

Sweet Baby



Materials: flannel or soft material (1/2 yard), fiberfill (3 handfuls), ribbon (1/2 yard), buttons, yarn, marker

Directions: Cut an 18" square out of the fabric. Make a ball out of the fiberfill about the size of your fist, and put it in the middle. Wrap the fabric around the ball to make a head for your baby, and secure with a ribbon. Take one corner of the fabric and knot it to make a hand. Take another corner and knot it to make the other hand.

Hint! Sew on button eyes, yarn hair, and draw on a mouth!

Sock Puppet



Materials: old socks, yarn, buttons, fabric pens, felt scraps, pom poms, craft glue, scissors

Directions: Stick your hand in the sock and wiggle it around. What could it be? A boy or girl? A cat or dog? Maybe an elephant or monster? Use the yarn and felt to make hair, ears, noses, and other features.

Hint! Encourage children to think of names for the sock puppets!
Can the puppets sing a song or tell a story?

Flannel Board



Materials: file folder, 9"X12" piece of felt, craft glue, stapler, felt scraps

Directions: Staple the two sides of the file folder together. Glue the piece of felt to the front. Cut geometric shapes, animals, and other figures from the felt scraps. Place inside the file folder pocket. Children can remove the felt pieces to create pictures and tell stories.

Hint! You can also attach Velcro to the back of photos and use them on the flannel board.

Art Easel



Materials: corrugated cardboard, contact paper, duct tape, string, spring clothespins

Directions: Cut two rectangles 20"X14" from the corrugated cardboard. Cover with contact paper and attach at the top with duct tape. Punch holes in the sides and tie on string. Stand up on a table and use clothespins to hold paper. Let children paint with water colors, paints, markers, etc!

Hint! Place on a picnic table for outdoor fun!

Paper Plate Party



Materials: paper plates, music

Directions: Put on some music and here we go! *Clap the plates like cymbals. *Shuffle them to the beat. *Tap on the hips, shoulders, and other body parts. *Clap high, low, in front of you, behind you. *Play "follow the leader" as you take turns doing movements with the plates. *Place the paper plates on the floor. Put one foot on each plate and slide and skate.

Can you skate backwards?
Can you balance on one foot?

Magic Wand



Materials: aluminum foil, cardboard roller from pants hanger, glue, glitter, tape

Directions: Lay a sheet of foil diagonally on the table. Place the cardboard roller on one point and slowly roll it in the foil toward the opposite point. Tape the end of the foil and trim the ends. Dip one end of the wand in glue, then roll in glitter. Taa daa!

Hint! Children can use their wands to make a wish!

Cardboard Rollers



Materials: cardboard rollers from paper towel rolls, music

Directions: Give children two rollers to use like drum sticks. Play music, and keep the beat on the floor or table. Tap them like lummi sticks with a friend. Use the cardboard roller like a spy glass. Do you see something blue? Can you see a square?

Hint! Let children decorate the paper towel roll with markers or crayons. They can roll up their papers and insert them into the paper towel tote to carry them home!

Magazine Puppets



Materials: magazines, newspapers, scissors, straws, stapler or tape

Directions: Cut sports figures and other famous people out of newspapers or magazines. Staple or tape to a straw to make a puppet. What would your puppet say if it could talk?

Hint! Children can cut people out that look like family members from catalogs to make puppets. Cut out children's photos and tape to a craft stick to make "personal puppets."



Box Top Puzzles



Materials: empty cardboard food boxes, clasp envelope, scissors

Directions: Cut the fronts off the boxes. Cut into 2-10 puzzle pieces depending on the ability of the child. Store the pieces in the clasp envelope.

Hint! If you have two like boxes, you can cut one into a puzzle and let the children match up the pieces on top of the other box.



Introduce fractions with box tops. Cut one in half, one into fourths, one into eighths, etc.

Sewing Cards

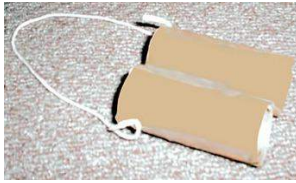


Materials: empty cereal boxes, yarn or string, hole punch, tape

Directions: Cut the fronts off the boxes. Hole punch around the sides. Tie one end of the yarn to a hole in the box. Wrap tape around the other end to make a needle.

Hint! Cut a pipe cleaner in half and twist it around the yarn to make a needle.

Sewing cards can also be made from paper plates or plastic place mats.



Wonder Watchers



Materials: cardboard rollers from paper towel rolls, tape, string hole punch, markers

Directions: Cut the paper towel roll in half. Tape together. Punch a hole on each side of the roller. Tie on a piece of string so it can easily be slipped over the head. Let children decorate with markers. Look out the window or take a walk and look at all the wonders in the world!

Hint! You can also cover the ends of the rollers with colored cellophane.

Hummers



Materials: cardboard roller, wax paper, rubber band, markers

Directions: You will need a 5" section of a cardboard roller. Cut a 7" circle from the wax paper and wrap it around one end of the roller with the rubber band. Decorate the roller with markers. Hold the open end to your mouth and hum.

Hint! Play "Name that Tune" as you hum while others try to guess your song.

Play Dough



Materials: 2 cups all purpose flour
1 cup salt
2 Tbsp Cream of Tartar
2 Tbsp vegetable oil
2 cups water
food coloring

Directions: Mix all the ingredients together in a pan. Stir until smooth. Cook over medium heat, stirring constantly until the mixture forms a ball and sticks to the spoon. Cool and knead. Store in plastic bag or covered containers.



Play on with Play Dough



- Add oil of mint or other extracts to play dough to give it a fragrance. Pumpkin pie spices are fun in orange play dough at Halloween. Cocoa can be kneaded into uncolored dough at Valentine's Day to make chocolate dough.
- Use 2 Tbsp baby oil or massage oil in place of vegetable oil.
- Unsweetened Kool-aid mix can be used instead of food coloring.
- Have children play with dough on plastic placemats or cookie sheets. Add scissors, cookie cutters, play dishes, birthday candles or other cooking props.

Goop



Materials: 1 cup cornstarch
 $\frac{1}{2}$ to $\frac{3}{4}$ cup water

Directions: Place 1 cup cornstarch in a bowl. Slowly stir in enough water ($\frac{1}{2}$ cup to $\frac{3}{4}$ cup) to make a thick liquid. Hold the goop in your hand, then turn your hand over and let it run back into the bowl. How is it like liquid? How is it like a solid?

Hint! You can add a few drops of food coloring to your goop if you wish!

Flubber



Materials: 2 cups white glue
1 $\frac{1}{2}$ cups water
food coloring
2 level tsp. Borax soap
1 cup hot water

Directions: Combine glue, 1 and $\frac{1}{2}$ cup water, and food coloring. Set aside. In another large bowl, dissolve the Borax in the cup of hot water. Slowly stir the glue mixture into the Borax. It will coagulate and be difficult to mix. Pour off the excess water. Let it sit for several minutes. Drain off the remaining water. Store Flubber covered in the refrigerator when not being used.

Note: Borax is toxic. Supervise young children when using this.

Giant Bubbles



Materials: 2 cups dish detergent (Joy works best!)
¼ glycerine
10 cups water

Directions: Mix the ingredients in a large pan or pail. Allow the mixture to sit at room temperature for one hour. Blow bubbles with a fly swatter, plastic rings from drink cans, or berry baskets.

Hint! Make a giant bubble wand out of a straw cut in half. Thread an 18" piece of string through the straw and knot ends. Holding the straw in each hand, dip in the bubble solution, then slowly pull the straws through the air.

Mud Pies



Materials: dirt, flour, water, old bowl, and spoon

Directions: Mix 4 parts dirt with 1 part flour. Add enough water so it will mold. Dry in the sun.

Hint! Decorate with sticks, leaves, seeds, and other natural objects.

You can make dough for sand castles by mixing 4 cups of sand, 2 cups of water, and 2 cups of cornstarch in a large pan. Make sure to use an old pan as the sand will scratch it. Heat on low, stirring constantly until the mixture thickens. Set aside to cool. Mold into sand castles or other shapes, and let dry.

Shaving Cream Painting

Materials: shaving cream (non-menthol)



Directions: Squirt a pile of shaving cream onto a non-wood surface. Let the children squish and play.

Hint! This is a great way to clean tables and desks!

You can also finger paint with pudding or yogurt on a sheet of wax paper. Lick 'em to clean up!

Silly Putty

Materials: white glue
liquid starch



Directions: Use two parts glue to one part liquid starch. Pour starch into the glue a little at a time. Mix well. Add more starch if needed so mixture is not sticky. Cover and refrigerate overnight.

Hint! Add food coloring if you desire.

Trail Mix



Materials: Cheerios, pretzel sticks, fish crackers, raisins

Directions: Dump all ingredients into a large paper bag. Shake gently. Yippee ti yi yo! Eat and enjoy.

Hint! You can also add chocolate chips, M&Ms, and other ingredients to your trail mix.

Serve trail mix in a flat bottom ice cream cone. You can just eat the cone when you're through with the mix.

Monkey Tail Sandwich



Materials: hot dog bun, small banana, peanut butter

Directions: Spread peanut butter in the hot dog bun. Peel the banana and put it in the bun. Eat your sandwich, and don't monkey around!

Hint! Put tuna fish in a hot dog bun. Put a slice of cheese on top and broil it. You'll have a "fish tail" sandwich.

Letter Bread



Materials: bread, milk, food coloring, Q-tips, paper cups, toaster

Directions: Take 4 cups, and put a little milk in each cup.
Add 2 drops of food coloring to each cup.
Draw a letter or design with the colored milk on the bread with a Q-tip.
Toast and enjoy!

Hint! Serve with butter, honey, jelly, or cinnamon sugar.



Spider Sandwich



Materials: 2 slices of bread, peanut butter, honey, raisins
8 pretzel sticks

Directions: Cut 2 circles out of the bread with a cookie cutter or plastic cup. Spread peanut butter and honey on one circle. Put the other circle on top to make the spider's body. Make a face with raisins. Add 8 pretzel sticks for legs. Eat it, and let it wiggle and jiggle and tickle inside you!

Hint! You can substitute cream cheese or another filling for peanut butter.



Zoo Train



Materials: 1 graham cracker, 2 animal cookies, icing

Directions: Put 2 pats of icing on the graham cracker. Stand the animal cookies up on the icing. Eat those wild animals before they get you!

Hint! You can also stand up animal cookies with peanut butter or cream cheese.

Ants Go Marching on the Log

Materials: celery, peanut butter, raisins



Directions: Take a stalk of celery (the log). Spread peanut butter (mud) in the celery. Place raisins (ants) on top of the peanut butter. March the ants into your mouth!

MMMM!

Hint! Use cream cheese instead of peanut butter and call it "birds in the snow." Sprinkle sunflower seeds on the snow for the birds to eat!



Carrot Hot Rods



Materials: carrot, celery, toothpicks

Directions: Cut the carrot into diagonal slices 1/2" thick. Cut the celery into 3" pieces. Stick a toothpick through each end of the celery. Take 4 carrot slices and stick them on the ends of the toothpicks to make wheels.
Zooooommmmm!



Two Babies in a Bed



Materials: hot dog, slice of cheese, bread

Directions: Cook the hot dog in the microwave. Slice it in half lengthwise, and place it on the bread (bed). Cover the bottom of the hotdogs with a slice of cheese so it looks like "two babies in a bed."
Broil until the cheese melts.

Fire Cracker Sandwich



Materials: slice of bread, peanut butter, jelly, tuna fish, or pimento cheese, plastic wrap, curling ribbon

Directions: Cut the crust off your bread. Flatten the bread with the palm of your hand. Spread peanut butter, tuna, or pimento cheese on the bread. Roll it up. Wrap it in plastic wrap. Twist the ends, then tie with ribbons to resemble a firecracker.

Hint! You can use a tortilla instead of bread to make this sandwich.

Peanut Butter Play Dough (Edible)



Materials: smooth peanut butter, instant nonfat dry milk, honey

Directions: Put 1 cup peanut butter, 1 cup dry milk, and $\frac{1}{4}$ cup honey in a bowl. Mix well. Give each child a small ball to roll on wax paper. Form into snakes, bunnies, or bears.

Hint! Decorate with raisins. Make balls and roll in oatmeal.

*Here's a recipe for yummy chocolate play dough. Mix 1 cup canned chocolate frosting, 1 cup peanut butter, and 2 cups instant nonfat dry milk. Mold and eat!

Polka Dot Pizza



Materials: 1 English muffin, pizza sauce or tomato sauce, sliced pepperoni, mozzarella cheese (grated)

Directions: Spread 2 tablespoons of sauce on half a muffin. Put 4 slices of pepperoni on top. Sprinkle with cheese. Broil in the oven until the cheese melts. Mama Mia! What a pizza!

Hint! Try other toppings like bacon, peppers, or mushrooms.

Stir Fried O's

Materials: Cheerios, butter or margarine, cinnamon sugar

Directions: Put 2 tablespoons of butter in a pan. Melt the Butter. Then stir in 4 cups of Cheerios. Stir over medium heat until they are toasty and lightly browned. Sprinkle on cinnamon sugar and toss.

Hint! Use salt instead of cinnamon sugar, and it will taste just like popcorn!



Play Ball!



Wad up a sheet of paper and wrap masking tape around it to make a ball. Practice throwing and catching the ball. Use a box or basket to play basketball.

Staple two paper plates together. Leave a 4" opening so you can insert your hand. Use like a racket and volley a balloon or paper ball back and forth.

Let children use a child size broom and a foam ball to play hockey. The goal could be a box turned on its side.

Give children an empty chip canister and a tennis ball. They can bounce the ball, and then try to catch it in the can.



Juggling



Paper towels, 12" squares of net fabric, or soft balls can be used for juggling activities. Begin by throwing one object up in the air and catching it. Toss it from one hand to the other. Add a second object. Throw one up in the air as you toss the other to your hand in a circular motion.

Balance Beam



Put a piece of tape on the floor for children to walk on. Can they walk backwards? Can they hop on one foot?

Make shapes, letters, or numbers with the tape on the floor.

You can also make lines and curves for children to walk on with chalk on the sidewalk.

Follow The Leader



One person is chosen to be the leader. The rest of the class marches behind the leader and does just what the leader does. The leader can walk, hop, run, skip, wave her arms, go under something, slide down the slide, and so forth.

After several minutes another child is chosen to be the leader.

Mirror



You will need a partner for this game. Stand and face your partner. One person is the "leader" and the other is the "mirror." The "mirror" must mirror or copy facial expressions and movements that the "leader" makes. Switch places after one minute.

Jump The Creek



You will need two jump ropes or pieces of string to play this game. Place the ropes on the ground a few inches apart to make a "creek." Have the children line up single file and try to jump over the creek one at a time without stepping on a rope. After every child has jumped, move the ropes a little farther apart to make the creek wider. Continue moving the ropes farther apart as children try to jump over them. When players can no longer jump over the rope, they must stand to the side of the game and be cheerleaders. The object of the game is to see how far the children can jump.

*Play this game by drawing lines in sand or dirt.

*Play "build the castle" by having two children hold a jump rope. Raise the rope a few inches at a time as children try to jump over it.

Tents -Let's Go Camping!



Card Table Tent - Drape a blanket over a card table or picnic table. Spread a sleeping bag on the ground for a cozy retreat.

Porch Railing Tent - Pin one end of a blanket to the railing of a deck or porch. Pull out the opposite end and secure at an angle with bricks or rocks. This is a "cool" place to play a game or read a book.

Cardboard Castle - An appliance box or other large box can be a "castle" to a child. Cut out doors and a window with a utility knife. (An adult will need to do this!) Let the children decorate with paints, markers, or crayons.



Step School



You will need a small pebble or toy to play this game, as well as some stairs. The children sit on the bottom step, which is "kindergarten." One child, who is "the teacher," stands on the ground and faces the others. "The teacher" takes the pebble, puts it behind her back, then hides the pebble in one of her hands.

"The teacher" then brings forward both fists. The first child on the step chooses a hand. If he selects the hand with the pebble, then he may move up a stair to "first grade." If he selects the empty hand, then he continues to sit in "kindergarten." "The teacher" continues hiding the pebble and allows other members in the game to select the hand with the pebble. The game continues until a child reaches the top step. That child then becomes the next "teacher."

Going On A Trip



The first player begins by saying, "I'm going on a trip and I'm taking (names an object)." Second player says, "I'm going on a trip and I'm taking (names first object and names a second object)." Next child says, "I'm going on a trip and I'm taking (names first object, second object, and names a third object)." The game continues as each player tries to remember previous objects. When a player forgets, begin the game all over again.

You can also name objects in alphabetical order. For example, the first person says something that begins with an "A," the second person names something that begins with a "B," and so on. Change the game to "going on a picnic," "going to the moon," etc.

Penny ~ Penny



One person is "it." "It" chooses three friends to leave the classroom. While the three are out of the room, "it" walks around the room and places a penny in one child's hands. All the children cup their hands as if they are holding the penny. The three children are then called back into the classroom. The three walk around the room opening hands until one finds the penny and says, "Penny, penny, I found the penny!" That child then becomes "it" and the game continues.

Let children hide a seasonal toy, such as a bunny or a pumpkin. Play a similar game by having one child leave the room as you hide a small object. Guide her to the object by saying "cold" when she is far away and "hot" as she gets closer to the object.

Tower Topple

Every child will need one block from the block center for this game. The first child places her block on the floor.

The second child places his block on top of the first block. The game continues as each child adds her block to the tower. When the "tower topples," children get a block and the game begins all over again.

Have children count the blocks to see if they can beat their previous record.



Charades



Children will have fun "performing" and "stumping" their classmates with this game. One child at a time gets up in front of the room. The child acts out a nursery rhyme as her friends try to guess which one it might be. The first child to guess correctly gets to act out the next rhyme. (You might need to suggest rhymes to younger children.)

Children could also act out book titles, songs, feelings, animals, or other categories.

*Children can make sounds or simply pantomime.

"Statues" is a similar game where children work in groups and freeze in position to symbolize a book, song, or other event.

Guess Who I am?

Pepper Scatter



Materials: clear bowl, pepper, liquid detergent

Directions: Fill the bowl with water. Sprinkle the pepper on top. Squirt a drop of detergent in the middle of the bowl. Observe what the pepper does.

What makes the pepper scatter?

Hint! Do a similar experiment by putting the end of a bar of soap in the bowl with pepper.



Shiny Pennies



Materials: old pennies, vinegar, salt, cup, and spoon

Directions: Put 1/2 cup of vinegar in the cup. Add 1 Tbsp. salt, and mix to dissolve. Drop the pennies in the cup and stir them around while you count to 25. Take the pennies out of the cup and rinse them off in water. Taaa Daaa! Shiny pennies just like magic!

Hint! Put this experiment in a learning center so children can repeat it. Try shining pennies with ketchup or lemon juice.

Happy Face Balloon

Materials: balloon (Use a large balloon and blow it up first to make sure it will inflate easily.) permanent marker, drink bottle, vinegar, baking soda, spoon, funnel

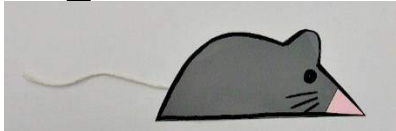


Directions: Blow up the balloon and draw a happy face on it with the marker. Put $\frac{1}{2}$ cup of vinegar in the bottle. Put several spoonfuls of baking soda in the balloon using the funnel. Insert the end of the balloon over the mouth of the bottle. Hold up the balloon so the baking soda falls in the bottle and watch what happens.

What made the balloon blow up?

Have children draw pictures in sequential order to show how this experiment was conducted.

Magnetic Mouse



Materials: magnet, paper cut in the shape of a little mouse, paper clip, cardboard or paper plate

Directions: Attach a paper clip to the mouse. Place the mouse on top of the cardboard. Slide the magnet under the cardboard to make the mouse move.

Hint! Put iron filings, paper clips, or magnetic letters in the sand table. Have children go on a treasure hunt and find the objects with a magnet.

What's Up?

Materials: 2 stalks of celery (with the leafy tops),
2 clear glasses, food coloring



Directions: Place the stalks of celery in two glasses of water. Add red food coloring to one cup and blue to the other. Have children predict what they think will happen. Observe for several days.

Hint! You can do a similar experiment with white carnations or daffodils. Or, slit only one stalk of celery from the bottom half way up. Put one end in blue water and the other end in red water.

Funnel Phone



Materials: 2 plastic funnels, 4' to 8' of plastic tubing 3/8" thick
(available at hardware stores), tape

Directions: Fit each end of the plastic tubing in one of the funnels and tape in place. Have one child hold a funnel to his ear while another child talks into the other funnel. How does sound get from one funnel to the next?

Hint! Make individual phones with paper cups, string, and paper clips. Poke holes in the bottom of two cups and thread the string through the holes. Tie a paper clip to the ends of the string. Let children take turns speaking and listening with the "cup phones."

Growing, Growing!



Materials: clear jar or glass, paper towel, sand or soil, popcorn kernels

Directions: Take a clear jar and fold a paper towel so it fits inside the jar. Put sand or soil inside the paper towel. Drop several beans or popcorn kernels between the paper towel and the cup. Water and place in a sunny spot. Children can observe the seed, root, and stem as they grow.

Hint! Put an old sock over your shoe and walk on the playground where there are a lot of weeds. Place the sock in a zip bag. Water the sock and punch a few small holes in the bag. Hang in a sunny window and watch it grow!

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



Borders- Fuzzy Bump Borders by Graphics from the Pond



Design- Carolyn Kisloski

