

## Daily Baby Activities

<b>Sunday</b>	Place an ice cube in front of your baby and see what they do with it (i.e. grab it, avoid it, etc.). Tell your baby what it is, how it feels, etc.	Bring your baby to different surfaces of your home (i.e. carpet, hardwood). Have your baby explore the different textures with their bare hands and feet.
<b>Monday</b>	Give your baby a scarf or a towel and describe to them how it feels, looks, etc. Then, sing some songs that incorporates scarves (See lyrics on last page of document).	Make a hammock out of a blanket. Hold one end and have someone else hold the other end. Place your baby in and sway them gently and close to the ground.
<b>Tuesday</b>	Place mashed up food on your baby's highchair tray or on a plastic plate in front of them. Let them explore the textures, tastes and smells.	Fill a large Ziploc bag with hair gel and place small toys or objects inside (i.e. little figurines). Seal the bag with tape and give to your baby to explore.
<b>Wednesday</b>	Crawl around your home with your baby. Let them touch or grab objects that are safe for them to explore.	Glue different pieces of fabric or material around your home onto a board. Give the board to your baby so they can explore the different materials.
<b>Thursday</b>	During tummy time, place toys all around your baby. See if your baby will try to move to get to them.	Create a ramp with blocks, boxes, or whatever you can use to place on an angle. Roll a ball down the ramp. Encourage your baby to do the same.
<b>Friday</b>	Bring your baby to their closet or drawers of clothes. Take some clothes out. As you tell them what each clothing item is, encourage them to touch and explore them.	Pour some paint into a large Ziploc bag, then seal it tight with tape. Then, place it on a flat surface and encourage your baby to explore with their hands and watch the paint move around the bag.
<b>Saturday</b>	Put a toy inside a container and close it with a lid. Give the closed container to your baby and see if they can remove the lid and get the toy.	Grab a scarf and do various movements in front of your baby, such as shaking it and throwing it in the air. Pass the scarf to your baby to play with.

*\*If you'd like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*

# Sink or Float Experiment

*Your little scientist will learn all about objects that sink or float! Great for ages 2 years and up!*

## What You Need:

- 1 large plastic container
- Different objects, such as
  - Coins
  - Cotton balls
  - Cereal
  - Raisins
  - Small toy objects
  - cork

*Please note small objects can be a choking hazard for children.*

## Directions:

1. Fill the large plastic container with water.
2. Select an object to be placed in the water. Ask your child if they think it will sink or float.
3. Have your child put the object in the water and watch what happens to the object.
4. Ask your child if the object sank or floated? And if they predicted correctly.
5. Repeat with other objects.

## Talking Points:

This is a great activity to encourage conversation. Talk to your little one about why some objects float and some do not. You can also explain to your little one that when they try things out to see if their ideas are correct, this is called an experiment. You can also talk about each object's shape, colour, and texture before it is placed in the water.



## Make Oobleck

*Your little scientist will learn all about oobleck (a non-Newtonian fluid) and how it can be both a solid (when you apply pressure) and a liquid (when you release the pressure). Great for ages 2 years and up!*

### Ingredients:

- 1 box (454 g) of cornstarch
- Approximately 1 cup of water
- Plastic container to hold the material, or a 9x13 cooking dish
- Spoons, small bowls, or toys to play with in the oobleck (optional)

### Directions:

1. Pour the cornstarch into the container.
2. Slowly add the water until you get the desired consistency.
3. Enjoy!

### Talking Points:

Talk to your little one about the texture (gooey, firm, cold, etc.). Get them to experiment to see how they can roll it to make it act like a solid or let it travel through their fingers when it acts like a liquid.



Follow along with our instructional video!  
[STEAM Activity: How to Make Oobleck](#)

# Volcanic Eruption

*Your little scientist will learn all about a basic chemical reaction. Great for ages 2 years and up.*

## What You Need:

- 1 glass or plastic container
- 1/2 cup of water
- 2 tbsp of baking soda
- 1/2 cup of vinegar
- Towel for cleaning up
- Red food colouring (optional)

## Directions:

1. Fill the glass (or plastic container) with water.
2. Have your child add the baking soda and red food colouring to the water and mix it.
3. Have your child pour the vinegar into the glass.
4. Watch as your little one will be amazed by the mini volcanic eruption. They will probably want to do it again, and again, and again!

## Talking Point:

Explain to your child, that a chemical reaction just occurred. When an acid (in this case, vinegar) and a base (baking soda) mix they form a gas called carbon dioxide.



## Here are a couple of songs to sing to your little one...

### **Popcorn Kernels** (*Scarf Song*)

Popcorn kernels, popcorn kernels.  
In the pot, in the pot.  
Shake them, shake them, shake them.  
Shake them, shake them, shake them.  
Till they pop, till they pop.



### **If You're Happy and You Know It** (*Scarf Version*)

If you're happy and you know it, shake your scarf (*Shake scarf*).  
If you're happy and you know it, shake your scarf (*Shake scarf*).  
If you're happy and you know it, and you really want to show it.  
If you're happy and you know it, shake your scarf (*Shake scarf*).  
*Other verses: shake it high, shake it low, shake it fast, shake it slow.*

### **The Fish in the Sea** (*Scarf Song*) *Tune: The Wheels on the Bus*

The fish in the sea go swish, swish, swish. Swish, swish, swish.  
Swish, swish, swish. (*Wave scarf side to side*).  
The fish in the sea go swish, swish, swish. All day long.  
*Other verses: Dolphins in the sea swim round and round; Sand in the sea drifts down, down, down; Waves on the sea go up and down.*

