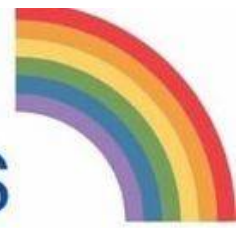


@MOTHERCOULD
30 DOABLE



AT HOME ACTIVITIES

1. Ocean sensory bin

(water, blue food coloring, ocean animals)

2. Toy Car Wash

(toy cars, water, soap, sponge, wash cloth)

3. Baking soda and vinegar experiment

(baking soda, vinegar, food coloring)

4. Make slime

(glue, baking soda, lens solution, food coloring)

5. Color mixing with colored ice cubes

(ice cube tray, food coloring, water)

6. Make rainbow rice

(rice, food coloring, vinegar)

7. Make & paint with puffy paint

(white glue, food coloring/paint)

8. Make color mixing bags

(plastic bag, water, food coloring, glitter)

9. Salt painting

(paper, permanent marker, salt, food coloring)

10. Free the frozen animals

(water, toy animals)

11. Bubble prints

(water, soap, food coloring, straw, paper)

12. Rain cloud experiment

(water, shaving cream, liquid watercolors)

13. Clean the baby dolls

(baby dolls, water, soap, towel)

14. Make sensory bottles

(water bottle, water, glue, food coloring, glitter)

15. Make ice paint

(water, ice cube tray, popsicle sticks)

16. Ice painting

(ice, paint)

17. Target practice with spray bottles

(Paper, tape, spray bottles, water, paint)

18. Citrus sensory bin

(old orange/lemon, water, food coloring)

19. Toy wash

(plastic toys, water, soap, sponge, towel)

20. Dance party with flash lights

(music, flash lights, dance moves)

21. Create an obstacle course

(Items from around the house)

22. Color bath

(liquid water colors or food coloring, water)

23. Paint the bath/shower walls

(washable paint, paint brushes)

24. Decorate a cardboard box

(cardboard box, anything you want to decorate with)

25. Black water scavenger hunt

(water, black food coloring, things to find)

26. Play foam sensory bin

(soap, water, food coloring, blender)

27. Giant coloring page

(roll of paper, black crayon, water color paint)

28. Pom pom soup

(pom poms, water)

29. Dot the rainbow

(paper, markers, dot markers or stickers)

30. Make & play with cloud dough

(Flour, oil, food coloring)

Handprint Crabs

What you'll need:

- White cardstock
- Blue watercolours
- Tan paper for sand
- Googly eyes
- Red paint
- Black pen

1. Paint the cardstock with blue paint as desired to make the sky.
2. Cut some tan paper to make the sand. Glue on.
3. Paint hands, one at a time, with red paint. Then press on the paper to make handprints, with the thumbs sticking up.
4. Add googly eyes and draw on a mouth.



Paper Plate Rainbow Fish Craft

What you'll need:

- Paper plate
- Blue paint
- Paintbrush or sponge
- Stapler
- Coloured tissue paper
- Tinfoil or silver wrapping paper
- PVA glue
- White paper and black pen or large googly eye

1. First paint the paper plate blue. Depending on the quality of the plate, there's potential for it to get soggy and take a while to dry, so you may want to use a sponge rather than a paintbrush – this *should* prevent overuse and soggy paper plates!
2. Once the paper plate is dry, cut out a triangular shape to create a mouth and staple the triangle to the opposite side to form a tail.
3. Next, cut out scale shapes from the coloured tissue paper and foil and begin sticking to the paper plate.
4. Finish off with either a large paper eye with a pupil drawn on or stick on a large googly eye.



Suncatcher Jellyfish Kids Craft

What you'll need:

- Tissue paper
- Scissors
- Black construction paper
- Pencil
- Clear adhesive film
- Tape
- Multicoloured ribbons

1. First take your tissue paper and cut it into squares.
2. Next take the black construction paper and draw a jellyfish shape. Cut out the jellyfish, then cut out the middle so you have a black jellyfish frame, as in the image. You may wish to do this for your child if they are still learning to use scissors.
3. Cut a piece of adhesive film that is larger than your jellyfish. Remove the protective sheet and tape the film on top of a table with the sticky side facing up. Place the jellyfish outline on the sticky side of the film, then start placing the tissue paper squares onto the jellyfish. Don't worry about the paper going over the black lines – you'll be cutting around this when you're done.
4. Take another sheet of adhesive film and place it down on top of your jellyfish to seal it, then trim around it. I left about an inch around the edges to make sure that it would stay sealed. Finally cut some decorative ribbons and tape them to the back of your jellyfish.



Foil Painting

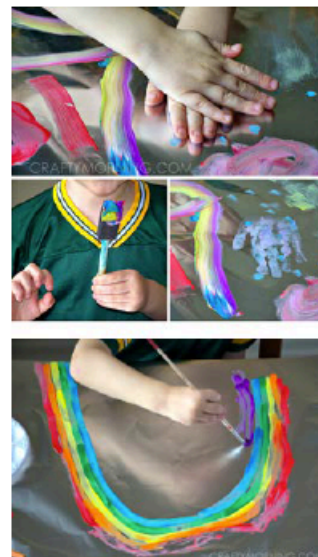
What you'll need:

- Aluminium foil
- Masking tape
- Paint
- Paintbrushes and/or foam brushes

1. Rip off some tin foil, then secure to your surface with masking tape.
2. Paint the foil surface, with any picture or design you like using your paintbrushes and/or foam brushes. The paint should stay nicely separate rather than mixing on the foil.

Tip: Foam brushes can work better for a design like a rainbow. With regular brushes you need to reload the paintbrush with paint after every few inches, whereas the paint went much further with the foam. It also made lovely streaks.

From: <https://www.craftymorning.com/painting-on-aluminum-foil-kids-art-activity/>



Shaving Foam Painting

Whether your children are 2 or 10 years old, this activity will be enjoyed by all. It can even be adapted so children who are reluctant to get their hands messy can join in too. We used a big tray and took it outside for an easy clean-up.

What you'll need:

- Large tray (we used a Tuff Tray)
- Shaving foam (2–3 cans for a Tuff Tray)
- Range of liquid paints
- Glitter (optional)
- Sticks/pointers (optional)
- Paper
- Ruler

1. Cover the base of your tray with shaving foam. I used 1½ cans but I would recommend 2–3 cans for better coverage. (Take any allergies or sensitivities into consideration; you may need a shaving cream designed for sensitive skin).
2. Squeeze or drizzle your paints out over the foam, making patterns as you do so. The foam provides a colourful canvas to explore.
3. Add a sprinkle of glitter if you wish.
4. Now play with the foam to make interesting paint patterns. Children who are reluctant to paint/mark-make with their hands can use sticks/pointers. Drag your fingers/sticks through the shaving foam and watch the beautiful swirls that begin to appear.
5. Take a piece of paper and press it down onto the colourful swirls. Peel back and place the paper on a flat surface.
6. Using a flat object such as a ruler, scrape off the excess shaving foam and leave to dry. There we have it: a fun painting technique using shaving cream, that is also great for mark-making!

Tip: We did this outdoors with a big tray, but if you would like to do this indoors on a smaller scale, a small tray on a table top works just as well!

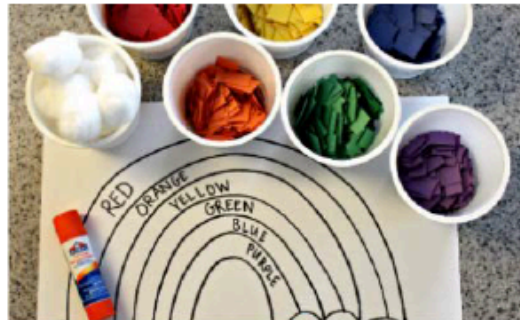


Rainbow Paper Craft

What you'll need:

- Coloured paper in red, orange, yellow, green, blue and purple (around half an A4 sheet for each colour should do)
- Pen or pencil
- Plain paper
- Coloured pencils/pens (optional)
- Glue stick
- 4 large cotton balls
- Scissors

1. Cut your coloured paper into small pieces and place in separate piles or containers.
2. Next, you'll need to create your rainbow template. Draw a rainbow and clouds on a piece of plain paper and either write in the names for each colour of the rainbow or use coloured pencils/pens to mark out the colours. This helps your child identify which colour goes into each section.
3. Cover one section of the rainbow at a time with glue, then stick on the appropriate colour pieces until each section is covered. Some white space is fine, but each section should end up mostly covered. Move on to the next section until the rainbow is filled.
4. Cover the cotton balls with glue. Then stretch out the cotton balls and stick them to the glue to make clouds.



Rainbow

PAPER CRAFT

Preschool Color Sorting Activity



Paper Plate Animals



Paper Plate Banjo

Indulge your kids' musical fantasies with this simple banjo made from paper plates and a few well-tuned rubber bands. Making music was never this much fun!

What you'll need:

- 2 paper plates
- Stapler
- Paints
- Stickers, beads and other decorative items
- Paint stick or cardboard cut into shape of stick
- Glue
- Rubber bands

1. Stack two thick-weight paper plates and staple them together for durability.
2. Let your kids paint the stacked plates their favourite colours and decorate them with stickers.
3. Attach a paint stick or shaped piece of cardboard to the back of the plates and glue beads to the end as the pegs.
4. Finally, add strings by stretching rubber bands around the stacked plates.



Blow Painting with Straws

What you'll need:

- Tray with sides, e.g. a baking dish (optional)
- Straws
- Card stock or other heavy paper
- Liquid paint (we used liquid watercolour paints)
- Paint pots, dishes or cups
- Dropper or pipette

1. Place a sheet of paper on a tray with sides or do this activity outside, as the paint can splatter off the paper.
2. Cut your straws in half so the blowing action is more effective and closer to the paint. If you're doing this with young children, poke a hole halfway up the straw with a pin to prevent them from sucking paint into the straw by accident.
3. Put your paints in paint pots, dishes or cups.
4. Use the dropper / pipette to transfer one or more droplets of liquid watercolour paint to the paper.
5. Blow through the straw at the paint drops, forcing the paint to move along the paper in tiny rivulets.
6. Repeat with more paint and more colours until you are satisfied with your design. Set aside to dry and start over with a new sheet of paper!



Abstract Window Art

What you'll need:

- Multi-coloured transparency sheets
- Scissors
- Water
- Windows

1. Cut the coloured transparency sheets into small squares or shapes.
2. Wet them, then stick to the windows in decorative patterns.
3. Simply remove and wipe any water off the window when ready to tidy away.

From: <https://www.andnextcomes1.com/2014/06/abstract-window-art-light-reflections.html>



Bubble Painting

What you'll need:

- Paint
- Washing-up liquid
- Water
- Cups or pots
- Straws
- Cardstock or paper

1. Add about 1 tablespoon of paint colour, 2 tablespoons washing-up liquid and 2 tablespoons of water to each cup.
2. Mix each cup using the straw and start blowing into the cups to create bubbles. Make sure your kids blow out air, not suck air in!
3. Once the bubbles rise above the rim of the cup, lay your cardstock or paper over the bubbles. Then remove the paper and repeat with a different colour paint. It's as simple as that!



Toy Painting

What you'll need:

- Large roll of paper
- Washable paints
- Plates
- Washable toys such as dolls, dinosaurs, Lego bricks, cars and trucks

1. Lay out a large roll of paper on the table or floor.
2. Set out some plates set up with paint in your children's favourite colours.
3. Invite your child to dip some of their toys into the paint and then use them to make marks and prints on the paper.
 - Dolls can dance over the paper.
 - Dinosaurs can stomp.
 - Lego bricks can be used for printing.
 - Cars and trucks can go for a ride.

From: <https://nurturestore.co.uk/printing-with-toys-art-activity>



Mini Coloured Kitchen Volcanoes

What you'll need:

- Cups or pots
- Vinegar
- Large glass dish or baking tray
- Food colouring
- Glitter (optional)
- Bicarbonate of soda

1. Set up cups of vinegar in a large glass dish or baking tray. Stir in different coloured food colourings to each cup and add glitter if you wish.
2. Take a scoop of bicarbonate of soda and drop right into your cups of vinegar and watch the lava happen!
3. After a while, the vinegar will run out of the cups, so you can simply rinse and start over again.



Hatching Frozen Dinosaur Eggs

This frozen icy dinosaur egg activity is easy to make and lots of fun to excavate. This type of frozen sensory play also makes a great scientific discovery and learning activity for young kids. This activity is super simple to set up and just needs some time to freeze, so plan ahead!

What you'll need:

- Balloons or mini containers
- Mini dinosaurs
- Big bowl or tray for melting
- Bowl of warm water
- Food colouring (optional)
- Eye droppers, meat basters or squeeze bottles

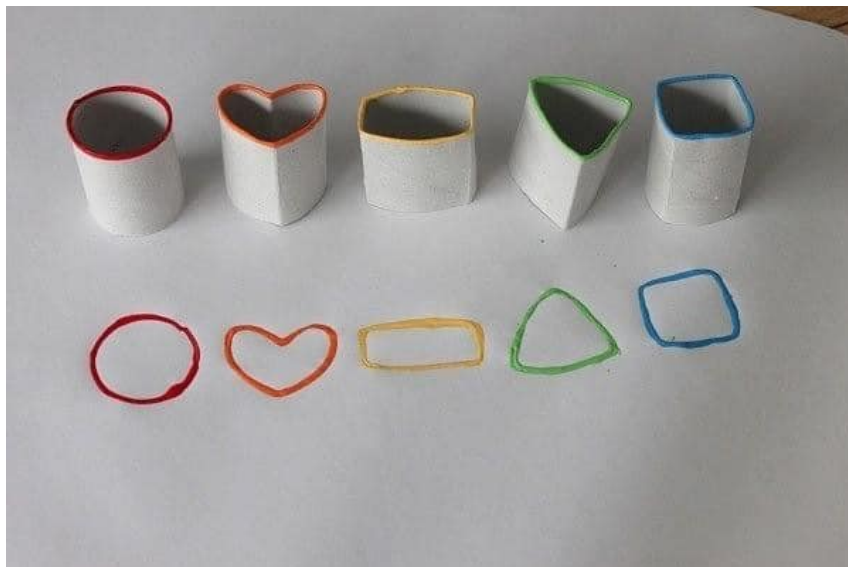
1. Blow up a balloon and hold it for 30 seconds or so to stretch it out. Stretch open top of the balloon and stuff a dinosaur into the balloon.
2. Fill the balloon with water and tie it up. Repeat with further balloons and dinosaurs.
3. Stick the balloons in the freezer and wait. Alternatively, you can fill a suitable container with water, put the dinosaur in the middle, place the lid on and freeze.
4. When the balloons are completely frozen, cut off the knot, and peel off the balloon.
5. Place your icy dinosaur eggs in a bowl or on a tray and set out a bowl of warm water for melting fun!
6. Get children to explore how to help hatch the dinos. Eye droppers are great for fine motor play and sensory play. What else can you use to melt the eggs? How about meat basters, squeeze bottles, squirt bottles, or even ladles!



Icy Dino Eggs

EASY PRESCHOOL SCIENCE





Printing with Nature

What you'll need:

- Paint
- Paper
- Collected natural items for printing, rolling, mark-making and painting over. For example:
 - o Seedpods for rolling
 - o Leaves for printing and stencilling
 - o Feathers for printing and to use as a quill

1. Collect the natural materials that you'll use for your prints.
2. Decide how you'll make your print. Either paint one side of your item with paint or place it in directly on a stamp pad, then press the painted item (coloured-side down) on the paper with even pressure. Carefully lift it off and you have a print. You can also cover or immerse your items in the paint and then roll them over the paper. Experiment with different ways of making marks with your items.



From: <https://www.danyabanya.com/printing-with-nature/>



Bubble Wrap Stamping

What you'll need:

- Bubble wrap
- Tin (or any sturdy container)
- Duct tape
- Paints
- Paintbrushes

1. Cut a piece of bubble wrap and fold it over the top of the tin (with the lid on). Use duct tape to secure it so it's tight.
2. Mix a colour and paint it on the bubble wrap. Try not to push too hard – you want to paint the bubbles, but not the crevices in between. Paint fast before the paint dries.
3. Next, turn the tin over onto the paper and press down. It may take a few stamps to get it right, but the beauty of this project is that even if you are too heavy-handed, or the opposite, it's print-making and it's supposed to be imperfect! Point out to your kids how beautiful each stamp is – no two are alike (just like snowflakes).

Tip: This craft can make lovely home-made wrapping paper!

Washi tape car track

What you'll need:

- Multiple rolls of washi tape in different colours
- Scissors
- Toy cars and other vehicles

Simply create roads and buildings on your floor and walls with washi tape and use for small world play.



