



Water Pistol Painting- You will need: Poster paint, Water, Water pistols (one for each colour), A large canvas. You can use watercolor paint or washable paints. Whichever paint you choose it will need to be watered down so that it is about 50% paint and 50% water. You will need a different water gun for each color (probably best to stick to a few colors— so that the colors don't get to muddy. This activity is more about the process (color mixing, aiming, fine motor control) and not so much about the final result 😊

Sidewalk Chalk Activities

- Make a giant maze - use different colors to use as paths to follow: zig zags, straight, curly, curvy, arrows
- Practice writing names -Use leaves, rocks, twigs in your chalk art
- Play Pictionary! Can someone guess what you are drawing? Give them hints along the way.
- Hopscotch -Tic Tac Toe -Write an inspiring message
- Draw circles in different colors close to one another. Call out colors and have the kids jump on the circle. For older kids, sequence the colors: “hop from blue to green to yellow” or make it harder: “jump on green, hop on yellow, sit down on blue”.
- Wet Chalk Art- Dip the end of your sidewalk chalk in a bit of water and color away! This will make the chalk go on smoothly and the colors will be bright and vibrant!



A great container for bubble mixture is to repurpose an empty liquid laundry soap container. The children will be able to help pour their own portion with minimal spills. Thoroughly rinse the inside of the laundry detergent bottle – let dry. You could also have the children help you paint the recycled soap container and label it.



Best Bubble Solution (Big Batch)

- 2 Litres of water
- 1 ½ cups of Blue Dawn Dish Soap
- 1/4 cup of Cornstarch

You will need:

- A large bucket (3 litres or bigger)
- A large spoon or stir stick

INSTRUCTIONS

1. Fill the bucket with 2 Litres of water
2. Slowly pour in the Dawn Dish Detergent
3. Stir gently and slowly (you do not want bubbles to start forming)
3. Add in cornstarch and gently stir until dissolved
4. Let the mixture sit for about 10 mins. Before you use it.

To create huge bubbles, create your own bubble wand using 2 long sticks connected by a long string tied in a circle.



Create Bubble Foam –2 Tablespoons of bubble bath (tear free), ½ cup water, 4-5 drops of food coloring. With a hand mixer, blender, or stand mixer, mix the ingredients until “stiff peaks” form – like you’re making whipping cream. Do 1 color at a time and then move the foam into a shallow Rubbermaid container. You could hide plastic letters, numbers, animals, or vehicles for the children to find and provide them with scoops and spoons to explore with. After awhile the foam will lose its fluffiness, but you can whip it back up to continue the fun.

Bubble Play Idea

- Pop the bubbles with different body parts. Try your toes, elbows, or nose!
- Control your breathing - slowly, softly, try quick bursts of breath. This is a great way to teach kids about breath control as a way to calm themselves.
- Make bubble snakes! Take an empty plastic water bottle and cut off the bottom. Duct tape or rubber band and old sock over the opening. Dip the sock into bubble solution or a mixture of dish soap and water. Have kids blow into the mouth of the water bottle and create a cool bubble snake!
- Blow a bubble and try to keep it in the air the longest by blowing up at it gently. Count to see how long you can go!



June 2020 Activity Calendar - As the weather gets warmer the children will be more and more eager to get outside. Below are some awesome activities for the children to get them moving, thinking, creating, problem solving and having fun! Outdoor play provides so many learning opportunities like learning to respect nature and how everything is connected - the environment, humans, animals, plants, lifecycles and how we can positively or negatively impact the environment.



Sight Word Frog Hop- *You will need: green chalk and a dark colored marker.* Beforehand prep the sidewalk or driveway by drawing large lily pads with the green chalk spread out over the sidewalk. Next write Sight Words (Eighty percent of the words that children read are sight words. Many sight words can't be sounded out phonetically, therefore memorizing it is extremely helpful) on the lily pads. You would call out a word and a child would run to jump on it. To adapt this activity for younger children instead of sight words you could do letters, numbers, or a picture of a shape instead.



Check out this awesome **Target Game** – *You will need: Tomato cages, circular laundry baskets, frisbees, small balls (all items can be found at a dollar store).* Assemble the targets by placing the laundry baskets on top of the cages and poking the cages into the grass. Create a few targets and spread them out. Encourage the children to shoot hoops with balls into the baskets or create teams to play frisbee golf. Storage is great as all the items stack into themselves.



Create an Obstacle Course – An obstacle course is a great way for the children to get moving and challenge their muscles and minds. Some excellent items to use in the course could be: pool noodles, streamers, hula hoops (can be hung from above to use as a target), 2x4 or 4x4 pieces of wood, large boxes (can be used as tunnels), laundry baskets and balls, jump ropes, badminton racquets, sponges and buckets. Set up the course so that the children can practise jumping, hopping, crawling, climbing, pulling, pushing, hitting objects and supporting their own weight. Visit these websites for ideas for physical literacy activities – www.activeforlife.com, www.earlyyearsphysicalliteracy.com

