

This is Part 5 of 5 files containing Activity Cards from Dr. Jean.

Feely Socks



Materials: old socks, common objects such as a ball, block, crayon, spoon, shell, sponge, coin, magnetic letter, etc.

Directions: Place a different item in the toe of each sock. Tie a knot in the top of the sock. Have children feel the sock and then try to guess what it is. You could also number the socks and ask the children to write or draw pictures of what they think is in each sock.

Hint! Put unusual items in the socks, such as styrofoam packing, a scouring pad, or items from nature. Let the children reach into the sock and identify the different objects.

Lunch Sack Book



Materials: brown lunch sacks, brad fasteners, markers, crayons, paper, glue, etc.

Directions: Stack up 4 or five sacks. Punch holes near the open end and bind with brad fasteners. Fold over the bottom of each sack to make a flap. Open flaps and draw objects or glue magazine pictures to the sacks. Fold over the flap so part of the object is revealed. Children guess what is hidden and then open and see.

Hint! You can also use photos for this book.

Baggie Book



Materials: zip sandwich bags, photos or magazine pictures, stapler

Directions: You will need 4 or 5 sandwich bags for each book. Cut the photos or magazine pictures into 5 ½" squares. Let children choose four pictures and insert them in the bags. Zip shut. Stack the bags and staple together.

Hint! Cut paper into squares and let children draw their own pictures for their books. Collect leaves and other natural objects and use them to make baggie books.

Gift Bag Book



Materials: gift bag, paper, stapler

Directions: Cut the front and back off the gift bag. Untie the handle from the bag. Cut paper the size of the gift bag and staple between the back and front of the bag. Re-attach the handle.

Hint! Buy a seasonal bag each month and make a class book.

Old greeting cards also make good book covers. Cut the front off the card and then use it as a pattern to cut blank paper. Staple together. You could also use a hole punch, and bind with ribbon or yarn.

Box Top Book



Materials: box of Cracker Jacks, animal cookies, or dog biscuits, paper, hole punch, string

Directions: Cut the front and back off a box. Cut paper the size of the box. Hole punch and bind the book together with string.

Hint! With a Cracker Jacks book, each child could draw a picture of a prize he would like to find. In the animal cracker book children could draw a picture of their favorite zoo animal. In a book made from a box of dog biscuits each child could draw her pet or a pet she would like.

I Can Read!



Materials: food wrappers, cereal boxes, magazines, advertisements, construction paper, scissors, glue, stapler

Directions: Staple several sheets of construction paper together. Write "I Can Read!" on the front page with a marker. Help your child look through the magazines and cut out environmental print (product logos) that she can read. Glue these to the pages in the book. Encourage your child to glue additional words she can recognize from food products.

Hint! You can also glue a magnetic strip to the backs of logos and place them on the refrigerator.

Scat The Cat



Materials: file folder, scissors, glue, markers, construction paper (2 black, 1 blue, 1 red, 1 yellow, 1 green)

Directions: Download the attached pattern and story.
http://www.drjean.org/html/monthly_act/act_2009/12_Dec/handouts/scatTheCat.pdf
Trace around the cat on the front of the file folder. Cut out. Add grass, flowers and other details if you desire. Place the construction paper in this order inside the file folder: black, blue, red, yellow, green, black. Glue the story to the back of the file folder. As you tell the story, remove the construction paper in front to reveal the appropriate cat.

Letters Of Love



Materials: paper, envelopes, pen, computer

Directions: On special occasions, such as when your child has a birthday, starts school, loses a tooth, etc. write a letter to your child recalling the memory and how you feel. Seal up the envelope and save the letters in a special box. These will be a priceless gift of your love to give your child on the day she graduates from college, gets married, or has a child of her own.



Good Book



Materials: spiral notebook or composition book, markers

Directions: Write "(Child's name's) Good Book" on the front of the notebook. Explain to your child that when you catch him doing "something good" you will write it down in the book. Try to do this at least once a day. Review entries in the book at night before your child goes to bed.

Hint! Add photos to this book or let your child illustrate with his own drawings.



Story Tapes



Materials: tape recorder, iPad, favorite book

Directions: This is a great idea for grandparents or parents who travel. Record yourself reading a book to your child. You might want to ding a little bell or use a sound effect each time the page should be turned. Your child will feel "close" to you as they listen to you read them a bedtime story.

Hint! This would also be a neat treat for when a babysitter comes.



Bedtime Ritual



Materials: none

Directions: Create your own special routine to send your child off to dreamland. You might want to sing a song, say prayers, or follow the ritual below:

Kisses - Kiss, hug, butterfly kiss (blink eyelashes together) nose kiss (rub noses), etc.

Proud Thoughts - Ask your child to tell you something he/she did that day that made her feel proud.

Positive Tomorrow - Ask your child to tell you something he/she is looking forward to the next day.

Dr. Jean's Gift Cards

Written by Dr. Jean Feldman

*Thank you for downloading these gift cards.
I hope these activities provide many happy memories
for both you and your children. Enjoy!*



Font- KG Miss Kindergarten by Kimberly Geswein



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