

Ms. B's Daily Activity Suggestions



How many jumps? Gross motor

Materials: masking or painters' tape, measuring tape.

Go to an open space or move furniture out of the way and make "animal jumping stations." Have your child help you use masking tape to mark a starting point and the distance that each animal can jump. Measure 5 feet for a grasshopper, 6 feet for a frog and 15 feet for a kangaroo.

At each jumping station, have your child count how many jumps it takes to go the distance. To build math and science vocabulary they can guess how many times they will have to jump to reach the same length as each animal and write the number down on a paper. Your child will see that the longer the distance, the more jumps it takes.

To teach a child spatial relation ask them to stand in front of a chair, behind a chair, next to the chair, on top of the chair (adult must help with this one) or crouch under the chair.

Have the child be your shadow and mimic all your actions as you walk and perform simple actions (i.e. marching in place, bringing elbows to knees, raising arms above the head, raising left arm then right arm, etc.)

Encourage them to balance on one leg, and then the other for as long as possible. Time them to see if they can beat their own best record.

Ball and balloon games—have the child use both hands to pass the ball or balloon overhead, between legs, roll at a target, etc.

Put on some fun music and dance, dance, dance. Or do a freeze dance.

Use food cans as hand weights and do bicep curls or flies.

Practice wheelbarrow walking or crab walking.

Doing the inchworm (walk hands forward, then the hands stay in place and the feet walk up to the hands and repeat).

Do push-ups and jumping jacks.

Use tweezers to pick up toothpicks.

Use clothespins to pick up pompoms or crayons or toys and transfer to a container.

Use a turkey baster to transfer water from one container to another.

Make your own path game. Your child can design the path by using stickers or drawing squares on a piece of paper. Let them make up the rules. You can use game pieces and dice or spinners from other games to determine how many steps you can take. This promotes taking turns, counting, recognizing numbers or colors.

Make a dot to dot or find some on-line to print and have your child do them.

Trace alphabet letters or shapes onto paper and have your child use Legos, cotton balls or other small toys or household items to make the letters.

Find some nuts and bolts in Dad's workshop and practice screwing them on and taking them off. You can do the same with plastic jars and jar lids.

Put pennies into a piggy bank.

Draw shapes, wiggly lines, zig-zag lines, loop de loop lines and have child trace them with their index finger or crayon or pencil.

Practice folding paper into fourths.

Let them use a hole punch and punch shapes or tell them to make X number of holes. It is best to do this over a tray or cookie sheet to collect the dots.

Go for a walk then come home and have them draw something they saw.

Have them make a drawing everyday of something they saw or did and make it into a journal to bring back to school to show everyone.

Color theory—make red, blue and yellow water using food coloring. If you have old medicine droppers, you can give them an ice cube tray to mix them in or use q-tips and draw on paper towels or recycled mail envelopes.

Make your child aware of left and right side of his body by having them face you and give them comments like "kick the ball with your left foot", or "raise your right elbow". Since you are the "mirror", if you say kick the ball with your left foot, you pretend to kick your foot with your right foot.

Go for a walk and count the steps needed to walk from the sidewalk to the front door (or any two places). Try to walk the same distance with fewer steps; with more steps. This can also be done inside—how many steps from living room to kitchen, etc.

Liven up walks by hopping, skipping, jumping, or side stepping a certain number of times. This helps with counting skills as well as coordination.

Think of items in the neighborhood that can be matched with the numbers 1 through 10. For example, one stove, 2 telephones, three beds, and so on. This can be done over several days. Keep a record by drawing pictures of the items that were found.

Line up 5 or more toys. Which one is first, second, fifth? Count them in order: first, second, third, and so on.

Use Duplo blocks to measure your child's shoe, then measure Mom's or Dad's shoe and compare the numbers. You can also use blocks to measure how tall your child is—have them lay down on the floor and use blocks to measure how tall they are.

Guess how many goldfish crackers are in your snack, then count while eating.

Count the number of wheels in your house. Don't forget wheels on cars, bicycles, toys, vacuum cleaners, etc. You could show your child how to make tally marks while counting.
