Scissors
- Glue
- Markers
- Scrap material
- Craft sticks (like popsicle sticks)

1. Cut the craft stick in half with the scissors.
2. Glue the sticks to the sides of the clothespin. Let dry.
3. Draw the face and hair with a marker.
4. Decorate.

Craft Stick Doll

Materials:

- Two craft sticks (wide)
- Glue
- Markers
- Scissors

1. Divide one craft stick into three sections for head, body, and legs.
2. Draw a vertical line down the middle of the bottom section to create legs.
3. Cut 1 1/2" lengths from each end of the second stick. Discard the middle piece.
4. Glue the cut lengths to the back of the first stick to create the arms.
5. Decorate with the markers. If desired, add material for a skirt.

WATER PROJECTS

These fun, inexpensive projects are perfect for bath time. A large plastic container filled with water takes the fun and the mess outside during the summer.

Water Game

Materials:

- Water
- Bathtub or large container
- Plastic bottles, cups, funnels, etc.

1. Simply have your preschooler measure and pour water from container to container. This is a good exercise for practicing eye-hand coordination.

Plastic Lid Boats

These are very simple to make. Any size or shape lid will do. Create several and have boat races.

Materials:

- Plastic lid
- Twist tie
- Paper scraps
- Tape

1. Draw a small sail on the scrap paper. Cut out.
2. Tape the sail to one end of the twist tie.
3. Bend the twist tie into a “L” shape.
4. Tape to the underside of the lid.
5. Float in water.

Styrofoam Tray Boat

Styrofoam trays come in a variety of sizes and colors. Clean the trays in hot, soapy water before using.

Materials:

- Styrofoam tray, cleaned
- Clothespins
- Construction Paper
- Glue
- Markers
- Tape

1. Decorate the tray with markers.
2. Color the clothespin with markers. Glue to tray to create a mast. Let dry.
3. Draw a sail on the paper. Cut out.
4. Tape the sail to the mast.

Ocean in a Bottle

This easy science project can be discussed with your preschooler step by step. Mention how the oil and water separate. Observe the blue food coloring as it mixes with the oil. Shake the bottle at different speeds to get the effect of waves.

Materials:

- Clear bottle with screw top (e.g.: water bottle)
- Water
- Vegetable oil
- Blue food coloring
- Tape

1. Pour water into the bottle until it is approximately 2/3 full.
2. Add vegetable oil until the bottle is almost full. Leave a small space for air.
3. Add 5 to 7 drops of food coloring.
4. Screw the cap on the bottle and secure with tape.
5. Add a paper fish shape, if desired.

Floaters and Sinkers

Here’s another water activity for the tub, the sink, or a bucket. Enlist your child’s help and begin with a short scavenger hunt. Choose a variety of objects from all over the house. Ask your child to predict which objects will float and which objects will sink. Place the objects in water, one at a time. Separate the objects into the two categories. Discuss the characteristics that make some object floaters and others sinkers.

STORYBOOK ACTIVITY

Children love to be read to. Enhance the experience by adding other activities that are related to the story. *The Gingerbread Man* lends itself easily to this idea. Begin by reading the story to your preschool child. Then add a recipe for gingerbread or gingerbread cookies. Your child will enjoy the measuring and mixing chores. No time? No problem! Prepare a mix or purchase the cookies and enjoy them with your child while reading the story. Finally, create an art project related to the theme. The activities can be accomplished all in one day or extended over a couple of days. Read the story at the beginning and the end of the project. Look for other stories that can be explored this way. For example:

1. Read *The Gingerbread Man* storybook.
2. Make gingerbread cookies.
3. Make a gingerbread man paper doll.

Materials:

- Construction paper
- Tape
- Yarn
- Brown crayon or marker (if using white paper)
- Supplies for decorating (e.g.: buttons, pasta, scrap paper)
- Hole punch

1. Fold a piece of brown construction paper in half.
2. Draw half of a gingerbread man figure on the fold.
3. Cut along the lines. Unfold.
4. Punch holes along the edge of the paper doll. (Note: The younger the child, the fewer the holes.)
5. Wrap clear tape around one end of a length of yarn. Thread the yarn through the holes. Tape the ends to the doll.
6. Decorate. Add a paper skirt for a gingerbread girl.

MUSIC

Preschoolers love music. If you don't mind the noise, simply give your child a pan and a spoon. But if you want to further cultivate this natural interest, try creating a band using objects found around the house.

Paper Plate Tambourine

Materials:

- Paper plates
- Tape
- Supplies for decorating (e.g., scrap paper, glitter)
- Dried beans
- Crepe paper streamers, old ribbons
- Markers, crayon, paint
- Stapler

1. Use markers, crayons, or paint to color two paper plates. Decorate the plates as desired.
2. Tape streamers or ribbons to the inside of one of the plates.
3. Staple the edges of the plates together, leaving an opening at the top.
4. Pour approximately 1/2 cup of dried beans through the opening.
5. Finish stapling the plates together. To protect small fingers, cover the staples with tape.

Note: If dried beans are unavailable, large nuts and bolts can be used. They produce a slightly different sound. Exercise caution when working with small objects and younger children.

Musical Glasses

Try an old-fashioned activity that still "rings" true. A metal teaspoon produces the best sound, but use care when tapping the glasses. Have fun composing tunes!

Materials:

- Glasses (same size)
- Water
- Teaspoon

1. Fill the glasses with varying measures of water.
2. Gently tap each glass.
3. Listen to the different tones.

Toilet Paper Roll Shakers

Easily held by small hands, these shakers are perfect for young musicians. If you don't want the mess of paints or markers, wrapping paper is a nice decorating shortcut.

Materials:

- Toilet paper roll
- 4 coffee filters
- Rubber bands
- Dried beans
- Tape
- Scissors
- Supplies for decorating (e.g., wrapping paper, markers, paint)

1. Decorate the toilet paper roll with markers, paints, or wrapping paper.
2. Cover one end of the paper roll with two coffee filters. Secure with a rubber band.
3. Trim the filter below the rubber band. Secure with tape.
4. Fill the roll with 1/4 cup of beans.
5. Cover the roll with the remaining coffee filters and secure with a rubber band. Trim the filters, then secure with tape.

Cereal Box Guitar

This is a great instrument for the budding guitarist in every preschooler. This is a more complicated project that should be prepared in advance. Allow your child to make the creative choices such as color or type of decoration. Then, assemble it with his or her assistance. It's a fun addition to the costume collection.

Materials:

- Cereal box
- Paper towel roll
- Tape
- Elastic thread
- Wrapping paper
- Scissors
- Hole punch
- Cardboard
- Marker
- Supplies for decorations (e.g., scrap paper, glitter, stickers)

1. Close and secure the top and bottom of the cereal box with tape.
2. Cover the entire box in wrapping paper.
3. Trace, then cut, a large circle (approximately 4" wide) on the front. Cut through the wrapping paper and the box.
4. Secure the paper to the box with clear tape.
5. Trace the end of the paper towel roll on one end of the box.
6. Cut out the circle through all of the layers. (Be patient. This is the most difficult step.)
7. Color and decorate the paper towel roll.
8. Cut several 1/4" deep slits around one end of the paper towel roll.
9. Bend the sections away from the roll.
10. Insert the paper towel roll through the large hole in front and pull out through the smaller hole. Stop when the slits are reached. Secure the roll with tape inside the box.
11. Punch two or three holes on opposite sides of the large circle.
12. Cut two or three lengths of elastic thread.
13. Tie the elastic thread to one hole, pull across the large opening, and tie to the opposite corresponding hole. Repeat.

Variation:

For a fancier guitar, try this simple change. Follow steps 1-10 as directed. Cut two cardboard squares (approx. 3") from a discarded box. Cut four slits 1/2" deep and 1/2" apart on each square. Make a 1/4" fold on the opposite end of the squares. Cut small slits on the sides of the square to make this easier. Staple and/or tape the folded end on opposite sides of the large opening. Cut two lengths of elastic

thread. Pull one end of the thread through a slit. Pull the thread across the large opening and through the corresponding slit. Wrap the thread around the back of the square and through a second slit. Pull the thread back across the opening, through the opposite slit. Tie the thread tightly and tape it to the cardboard. Repeat.

Styrofoam Harp

This instrument can be made quickly and easily. The trays come in a variety of colors, so decorating with markers is optional. To vary the pitch of the “strings,” use different widths of rubber bands.

Materials:

- Styrofoam tray
 - Rubber bands
 - Markers
1. Decorate the tray.
 2. Wrap the rubber bands around the tray.
 3. Strum.

MUSIC ACTIVITIES

Lip Sync

This activity provides a fun opportunity to role-play with the instruments you and your preschool child have created. A great singing voice is not required. Select at least two types of music. Play the music while mouthing the words. When finished, discuss the experience. How did the music differ? Which type of music was preferred?

Streamers

Some children prefer to move when listening to music. Dancing is excellent exercise. It is especially good entertainment when the weather is not cooperating and children are confined to the house. Scarves are a convenient alternative if no streamers are available.

Materials:

- Crepe paper streamers
 - Tape
 - Scissors
1. Cut two 5-foot lengths of paper streamers.
 2. Fold the lengths in half.
 3. Wrap tape around a 3- or 4-inch section of the streamers to form a handle.
 4. Move to the music.

OTHER ACTIVITIES

Butcher Block Kid

This is a great project to reinforce body part identification.

Materials:

- Butcher block paper, craft paper, newspaper
 - Markers, crayons
1. Lay a length of paper on the floor. Make it approximately the length of your child plus six or seven inches. If using newspaper, tape the sheets together.
 2. Position your preschooler on the paper and trace him or her with the marker.
 3. Decorate the tracing.

Memory Game

Help develop your preschool child’s observational and sequencing skills. Any small household item can be used. Ask your child to help gather the objects.

Materials:

- Tray
- Cloth
- Five or six small objects

1. Set up the items on the tray
2. Let the preschool child observe the objects on the tray for a few moments.
3. Cover the tray.
4. Remove one item. Uncover the tray.
5. Ask the child to guess which item is missing.

Variations:

1. Increase the difficulty of the game by increasing the number of items removed.
2. Switch the positions of the items.

Magic Bag

How about a guessing game with a twist? Create a large tote bag with an old pillowcase or carryall. Fill it with household items of different textures, shapes, and sizes. Tell your child to reach in the bag and select, without peeking, an item. Ask the child to guess which item he or she has.

Identifying shapes is a visual perception skill needed in developing writing, reading, and mathematics skills.

Games

Matching Game

This easy activity challenges the observational skills of your preschooler. The only supplies needed are containers with matching lids. The containers should be different sizes, shapes, and colors. To begin the game, separate the lids from the containers. Ask your child to match the lids with the correct containers. Discuss how he or she decided upon the matches.

Big and Little

Begin this game with a simple scavenger hunt. Tell your child to rummage through the sock drawer or a toy box to find appropriate items. Limit the search to things you have chosen as matches. For example, if you have a large crayon, send your child on a hunt for a small crayon. Once everything is gathered, ask the preschooler to sort and match by size.

Art Activities

Real Play Dough

This is a fun cooking activity to share with your child. You will want to be responsible for stirring the mixture while it is cooking, but share the preparations. Measuring and adding ingredients are important jobs. This recipe is nontoxic, and the dough can keep in the refrigerator for at least two weeks.

Recipe:

- 1 cup flour
- 1/4 cup salt
- 1 cup water
- 2 Tbsp. cream of tartar (available in the spice section)
- 2 Tbsp. oil
- 2 tsp. food coloring

1. Mix the flour, salt, and cream of tartar in a saucepan.
2. Add the water, oil, and food coloring. Stir until blended.
3. Cook over medium heat for three to five minutes. Stir constantly.
4. When the mixture thickens, remove from heat. Cool.
5. After the mixture has cooled, knead the dough ten times.
6. Store in an airtight container. Keep refrigerated.

Shape People

This activity introduces preschoolers to the geometric shapes that prefigure math. You may want to cut the shapes before starting this activity. However, if your child is eager to share in the process, let him or her sit in your lap while you cut the shapes

Materials:

- Construction paper
- Markers or crayons
- Glue
- Tape
- String or yarn (optional)
- Craft sticks (optional)

1. Cut the four basic geometric shapes from the construction paper.

- To form the arms and legs for each shape, cut four long rectangles and accordion-fold the rectangles. Simple hand and foot shapes may be attached to one end of the rectangles.
- Attach the arms and legs to the sides and bottom of the geometric shapes.
- Decorate with markers, crayons, and paper. To make a marionette, tie the string or yarn to a craft stick and tape the string or yarn to the figure.

Tip: Georgia and George Geometric are combinations of all the shapes. Use a circle for the head and a square or rectangle for the body. A triangle may be used as a hat for George or a dress for Georgia. Children can perform a puppet show using the marionettes and reciting the shape verses.

Shape Necklaces

Materials:

- Posterboard
- String or yarn
- Supplies for decorating (e.g., buttons, glitter, dried beans, cut paper, etc.)
- Paint or markers
- Straws (cut to 1-inch lengths)
- White glue or glue stick

- Cut small geometric shapes from the posterboard. Color the shapes with paint or markers.
- Decorate the shapes.
- Punch a hole at the top of each shape.
- String the pieces, alternating the cut straws with the shapes.

Shape Mobile

Materials:

- Hanger
- Supplies for decorating (optional)
- String or yarn
- Construction paper or posterboard

- Cut large geometric shapes from the paper or posterboard.
- Decorate each shape.
- Punch a hole at the top.
- Using strings of varying lengths, tie the shapes to the hanger.

Tip: The more colorful the mobile, the more interesting it will be. As always, let the child determine the type of decoration. Use posterboard when decorating with heavy materials.

Rubbings

After making several types of rubbings, discuss the different surfaces with your preschooler. Compare the textures. Discuss which surface was the hardest or the softest.

Materials:

- Pencils
- Textured surfaces (e.g., coins, keys, tree bark, leaves, sidewalk, brick wall, etc.)
- Crayons
- Paper

- Place the paper over the surface to be rubbed.
- Use a pencil or crayon to gently rub over the paper.

Printing

Printing is a fun and easy activity that even the youngest preschooler can enjoy. It is relatively inexpensive with an initial investment of tempera paint (When purchasing tempera paint, look for a washable formula. A washable formula comes in handy when accidents occur). Most household items can be used in the printing activities. Any available paper can be used. Colored paper adds an extra dimension. Recycle clean styrofoam trays and plastic containers to use as printing surfaces and for mixing colors. Don't forget to protect your work surface. Newspaper will do fine.

Sponge Printing

Materials:

- Sponge (old clean sponges can be used)
- Marker
- Tempera paint
- Paper
- Scissors

1. Draw a shape on the sponge with a marker. (Geometric shapes are easier for beginners, but don't be afraid to use your imagination as you become more proficient.)
2. Cut the shape out of the sponge with scissors.
3. Pour a small amount of paint into a recycled lid or tray
4. Dip the sponge into the paint and press the sponge, paint side down, on the paper. Experiment with different pressures when applying the sponge to the paper. Light pressure will show more of the texture of the sponge. Heavy pressure will yield a more solid print.

Printing With Other Items

Prints can be created with household items, vegetables and fruits, or objects found in nature. The technique is similar with each type of print. The difference lies mainly in the items used to produce it. You need look no farther than your junk drawer or refrigerator for suitable raw materials. Involve your preschooler in gathering the supplies. Remember, don't be afraid to use your imagination when choosing printing surfaces.

Junk Drawer Prints

Varying the textures on the paper creates an interesting effect. Try varying the colors, too.

Materials:

- Old toy cars, lids, egg cartons, clothespins, keys, etc.
 - Paint
 - Paintbrush
 - Paper
1. Paint the surface of the texture to be printed.
 2. Cover the surface with paper.
 3. Briskly rub the surface of the paper. If using a toy with wheels, roll the toy over the surface of the paper.
 4. Carefully remove the paper. Let dry.

Stencil Prints

Let your preschooler decide which patterns or designs to print.

Materials:

- Cardboard
- Pencil
- Scissors
- Paint
- Paintbrush
- Paper

1. Draw shapes on a piece of cardboard.
2. Carefully cut out the shapes.
3. Place the stencil on top of the paper.
4. Use the paintbrush to color inside the cutouts.
5. Carefully remove the stencil. Let dry.

Variation:

1. Glue the cutout shapes to the back of a paper plate. Let dry.
2. Paint the surfaces of the cutouts.
3. Place the plate on top of the paper
4. Rub the back of the plate.
5. Carefully remove the plate. Let dry.

Pasta, Bean, Vegetable, and Fruit Prints

Printing with small items can be tricky. For easier handling, glue the items to a small piece of cardboard. When using a fruit or vegetable, firmness is the key. Apples, oranges, and potatoes are best suited to this type of printing. Distinctively shaped fruit can be cut in halves or in quarters.

Materials:

- Fruit, Vegetables, Beans, Pasta
- Paint
- Cardboard
- White glue
- Marker
- Paper

1. Prepare the fruit or vegetables for printing. For potatoes: cut in half and draw a simple shape on the potato. Cut around the outline, removing bits of potato, until the shape extends 1/4 to 1/2 inch from the surface.
2. Use a paintbrush or dip the printing surface directly into a tray filled with paint.
3. When using beans or pasta, cover the printing surface with the paper. Rub briskly.
4. When working with fruit or vegetables, lay the paper on a flat surface to print a pattern.

Nature Prints

Go to a park or look around your backyard to find the materials needed for this activity. Branches, leaves, and rocks make pleasing impressions on paper. Be sure the items are clean. On days when your preschooler can't go outside, hands and feet are readily available substitutes.

- Leaves, twigs, bark, branches, rocks, acorns, etc.
- Hands, feet
- Paint
- Paper
- Tray (for dipping hands and feet)

Tip: When produced on higher quality paper, any of these prints can be used to create greeting cards and to use as wrapping paper.

The following projects are designed to help preschoolers recognize and identify colors. While guiding the activity, stress the basics. Red, yellow, and blue are primary colors. Mixing any two of these colors creates the secondary colors: orange, green, and violet. Allow the child to experiment in a variety of color media. Crayons, paints, and markers all come in washable formulas.

Art Activities

Mosaics

For color wheel mosaics, use paper plates divided into sections. Younger children may want to paste only one color on a plate. That is the perfect beginning for a mobile. But don't limit the shape to a circle. Squares, triangles, animal shapes, or flower shapes also make attractive mosaic supports. Magazine ads, a colorful and plentiful source of cut paper, add a shiny finish to the mosaic.

Materials:

- Magazines
- Construction paper
- Paper plates
- Glue stick
- Scissors
- String (optional)

1. Let your child decide on the colors of the mosaic. Together, cut or tear small pieces of the desired color from magazine ads.
2. Begin pasting the small pieces of colored paper on the paper plate or the construction paper base.
3. Let dry. Punch a hole at the top.

Paper Towel Art

Paper towels are a convenient alternative when other paper is not available. The absorbent properties of paper towels cause an interesting effect when dipped in liquids like food coloring. Children enjoy observing the colors as the colors are gradually absorbed, and the children are unknowingly engaged in a pre-science activity. The eyedropper project also doubles as a fine-motor activity. The pincer grip, needed for holding pencils, is exercised.

As you prepare for this project, remember to use old jar lids to hold the food coloring or paint. Use a separate lid for each color. Don't forget to protect your counters and table; food colors are nontoxic, but they can stain.

Eye Dropper Paintings

Direct your preschooler to start the painting by dropping primary colors on the paper towels or coffee filters. As the colors run together, discuss the secondary colors that result.

Materials:

- Paper towels
- Coffee filters
- Tempera paint (consistency of milk)
- Eye dropper
- Water
- Jar lids

1. Use the dropper to "paint" the paper towels and coffee filters. Clean the eyedropper in water between color changes.
2. Let dry.

Paper Towel Prints

When dry, these decorated towels can be used to wrap small packages or party snacks. Just add ribbon.

Materials:

- Paper towels
- Food coloring
- Water
- Jar lids

1. Mix seven or eight drops of food coloring in a small amount of water.
2. Fold a paper towel into a small square (approx. 2") or a small triangle.
3. Dip each corner of the folded towel in the food coloring.
4. Unfold and let dry.

Coffee Filter Flowers

Make several flowers and form a “bunch.”

Materials:

- Coffee filters
- Food coloring
- Water
- Jar lids

1. Mix seven or eight drops of food coloring in a small amount of water.
2. Fold a coffee filter into a small triangle. For a fuller blossom, fold two or three together.
3. Dip each end of the filter in the food coloring.
4. Unfold and let dry.
5. When dry, refold the filter.
6. Tightly wrap a pipe cleaner around the pointed end of the triangle. Gently unfold to form the flower.

Sally Go ‘Round the Stars

This activity is good for days when the children can’t go outside but clearly need some exercise. The jumping and clapping is fun and works on gross motor movements. You need only two participants to play, yourself and a child. But the more the merrier.

Gather the children in a circle. Move in a clockwise direction while reciting the nursery rhyme. Jump and clap at the end of each sentence then move in the opposite direction. Repeat.

Recite:

Sally go ‘round the stars, (jump and clap)

Sally go ‘round the moon. (jump and clap)

Sally go ‘round the Milky Way,

On a Sunday afternoon. (jump and clap)

Repeat.