

## Daily Baby Activities

<b>Sunday</b>	When it's time for your baby's feeding, tell them, "It's time to eat!" Try to say it each time they're going to eat.	Put baby-safe items in a kitchen cabinet. Open and close the cabinet door in front of them. Encourage them to do the same and to look inside the cabinet.
<b>Monday</b>	Open and close your hands in front of your baby, and point to their hands to encourage them to do the same.	Go around the home and find items with words on them (i.e. cereal boxes, book covers). Tell your baby what the words say and what these items are.
<b>Tuesday</b>	When giving your baby a bath, give them some floatable toys and show them that if they bring one underwater, it'll float right back up.	Browse through a picture book or a magazine with your baby. Tell them about the pictures you see on each page.
<b>Wednesday</b>	When dressing your baby, tell them what piece of clothing you're going to put on them, and which body part it's for.	Give your baby a non-breakable cup or a sippy cup to start drinking from. Encourage them to grasp the handles or to hold the cup with two hands.
<b>Thursday</b>	Lift your baby above your head (or as high as you can) and tell them, "Up high!". When you bring them back down, tell them "Down low!"	Go through your baby's clothes and find those that are colourful and of different textures. Pass to your baby to look at and feel them.
<b>Friday</b>	Record your baby babbling, playing with a toy or interacting with you. Send the recording to your family and friends.	While your baby is on your lap, sway them side to side, to the point of them almost toppling over, but bring them back to the centre of your lap.
<b>Saturday</b>	With containers of different sizes (or plastic measuring cups), show your baby how the smaller containers can fit into the bigger ones.	Put different hats on your baby's head. Put the hats on your head too (even if they're small, they'll look silly on you). See if your baby tries to take them off or puts another one on you or themselves.

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

# Egg Carton Counting

Your little mathematician will discover the joys of learning how to count using simple everyday objects at home.  
Great for ages 2 and up!

## What You Need:

- Empty egg carton
- Marker
- Coloured Paper (optional, just to make it look prettier)
- Small objects, such as beans, cereal, popcorn kernels, pom poms, or buttons
- Ziploc Bag (for storing small objects afterwards)

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



## Directions:

1. Using a marker write numbers 1-12 in each egg holder (if you want to make it look more attractive you can write the numbers on a coloured piece of paper, then cut the numbers out and place each number in each egg holder)
2. Find small objects (such as beans, pom poms, etc.) that fit in the empty egg carton
3. Have your child count out and place the small objects in the corresponding egg carton holder
4. Use the Ziploc bag to store the small objects in when not in use

## Talking Points:

Talk to your little mathematician about their numbers. Ask them what numbers they see; ask them to count when adding objects to the corresponding egg carton holder.

Want to take it to the next step? Have your little mathematician try to write each number on a piece of paper.

## Wind Science

*Your little scientist will discover force and motion while trying to blow different weighted objects across a table. Great for ages 3 and up!*

### What You Need:

- Straw
- Different weighted objects, such as a cotton ball, piece of cereal, crayon, leaf, rock, tissue paper, block, or child's sock.



### Directions:

1. Put one of the objects on a table and ask your child if they think they can make the item move by blowing through a straw.
2. Have the child test their theory by blowing through the straw to try and make the object move.
3. Ask them if the object moved or not.
4. Repeat with different objects.

### Talking Points:

Talk to your little one about the texture, weight and colour of each object before they try the experiment.

Explain to your little one that when they try things out to see if their ideas are correct, this is called an experiment.

Talk to your little one about how their breath is a force, that causes some items to be put into motion (move).

# Windsock

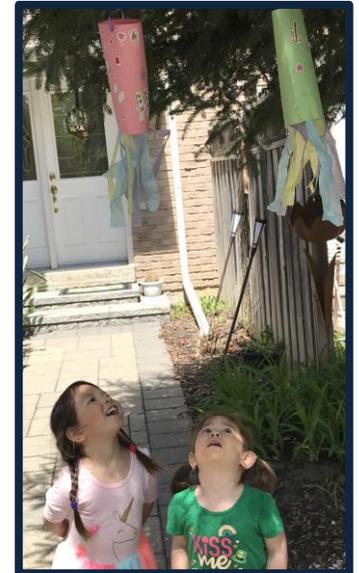
Your little artist will enjoy creating a windsock for their backyard tree or balcony. Remember to take it in when it rains! Great for ages 1 and up.

## What You Need:

- Construction Paper
- Coloured tissue paper (or ribbon)
- Yarn (or string)
- Scissors
- Tape
- Glue
- Crayons, markers, stickers, etc.

## Directions:

1. Have your child decorate a piece of construction paper. They can use crayons, markers, stickers, or any other craft items.
2. Cut narrow stripes of tissue paper (or if using ribbon, cut some sections) about 1 foot in length. If your child is able, have them cut the tissue paper/ribbons.
3. Tape the stripes of tissue paper (or ribbon) onto the bottom of the tube. Make sure to tape the streamers on the opposite side that they decorated.
4. Roll the paper to make a tube and tape it shut. Make sure the side that your child decorated is on the outside.
5. Cut a piece of yarn (or string) about 1.5 feet in length, and tape on the top of the tube, on the inside.
6. On a sunny day take your child outside and have them choose a place to hang it.



## Talking Points:

Wind is a difficult concept for preschoolers because they cannot see it, so they have a hard time understanding it exists. However, you can show them about how wind helps to move objects. So, talk to them about how light objects are carried greater distance than heavier objects.

You can also talk to them about wind direction. Ask them what way their windsock is moving. You can also talk to your little one about the type of wind - is it a strong wind, a gentle wind, a warm draft, etc.

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

## Wake up Feet

Wake up feet, wake up feet, wake up and wiggle, wiggle, wiggle.  
Wake up feet, wake up feet, wake up and wiggle in the morning.  
*Other verses: wake up hands, wake up hips, wake up ears*



## Rain is Falling Down

Rain is falling down, splash! Rain is falling down, splash!  
Pitter patter, pitter patter, rain is falling down, splash!  
Sun is peeking out, peek! Sun is peeking out, peek!  
Peeking here, peeking there, sun is peeking out, peek!

## If You're Going to the Moon

*(Tune: If You're Happy and You Know It)*  
If you're going to the moon, wear your boots. (x2)  
If you're going to the moon, this is what you have to do.  
If you're going to the moon, wear your boots.  
*Other verses: wear your gloves; wear your helmet*

