

# OWLS ACTIVITY IDEAS

REFER TO PINTEREST  
FOR MORE IDEAS!

WE HOPE YOU ENJOY  
TRYING OUT A FEW OF  
THESE ACTIVITIES!

## COTTON SWAB LETTER PAINTING



WRITE OUT THE LETTERS  
OF THE ALPHABET ON A  
SHEET OF PAPER. HAVE  
YOUR CHILD TRACE OVER  
THE LETTERS WITH A  
COTTON SWAB AND PAINT!

## NAME PYRAMID

WRITE OUT YOUR CHILD'S  
NAME (OR ANY OTHER  
WORD) IN THE FORMAT OF  
THE PICTURE BELOW-A  
NAME PYRAMID!



## POST IT NAMES

TAPE A LARGE PIECE OF  
PAPER WITH YOUR CHILD'S  
NAME ON THE WALL. WRITE  
OUT THE LETTERS OF THE  
NAME ON POST IT NOTES,  
AND HAVE THE CHILD MATCH  
THEM ONTO THE BIG PIECE  
OF PAPER!



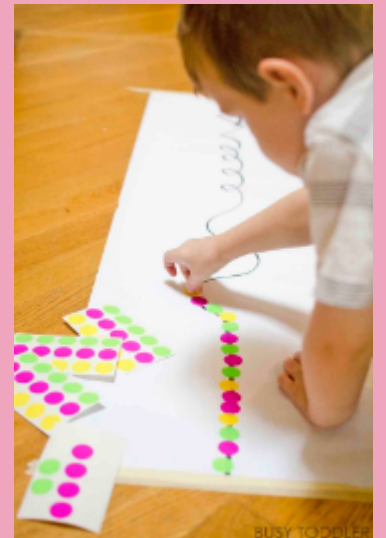
## ERASE THE ABC'S



USING A DRY ERASE  
MARKER, OR WASHABLE  
MARKER, WRITE THE ABC'S  
ON A GLASS DOOR OR  
WINDOW. YOUR CHILD CAN  
THEN ERASE THE LETTERS!



## STICKER PATTERNS



DRAW OUT VARIOUS  
PATTERNS ON LARGER  
PIECES OF PAPER. HAVE  
YOUR CHILD PLACE  
STICKERS ON THESE  
PATTERNS AND HELP THEM  
IDENTIFY VARIOUS VOCAB  
SU CH AS ZIGZAG, WAVY,  
AND MORE!

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## FROZEN POM POMS

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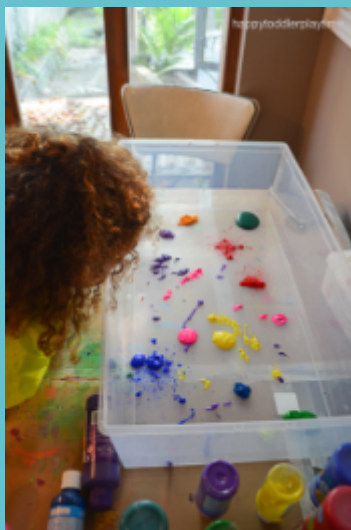
PLACE POM POMS INTO THE FREEZER, OR ANY OTHER MATERIAL. ALLOW YOUR CHILD TO EXPLORE THE FROZEN MATERIAL WITH WARM WATER, PAINTBRUSHES, AND OTHER TOOLS!

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## PAINT SENSORY TABLE

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PLACE A FEW DROPS OF PAINT INTO ANY TYPE OF BIN, TRAY, ETC. CHILDREN CAN MIX COLORS TOGETHER AS WELL AS FEEL THE TEXTURE OF PAINT!



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## TUBES AND RICE

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USING ANY LEFTOVER PAPER TOWEL OR TOILET PAPER ROLLS, HELP YOUR CHILD CREATE VARIOUS TUNNELS, IN ORDER TO PUT RICE THROUGH THEM. FUNNELS MAY ALSO BE USED!

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## STONE WASHING

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PLACE STONES IN SMALL SENSORY BIN AND COVER WITH SHAVING CREAM. HAND YOUR TODDLER THE DISH BRUSH AND ASK THEM TO CLEAN OFF THE SHAVING CREAM WITH THE BRUSH AND WATER. ONCE CLEAN THEY CAN DRY THEM IN THE DISH CLOTH.



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## FROZEN LEGO

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FREEZE LEGO BLOCKS IN TRAYS AND SET IT OUT FOR YOUR CHILD TO TRY TO DIG OUT ALL OF THE BLOCKS. YOU CAN ALSO ADD SALT FOR A STEM COMPONENT!



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## OUBLECK

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OUBLECK IS A MIXTURE OF CORNSTARCH AND WATER. TWO INGREDIENTS YOU LIKELY ALREADY HAVE IN YOUR KITCHEN CUPBOARDS! YOU CAN ALSO ADD SOME FOOD COLORING TO IT.



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## WHISKING IN A BOWL

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WHISKING IS ESSENTIAL IN PRACTICING THE HAND AND ARM MUSCLES. FOR DEVELOPING MOTOR SKILLS AS WELL.

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## ANY TYPE OF PUZZLES

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RECOGNITION OF FARM ANIMALS, ABLE TO MATCH THEM TO THE BOARD, DEVELOP PROBLEM SOLVING SKILLS AND ENHANCE MEMORY. DEVELOP HAND-EYE COORDINATION, DEXTERITY AND CONCENTRATION.



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## SHARPENING PENCILS

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THIS ACTIVITY DEVELOPS HAND MANIPULATION SKILLS. THIS IS THE ABILITY TO MOVE OBJECTS USING ONE HAND.

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## PAPER CLIPS

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ANOTHER SIMPLE AND FEASIBLE ACTIVITY THAT ALLOWS KIDS TO DEVELOP THEIR PINCH GRASP AND CONCENTRATION IS TO SIMPLY PRACTICE PLACING PAPER CLIPS ONTO PIECES OF PAPER!



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## GLUING

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PRACTICING GLUING IS IMPORTANT TO DEVELOP CREATIVITY, HAND-EYE COORDINATION, CONTROL OF HANDS, PINCH GRASP AND ABILITY TO STRENGTHEN HANDS THROUGH SQUEEZING. YOU CAN SIMPLY CUT UP SMALL PIECES OF PAPER AND HAVE YOUR CHILD PRACTICE USING LIQUID GLUE OR GLUE STICKS!

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## TRANSFERRING USING A TWEEZER

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BY USING A TWEEZER TO TRANSFER ITEMS, SUCH AS POM POMS, INTO A BOWL OR SECOND SPOT, YOU ARE ENHANCING HAND-DOMINANCE, PRE-HANDWRITING/HANDWRITING SKILLS, PINCH GRASP, HAND CONTROL AND CONCENTRATION.



# SCARF DANCING

USING VARIOUS SCARVES THAT YOU CAN FIND AROUND THE HOUSE, ALLOW YOUR CHILD TO DANCE AND MOVE ALONG WITH THE FLOW OF THE MATERIAL!



# MOVIE THEMED YOGA



THE KIDS REALLY ENJOY FOLLOWING ALONG WITH VARIOUS YOGA VIDEOS ON YOUTUBE. YOU CAN FIND A MULTITUDE OF YOGA VIDEOS INSPIRED BY DIFFERENT CHILDRENS' MOVIES-SUCH AS FROZEN OR MOANA!



# MAKE A SHAKER

TAKE A USED PAPER TOWEL ROLL OR TOILET PAPER ROLL. TAPE OFF BOTH ENDS HOWEVER PLACE MATERIALS INSIDE OF THE ROLL, SUCH AS RICE, BEADS, MARBLES, ETC. THIS IS A GREAT WAY TO BUILD YOUR OWN INSTRUMENT! CHILDREN CAN ALSO DECORATE THEIR SHAKERS IN WHATEVER WAY THEY WOULD LIKE TO!



# THEMED YOGA

## SPRING YOGA

\*10 easy yoga poses for kids\*



THERE IS ALSO A MULTITUDE OF THEMED YOGA MOVES TO DO WITH YOUR CHILD. THIS ONE IN PARTICULAR IS SPRING THEMED!

# DANCE PARTY



TURN ON SOME MUSIC AND SIMPLY LET LOOSE WITH AMAZING DANCE MOVES! THERE ARE VIDEOS ON YOUTUBE THAT THE CHILDREN ENJOY, PARTICULARLY "GOING ON A BEAR HUNT" OR FREEZE DANCE!



# BRAIN BREAK CARDS

## BRAIN BREAK action cards



THERE ARE QUITE A FEW RESOURCES CALLED BRAIN BREAK CARDS! YOU CAN FIND MORE ONLINE THAT SHOW VARIOUS MOEVMENTS YOU CAN DO WITH YOUR CHILD WHENEVER THEY ARE ANTSY IN ORDER TO GET SOME OF THAT ENERGY OUT!



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# NUMBER BUBBLES

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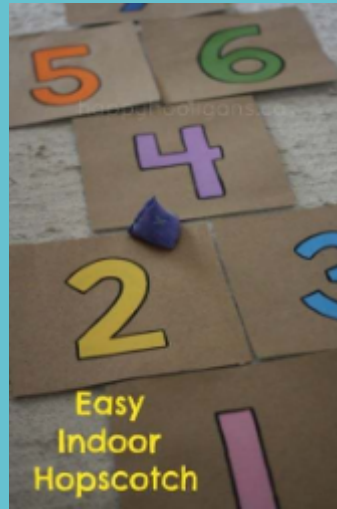
THIS ACTIVITY CAN BE DONE USING A MIRROR TO DRAW THE "BUBBLES" ON OR SIMPLY DRAWING CIRCLES ON PAPER. THEN WRITE NUMBERS INTO EACH CIRCLE, AND HAVE YOUR CHILD PLACE MARBLES, BUTTONS, ETC. INTO EACH BUBBLE BASED ON THE GIVEN NUMBER!



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# INDOOR HOPSCOTCH

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THE KIDS REALLY ENJOY FOLLOWING ALONG WITH VARIOUS YOGA VIDEOS ON YOUTUBE. YOU CAN FIND A MULTITUDE OF YOGA VIDEOS INSPIRED BY DIFFERENT CHILDRENS' MOVIES-SUCH AS FROZEN OR MOANA!

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# COUNTING CHEERIOS

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THIS IS A QUICK MATH ACTIVITY THAT CAN BE INCORPORATED INTO BREAKFAST OR SNACK TIME. WHILE EATING CHEERIOS, COUNT THEM! FEEL FREE TO SET UP MULTIPLE LITTLE BOWLS FOR CHILDREN TO SORT THEM IN. THE POSSIBILITIES ARE ENDLESS.



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# POM POM COUNTING

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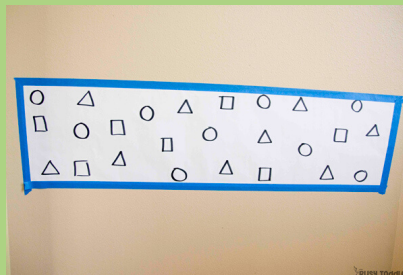


HAVE YOUR CHILD SORT POM POMS BASED ON THE COLOR. THEN COUNT HOW MANY YOU HAVE OF EACH COLOR!

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# SHAPE MATCH

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PLACE A POSTER ON THE WALL OR FLOOR AND DRAW DIFFERENT SHAPES ON IT. THEN, DRAW SHAPES ON POST IT NOTES. YOUR CHILD CAN FIND THE MATCHING SHAPES ON THE LARGER PAPER.



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# LEGO SORTING

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SIMILAIR TO THE POM POM COUNTING, LAY OUT COLORED PAPER. THEN, HAVE YOUR CHILD PLACE THE CORRECT COLOR LEGO ON TOP OF THAT PAPER. COIUNT HOW MANY LEGOS YOU HAVE AND SEE WHAT YOU CAN BUILD OUT OF THE VARIOUS AMOUNTS OF LEGOS!

# VEGGIE AND FRUIT STAMPING

CUT UP FRUITS AND VEGETABLES. CHILDREN CAN THEN DIP THE FOOD INTO PAINT AND MAKE DIFFERENT SHAPES!



*Veggie  
AND APPLE  
Stamping*



# MASKS



USING PAPER PLATES, HELP YOUR CHILD CUT OUT A SHAPE OF AN ANIMAL. AFTER COLORING, PAINTING, AND DECORATING THE MASK, YOU CAN SHARE SOME FACTS ABOUT THE ANIMAL THEY CHOSE TO CREATE!

# FROZEN PAINT

FREEZE DIFFERENT PAINT COLORS IN CUPS OR A TRAY. THEN, YOUR CHILD CAN PAINT AND SIMULTANEOUSLY OBSERVE THE PROCESS OF MELTING PAINT!



# PAINTING WITH RUBBER BANDS



TO SET UP THE PAINTING ACTIVITY, FIND A STURDY BAKING PAN AND SLIDE SOME RUBBER BANDS OVER IT. USE A PIECE OF TAPE TO SECURE SOME CARD OR PAPER TO THE BASE, THEN SET OUT SOME PAINTS.

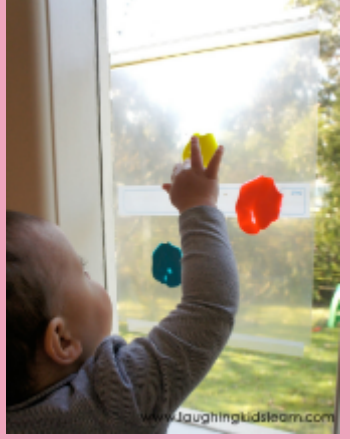
# PAINTING ON FOIL



TURN YOUR CHILD INTO VAN GOGH BY PAINTING ON FOIL! THEY CAN CREATE A "STARRY NIGHTS" REPLICA, OR WHATEVER THEY WOULD LIKE TO PAINT!



# BAGGIE PAINTING



SIMPLY FILL A LARGE PLASTIC BAG WITH A FEW DROPS OF PAINT. YOU CAN TAPE THE BAG ONTO A WINDOW OR DOOR. THE CHILD CAN THEN SMUSH THE PAINT TOGETHER THROUGH THE BAG, PROVIDING A MESS FREE ACTIVITY!