

Non screen time activities to do with your child:

1. Encourage your child to draw a picture using the color green
2. Ask your child to say words that rhyme with pig
3. Play with water inside, set up a small water table in a bowl/bucket
4. Play Simon Says
5. Have your child measure a room using shoes. How many shoes across is it?
6. Take a walk in your yard and see how many textures you can find (smooth, slimy, slippery)
7. Ask your child to name things that begin with the sound of the letter B
8. Count the number of birds, squirrels you see in your yard
9. Sort a handful of coins together
10. Have your child say words that rhyme with me
11. Create a list of 3 simple tasks for your child to complete today
12. Teach your child a new chore
13. Encourage your child to draw a picture of your family
14. Have your child count pennies. How many are there?
15. Read a book together and have a conversation about what you liked or didn't like. Have your child point to the part of the story they liked best
16. Create a new story ending by drawing a picture
17. Don't read the ending of the story and have your child predict what will happen by drawing a picture
18. Use the weekly grocery circular to put together a menu
19. Have your child name things that start with the letter D
20. Act out a familiar story together using simple props that you make or find
21. Put on some music and have a dance party in your living room
22. Talk about your family. How many boys, girls? Who is the oldest?
23. Ask your child to count the number of steps from his or her bedroom to the bathroom
24. Help your child identify opposites such as in-out and up-down
25. Have your child set the table
26. Together look for the letter P. Point out the letter P
27. Ask your child to say words/nonsense words that rhyme with can
28. Explore an unfamiliar fruit or vegetable together and talk about its smell feel, taste
29. Ask your child to name letters found on cereal boxes, cans, etc..
30. Practice skipping, galloping and marching with your child
31. When preparing a snack, cut a fruit in half. Show your child that 2 halves make a whole
32. Practice bouncing a ball with your child. Count the number of bounces
33. Ask your child how he/she is feeling today. Discuss feelings
34. Have your child practice opening containers, juice boxes, snack bags
35. Give your child simple tasks that involve sorting or matching (toys, socks, buttons)
36. Have your child talk about a favorite day- past or present
37. Play a game that involves taking turns
38. Learn how to make a salad, pancakes,
39. Make playdoh and practice rolling it out, use cookie cutters to make shapes or different size cups
40. Whip dish soap, water and food coloring to make soap foam

41. Drive toys cars in shaving cream
42. Make oobleck with cornstarch, food coloring and water
43. Make a color mixing bag with a baggie and different colors of paint
44. Make bath tub paint with cornstarch, baby shampoo and food coloring
45. Make a car wash with soapy water and small cars
46. Make finger paint with cornstarch, sugar, salt, water, food coloring
47. Make fake snow with baking soda and hair conditioner
48. Make a scavenger hunt in the house or out in the yard
49. Ice paint with ice trays, water, food coloring, small sticks
50. Practice writing your name

Play-doh Ingredients

- 1 cup flour
- 1 cup water
- 2 tsp cream of tartar
- 1/3 cup salt
- 1 TBS vegetable oil
- gel food coloring

Instructions

1. Mix together all the ingredients, except the food coloring, in a medium saucepan.
2. Cook over low/medium heat, stirring. Once it begins to thicken, add the food coloring.
3. Continue stirring until the mixture is much thicker and begins to gather around the spoon.
4. Once the dough is not wet, remove and put onto wax paper or a plate to cool.
5. After cooling (30 minutes) knead playdough for a few seconds.
PLAY!
6. Store in an airtight container in the fridge!