

TIME TO CONNECT

Sticky Icky TAPE Day 1

Supplies: Paper or cardstock, stickers, masking tape



Hands on Learning:

Color or Counting Tape Jumping

Place 5 strips of tape on the ground about 6-12 inches apart. Draw a dot on each line with a different color. Or for older children draw 1 dot on the first, 2 on the second, 3 on the third, etc. Have your child start at the first line and see if they can jump to the second line and have them count the dots on that line. Then from the first line to the third line, etc. When your child lands on the line have them call out the color or count the dots.

Arts and Crafts:

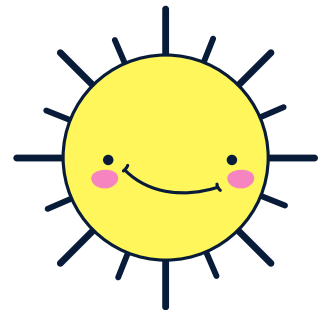
Bookmark

Cut a piece of paper or cardstock into a long rectangle. Have your child decorate it with markers, crayons, stickers, or any other embellishments.

Monday

Fine Motor Skills:

Put strips of tape down on the table. Have your child peel the tape. Masking tape is best for this but any kind will work.



Don't forget:

Chore Time
Outdoor Play
Independent Play
Reading Time
Rest

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Sticky Icky TAPE Day 2

Supplies: Muffin tin,
masking tape,
newspaper



Hands on Learning: Shape or Letter Muffin Tin Match

Draw a shape on the inside bottom of each of the muffin tin holes or egg carton holes. Draw matching shapes on cut up pieces of paper. Have your child match the shapes and place them in the correct muffin tin. For older children use letters A and B. You can write them more than once on the muffin tin holes and have your child match them.

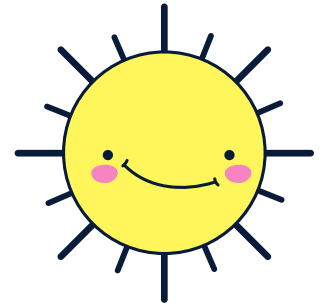
Nature Activity: Nature Bracelet

Take a piece of masking tape and wrap it around your child's wrist so the sticky side is facing out. Go on a walk and have your child stick things they find on their walk onto their bracelet.

Tuesday

Gross Motor Skills: Spider Web

Using masking tape, make a spider web by sticking strips of tape between two walls, for example, in your hallway or a doorway. Make sure you have all of the sticky side on one side. Have your child toss crumpled up newspaper onto the sticky side of the tape.



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Sticky Icky TAPE Day 3

Supplies: Masking
tape, spoons or tongs



Hands on Learning: Color or Number Hunt

Go around the house and find something red, yellow, blue, green, and orange.

or

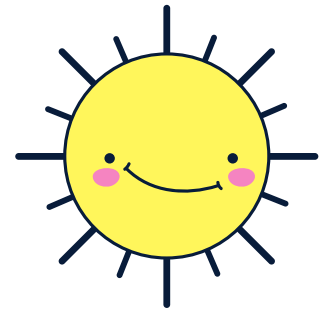
Go around the house and find:

- 1 Red item
- 2 Yellow items
- 3 Green items
- 4 Blue items

Sensory Bin: Tape Bin

Wrap a bin with tape starting with the outside bottom. Leave some gaps so you can put small toys into the bin. Place large or small spoons, or tongs next to the bin. Have your child scoop out the toys.

Wednesday



Building Challenge: Tape Racetrack

Give your child strips of tape and have them make a racetrack for their cars.



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Sticky Icky TAPE
Day 4

Supplies: masking
tape



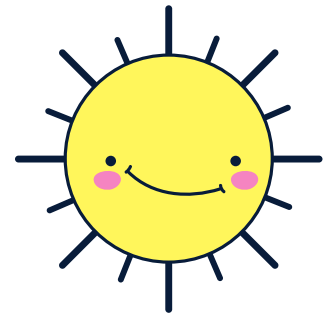
Hands on Learning: Shape or Letter Tape Outline

On a piece of paper draw four large shapes or letter A, B. Give your child strips of tape to put on the outline of the shapes or letters.

Kindness Activity: Card

Make a card for a friend or relative. Drop it off in their mailbox or mail it to them.

Thursday



Mindfulness: Stop and Listen

Find somewhere to sit outside. Close your eyes for three minutes or more. After the time is up talk about all the sounds you heard.



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Sticky Icky TAPE
Day 5

Supplies: masking
tape, scissors, fruit,
skewers



Hands on Learning: Tape Maze Cutting

Make a maze by placing strips of tape on paper. Have your child cut by staying on the tape. For younger children smaller mazes and card stock works best.

Cooking: Fruit Kabobs

Ingredients: Fruit (such as strawberries, blueberries, kiwi, pineapple),

Skewer

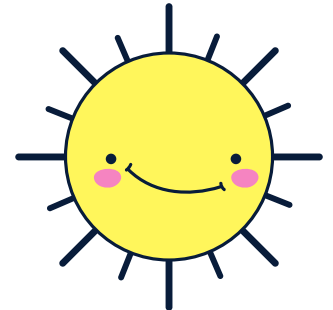
Steps:

- 1.) Help child cut up the fruit.
- 2.) Place fruit onto the skewer.

Enjoy!

Friday

Play a Board Game



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Playful PAPER PLATES: Day 1

Supplies: 4
paper plates,
paint, yarn



Hands on Learning: Movement: Paper Plate Skating

Draw shapes or letters (C, D,E,F) on pieces of paper. Place them on the floor. Place two paper plates on the ground. Have your child put one foot on each. Then have them skate around. Call out the shapes or letters and have your child skate to them.

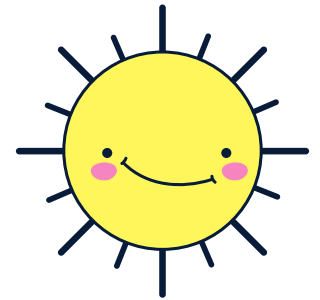
Arts and Crafts: Paper Plate Butterfly

Cut a paper plate in half. Have your child decorate each half however they want with markers, crayons, stickers, etc. Then glue the paper plates together with the rounded edges together so it looks like a butterfly.

Monday

Fine Motor Skills: Paper Plate Sewing

Punch holes into the edges of a paper plate. Cut a piece of yarn about two feet. Tape one end of the yarn so that it is firm and pointed. This will be the end of the yarn that your child will use to pull through the holes. Tape the other end of the yarn to the paper plate. Now your child can begin to sew.



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Playful PAPER PLATES: Day 2

Supplies: pipe
cleaners,
cheerios, 3 paper
plate



Learning Activity: Number Pipe Cleaner and Cheerios

Fold strips of tape on the end of several pipe cleaners with a written number on each one to tell the child how many cheerios to place on each of the pipe cleaners. Have the child put the correct number of cheerios onto the pipe cleaners.

Nature Activity: Nature Self Portrait

Grab a paper plate and have your child draw a nose, two eyes, mouth, and hair. If your child is too young you can do that for them. Then go on a walk and find items in nature to glue onto to eyes, nose, mouth, and hair.

Tuesday

Gross Motor Skills: Paper Plate Frisbee

Glue or staple two paper plates together so that the bottoms are facing out. Show your child how to use a frisbee. And then have them throw the frisbee and aim for a certain target.



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Playful PAPER PLATES: Day 3

Supplies: pipe cleaners, play-dough, ice, paper plate



Hands on Learning: Shape or Letter Imprints

Make shapes or letters E, F out of pipe cleaners. Have your child press the shapes or letters into play dough so that it makes an imprint.

Sensory Bin: Ice

Place ice in a bin with a few cups of warm water. Add spoons, measuring cups, and tongs. Let your child scoop the ice into the cups. Let them play and experiment with the ice.

Wednesday

Building Challenge: Paper Plate Hat

Make a hat out of paper plates.



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Playful PAPER PLATES: Day 4

Supplies:
Paper plate,
construction
paper, flower



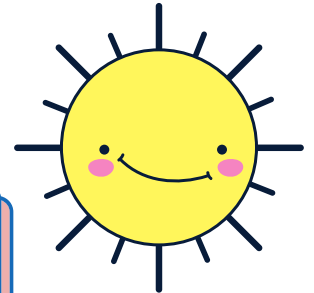
Hands on Learning: Color or Numbers Plate

Color a paper plate various colors to resemble a color wheel. Then cut construction paper of the same various colors. Have your child match the colors. For older children write numbers 1-5 on the edges paper plate like a clock. On separate pieces of paper draw 1-5 dots. Have your child match the dots to the correct number.

Kindness Activity: Give a neighbor a flower

Pick a flower from your garden or buy one and walk over to a neighbors house. Give them the flower or leave it at their doorstep.

Thursday



Mindfulness: Be a Butterfly

Sit on the ground. Pretend to be an egg and curl your legs up to your chest. Pretend to be a caterpillar crawling out of the egg by stretching your legs in front of you with feet together. Pretend to be in a cocoon by curling your legs back up to your chest. Then pretend to be a butterfly by doing the butterfly stretch.



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Playful PAPER PLATES: Day 5

Supplies: Paper
plate, scissors,
2 apples,
cinnamon



Hands on Learning: Cutting

Draw vertical lines all around the edges of a paper plate. Have your child cut along the lines.

Cooking: Apple Sauce

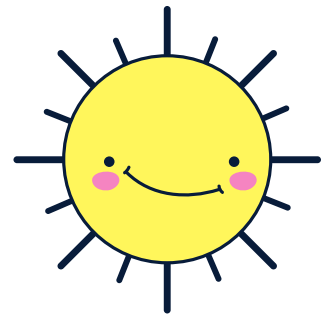
Ingredients: 2 apples peeled, $\frac{1}{4}$ tsp cinnamon, 1 tsp lemon juice (optional)

Steps:

- 1.) Help child cut up the apples
- 2.) Add apples, $\frac{1}{3}$ cup water, and cinnamon to pot and cook over medium heat until soft.
- 3.) Add lemon juice and mash apples with a spoon.
- 4.) If you would like, you can sweeten it with 1-2 tsp of sugar.

Friday

Play a Board Game



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