

Daily family projects from Trish Adcok

- Go to the park, write or draw, play games
- Have some cardboard boxes in the garage? Let your children be creative. They can crawl through, make something (rocket ship) paint on, stack them, build towers, ramps, make an instrument, a train, etc. May need to provide them with tape, paintbrushes, and paint. These activities can be done inside or out. But most of all take a break and go have some fun with your children.
- Sorry in advance! Get a kitchen pan and a utensil. Hit the utensil on the pan. Try different utensils and different pans. Do they make different sounds? Can you make a loud sound on your pan? Can you make soft sounds? Can you copy someone else's pattern? Can you go around your house with your pan and utensil? Can you go outside? Whatever you do with your pan and utensil, have fun. Don't forget to do this with your children. Be safe and have fun
- Get outside today. Go look for some rocks that you can stack. How many rocks can you stack?
- Wad up some small pieces of paper. Using a straw, blow the paper to the other side of the table. See who can get all of their paper to the other side of the table first.
- Collect items from nature to make a sensory tub of nature soup! Fill a tub with water. Add in nature "ingredients" to the tub of water with kitchen utensils, cups, and bowls to make their favorite soup recipe. SUPPLIES: kitchen utensils (optional), nature, small dishes/bowls, tub, water
- Tape down a large piece of paper. Draw a wacky design with a marker. Provide stickers to trace the design.
- Do you have dish soap? Put some dish soap in a container and add water. Let's blow some bubbles. Inside or out. Use can use toilet paper rolls, slotted spoons, straws, etc. Most of all parents join in the activity and let's have some fun!
- Inside Activity: gather sheets and towels and blankets and build a cave.
- Let's make paper chains! Cut paper in 1" x 6" strips and glue or tape them together to form a chain.
- More paper activities! Gather newspaper or magazines or patterned paper. Cut in 1" or 2" strips. Roll paper around the end of a toothpick and glue the end. Cut a long piece of yarn or ribbon or string. String the paper beads to make jewelry.
- Happy inventing day! Get a jar, some water and misc materials to make potions. Things like leaves, flowers, pinecones, pine needles etc will make great potions.
- Find lots of sticks outside. What can you make with them? Letters, a maze, a bridge? What else?
- Earth Day project: find a glass jar and fill halfway with water and leave it sitting outside. What happens and why?
- Make a craft with items from your purple recycle bin.
- If it's trash day, go on a neighborhood clean up walk. Use some gloves and grab a trash sack to take on your walk around the block. Look for any trash that needs to be picked up.

- Today we are going to do an experiment with water. Supplies: 1. Eye dropper if you have one. If not a cotton ball or your finger. 2. Aluminum foil 4x4" 3. Paper towel 4. Washcloth 5. Sponge 6. Penny Experiment: count the number of drops it takes for each of the above items to hold or absorb the water. How many drops of water can you get to stay on a penny?
- Make about 10 lines of tape on the floor. Spread the tape lines 1 foot apart. The tape should be about a foot long. Once the tape is down. Hop from 1 tape line to the next, Hop on one foot, walk backwards, sidestep, jump, stretch out with your arms how far can you reach and stand back up again, measure yourself, measure objects, etc...
- Back to the tape. Today create a tape maze. Follow the maze. Drive a toy car, truck through the maze. Lead your dog through the maze. Most of all have fun.
- Make a basket of paper flowers or buy some flowers. Deliver them to someone by putting them on the doorstep. Ring the doorbell and run. Don't be seen. Happy May Day.
- May the force be with you in honor of Star Wars make a saber. Newspaper works the best. Roll 2-3 pieces of newspaper Diagonally and glue or tape the end down. You have a saber. Make two of them. Have a battle. May the force be with you!
- Celebrating cinco de mayo, Materials: paper cup, stick, foil, waxed paper, or paper, beans, rice or noodles, markers, crayons or stickers, rubber band. Activity: decorate the cup, fill it half full with beans, cover the top, secure with rubber band. Insert stick in bottom of cup. Now shake, shake shake.
- Happy nurse appreciation day! Howl at 8pm for a nurse today. Make a picture for a nurse and hang it in your window, mail it to a hospital or give it to a nurse.