

## Daily Baby Activities

<b>Sunday</b>	Crawl around your home with your baby and touch or grab objects that are safe for them to touch and explore themselves.	As you're ready to go outside with your baby, put sunscreen on them and tell them each part of their face or body that you are applying sunscreen to.
<b>Monday</b>	Put yourself and your baby in front of a mirror and tell them what you are both seeing (i.e. "I see your feet and my feet.")	Give your baby an empty plastic water bottle to play with. Make sure the lid is on tight. They'll have fun squeezing it and rolling it on the floor.
<b>Tuesday</b>	Punch some holes in an empty container and bring it to your baby's bath. Fill the container with water and pour it over your baby's head to create a raining or showering effect.	Fill an empty plastic water bottle with rice, cereal, beads, etc. Make sure the lid is on tight, and tape it to be extra safe. Give the bottle to your baby to shake and have fun with the sounds.
<b>Wednesday</b>	Get a wooden spoon and drum it on a plastic container. Then give the spoon and container to your baby to drum as well.	Talk to your baby as you move to different areas of the room and call out your baby's name. See if they'll follow your voice and look for you.
<b>Thursday</b>	When you're outside with your baby, look and point to the flowers and plants. Describe them to your baby, especially what colours they are.	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.
<b>Friday</b>	At night, talk to your baby about what you both have done throughout the day. (i.e. "We had breakfast, then played peek-a-boo...")	Roll up a sheet and tape it together to make a cone. Then, make various sounds for your baby. Give the cone to your baby to see if they'll make sounds too.
<b>Saturday</b>	When you're outside with your baby, find a dandelion that is just dried seeds. Blow on it and watch the seeds scatter in the air.	Put on some music and dance with your baby. At any moment, stop the music and stop dancing. See if your baby stops dancing or moving too.

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

# Shape People

*Your child's imagination will soar as they discover how to make people's body parts by using simple everyday shapes. Great for ages 3 and up!*

## What You Need:

- Coloured paper
- Markers or crayons
- Glue
- Googly eyes (optional)
- Scissors

## Directions:

1. Precut different shapes, such as triangles, squares, rectangles, diamonds, ovals and circles on different coloured paper.
2. Give your child one large piece of paper (any colour they choose) and the precut shapes.
3. Have your child use the precut shapes to create a person by gluing the shapes onto the large piece of paper.
4. Have your child draw a face on their person or use googly eyes and smaller precut shapes to glue on the face.
5. Have them name the person by having your child (or an adult) write the shape person's name on the piece of paper.



## Talking Points:

Talk to your child about the different shapes they are using and sing them the different shape songs (on the last page of this document). Ask them about what other objects are the same shape, or if they can find an object in the room that is also the same shape.

Talk to your child about the different colours they are using to create their person. Ask them what other objects are, also, the same colour. Ask them what their favourite colour is and see if they can guess what your favourite colour is too.

Talk to your child about the body parts needed to make a person. For example, ask them to count how many legs they have, and then ask them to pick out the corresponding number of shapes that should represent their legs. Then ask them where the legs should go on the shape person.

# Grass Heads

Your little gardener will create a little plant that they can take care of and nourish. Great for ages 2.5 years and up!

## What You Need:

- Grass seeds
- Soil
- Pantyhose
- Pot or cup (for grass head to sit in)
- Glue (preferably hot glue, super glue, or whatever is the strongest adhesive you have)
- Pom pom
- Felt
- Googly eyes



## Directions:

1. Have an adult pre-cut the pantyhose. Either one leg could be one big grass head, or two smaller grass heads. Cut the pantyhose based on the size you want the grass heads. If the pantyhose has two openings, make sure to tie one side closed.
2. Have the adult hold the one side of the pantyhose open, as the child drops a small handful (approx. 2-3 tablespoons) of grass seeds into the pantyhose.
3. Continue to hold the pantyhose open as you direct the child to place a whole bunch of soil into the pantyhose. You can put as much as you want depending on how large a head your child wants.
4. Shape into a ball, and tie the pantyhose closed.
5. Glue on googly eyes for the eyes, a pom pom for the nose, and a piece of felt for the mouth.
6. Keep near a very sunny window (or put outside in a sunny place) and have your child water it once or twice a day until grass is well established (1 week for grass to start growing, 2-3 weeks for grass to be established). *Soil should always be moist until grass is established, but not soggy. If keeping the grass head inside, place it in a pot or cup.*
7. Have your child give the grass head a haircut whenever the 'hair' gets too long!

## Talking Points:

Talk to your little one about how the soil and seeds feel in their hands, as well as, how plants and seeds need water and sun to grow.



- ✓ Artwork that your little one made
- ✓ Handprints of your little ones
- ✓ Newspaper article (or website print out) of top stories during Covid-19 so you can give your little one a history lesson in a few years of big events during the lockdown.

### **3. Some Questions for your Little One**

On the next page, you will find a one-page worksheet. Fill this out to highlight some special information about your little one's current life. If you have more than one child, then print the page as many times as you need. If you don't have a printer, that's okay - just write the information out on a piece of paper and put it in the box.

### **4. Some Questions for You**

Below, you will also find some questions for moms and dads. Fill these out too. If you don't have a printer, just write the information out on a piece of paper and put it in the box.

### **5. Hide Your Box**

Find a place to hide your box in your house. Make sure it is out of sight and out of mind, so you won't be tempted to open it before the five-year mark. Glue/tape closed if necessary.

### **6. Make a Note**

Set up a reminder on your phone or online calendar, so you remember when to open it.

### **7. Five Years Later**

Enjoy the memories as you open the Time Capsule and be amazed by how much your "not so little one" has grown!

# All About \_\_\_\_\_

Age...

What Makes Me Happy...

My Height...

My Favourite Things...

Colour:

Food:

Book:

Song:

Toy:

Animal:

TV Show:

Best Friend:



Give me some hair, clothes,  
etc. to look like you

My Weight...

My Shoe Size...

When I Grow Up I Want To Be...

# All About Mom

Age...

Favourite Book You've Read...

Movies and TV Shows  
You've Binge-Watched...

My Favourite Things...

Colour:

Food:

Drink:

Book:

Song:

Animal:

Best Friend:

I pass the time by...

I miss the most...

Location of Lockdown...

Something positive that has come from this experience for you...

# All About Dad

Age...

Favourite Book You've Read...

Movies and TV Shows  
You've Binge-Watched...

My Favourite Things...

Colour:

Food:

Drink:

Book:

Song:

Animal:

Best Friend:

I pass the time by...

I miss the most...

Location of Lockdown...

Something positive that has come from this experience for you...

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

### Mmm Ah Went the Little Green Frog

Mmm ah went the little green frog one day. Mmm ah went the little green frog.  
Mmm ah went the little green frog one day, and they all went mmm mmm ah!  
But... we know frogs go lalididida, lalididida, lalididida,  
We all know frogs go lalididida. They don't go mmm mmm ah!  
*Other verses: bloop bloop went the little orange fish... but we know fish go kissy-kiss; grr grr went the big brown bear... but we know bears go huggy-hug*



### Shape Song (Tune: The Farmer in the Dell)

A circle is like a ball, a circle is like a ball. It goes round and round. It never stops. A circle is like a ball!  
A square is like a box, a square is like a box. It has 4 sides. They're all the same. A square is like a box.  
A triangle has 3 sides, a triangle has 3 sides. Up the mountain, down and back. A triangle has 3 sides.  
A rectangle has 4 sides, a rectangle has 4 sides. Two are long and two are short. A rectangle has 4 sides.

### They'll Be Coming Round the Mountain

They'll be coming round the mountain, when they come (yee haw!) (x2)  
They'll be coming round the mountain. (x2)  
They'll be coming round the mountain, when they come (yee haw!)  
*Other verses: They'll be riding six white horses, when they come (whoa, there);  
We'll all go out to meet them when they come (kiss, kiss)*

