

## Sensory Bottles:

You can create these with anything you find at home

- Fill an empty water bottle (or Gatorade/juice/other plastic bottle) about one-third full with water
- Add a few drops of food coloring if you have it. Once the food coloring has spread throughout the water, fill the rest of the bottle with baby oil or cooking oil
- Can also fill the bottle with sand or dirt
- Place various items from home in the bottle (plastic animals, crayon pieces, rocks, leaves, glitter, little things you have around the house, etc.)
- Make sure to seal the lid with glue so it doesn't open and spill
- Shake the bottle and watch your child explore!
- You can create different themes: water, seasons, colors, etc.



There are lots of different tutorial videos on YouTube as well.

## Make Your Own Balance Beam:

You will need ribbon, tape, or rope

- Place the material on the ground in a long line
- Show your child how to walk along the line while balancing, placing one foot in front of the other
- Let them try it
- If they need help, suggest to them holding their arms out in a "T" shape to help balance
- If it's too hard, have them hop down the line with two feet
- If it's too easy, have them try to balance something like a book or pillow on their head while walking along the line
- If the kids are enjoying it- have them create an obstacle course around the house/apartment



# Create your own letter/animal bingo

## Materials Needed:

- Paper
- Pen, marker
- Small items to use to cover letters on Bingo card (Legos, blocks, buttons, etc.)
- Bowl

## Directions:

### For Preschool/School age:

- Draw a grid that is five rows across and five rows down
- Write a letter in each square (leave a “free” space in the middle square-see below)
- Write letters onto little pieces of paper. Put the letters in a bowl
- Pick a letter out of the bowl and call it out
- If your child has that letter on their card, they can cover it with a small item. Cover five in a line to win!
- As an extra challenge for children who are ready, have your child come up with a word for each letter you call out

### For Toddlers:

- Use /draw pictures of animals instead of letters and make the animal sounds with your child

### Example grid:

A	X	G	P	S
Q	E	W	R	T
Y	U	FREE	I	L
C	B	N	M	K
Z	D	F	H	J

# Make Your Own Roadway/Hiking Trail

## Materials Needed:

- Cardboard (flattened box, poster board, etc.)
- Black marker
- Small balls
- Rolled up pair of socks
- Small cars, play people, small play animals if you have them

## Directions:

- Make a roadway or hiking path out of a flattened box. Use a black marker to create a road with your child to use with small cars. If your child doesn't have small cars you can also make a hiking path to use with play people or small animals
- Let your child draw/imagine what they want for the roadway/hiking trail
- You could help them to create buildings, trees, picnic table, etc.
- Toddlers will have fun with a simple roadway to roll things on. Cars or small balls work
- You can try placing a rolled up pair of socks under the box to create an a ramp/hill to push things up and roll things down on



# Matching Numbers: Sticky Notes

Materials Needed:

- Sticky notes or small pieces of paper+ tape
- Marker or pen

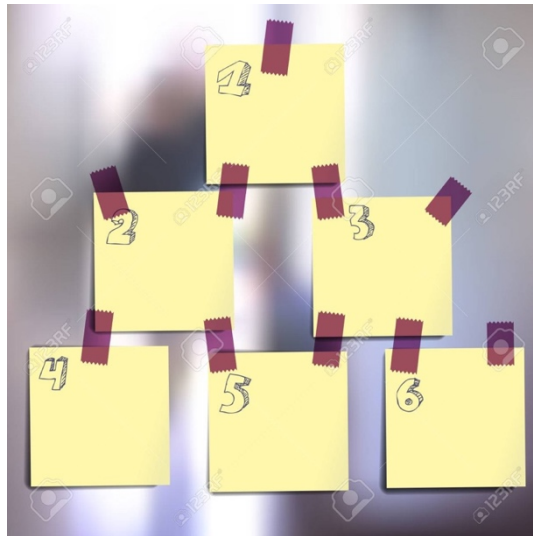
Directions:

For Preschool/School-age:

- Make three sets of sticky notes where each has a number 1 through 10
- Place one set on a wall, lined up in order
- Hide the other two sets around the house/apartment/room
- As a number is found, match it to the number on the wall and place it under as a match
- To increase the difficulty for children who are ready, hide all of the numbers. When two are found, add them together. As each number is found, add it to the total

For Toddlers:

- Toddlers love finding things. To do this activity with toddlers, hide one set of numbers and say the number aloud when it's found. Practice saying the numbers with your child



# Virtual Tours:

Google is offering free virtual tours of national parks in Hawaii, Florida, Utah, Alaska and New Mexico

<https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes>

Yosemite National Park

<https://www.virtualyosemite.org/virtual-tour/#node29>

Yellowstone National Park

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>