

## Daily Baby Activities

<b>Sunday</b>	Put your baby's arms in the air and say, "up". Put your baby's arms down and say, "down".	Give your baby junk mail or paper to rip up. Just make sure you take away the small pieces.
<b>Monday</b>	Blow up a balloon and pass it to your baby to play with. Show them that you can throw it high with ease.	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.
<b>Tuesday</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.	While your baby is on their back, bring up their feet so they can see them. Then count their toes and gently tickle their feet.
<b>Wednesday</b>	Hide a toy under a towel or a box. With your baby, crawl and look around the room. When you find the toy, say "We found it!"	Put a couple of toys on a towel. Grab the ends of the towel and drag it on the floor. See if your baby will crawl to the towel to get to the toy.
<b>Thursday</b>	When you are out of your baby's line of sight, call out for them. See if they move around or crawl until they find you.	Change your baby's diaper in different locations throughout the day, so they'll have a new environment to explore each time.
<b>Friday</b>	Place a toy on a chair that is tall enough for your baby to reach while standing up. Encourage them to pull themselves up to a standing position to grab the toy.	Put out some pillows and cushions on the floor, and have some chairs out, and position them like an obstacle course, so your baby will be inclined to go over or under these objects.
<b>Saturday</b>	Hold a broom sideways in front of your baby and encourage them to stand and to hold on with two hands. Inch backwards, so they'll be compelled to take a few steps.	Sit your baby between your legs on the floor. Hold on to them with your legs but spread them out, so you're not holding on to them. Bring your legs back if they need help to balance.

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

# Sidewalk Paint

*Your little artist will create beautiful paint that they can then use to create a sidewalk masterpiece for all passersby to admire! Great for ages 18 months and older!*

## What You Need:

- Cornstarch
- Water
- Paint brush
- Whisk (or fork)
- Food colouring (or paint - washable paint is the best to ensure clothes are not stained)
- Bowl & some containers (to hold the sidewalk chalk)



## Directions:

1. Have your child mix in a bowl equal parts of cornstarch with water. For example, 1/4 cup cornstarch and 1/4 cup water.
2. Have your child add some food colouring (or paint) to the mixture. Just enough to give the paint the desired colour.
3. Pour the mixture into a small container to hold the mixture.
4. Repeat steps 1-3 to make other colours.
5. Go outside and let your child start decorating the sidewalks.

## Talking Points:

Talk to your little artist about what paint colours they want to make. Ask them why they decided to use those colours and to identify something else that is also the same colours.

Ask your little artist what they are going to paint on the sidewalk and why. Ask them if you can join in on the fun and create a masterpiece with them!

# Numbers Rock!

*Your little geologist will collect rocks that can then be used to teach them about numbers and counting! Great for ages 3 years and up!*

## What You Need:

- Rocks
- Small container or bucket (to collect and hold rocks in)
- Chalk (don't have any? Use the recipe above to make sidewalk paint)

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



## Directions:

1. Give your child a small container or bucket. If it has handles, even better!
2. Tell your child that you are going on a nature walk to collect small, but not too small, of rocks. Show your child an example of a good size rock to collect.
3. Go on the nature walk. Your little geologist will love picking up the rocks.
4. Once back home, draw circles with the numbers 1-10 inside each circle. If your child can, have them write the numbers and draw the circles.
5. Have your little one put the matching number of rocks in each number's circle.

## Talking Points:

Talk to your little geologist about the rocks they are collecting - their size, colour and texture (rough, smooth, hard, etc.). *Warning - the walk might take up a good portion of the day, as your little geologist will pick up many rocks, and will also become an entomologist as they study the many small insects on the ground.*

Also, talk to your little one about numbers and count with them. If your child is a little older, you can add a few rocks to one of the numbers and ask them how many more they need to add. Or if they have mastered numbers 1-10, then try numbers 11-20 (though you might need a second rock walk for this).

# Name Your Rocket Ship

*This activity is great for your little astronaut who can explore outer space while also practicing their letters. Great for ages 2.5 years and up!*

## What You Need:

- Coloured paper
- Scissors
- Markers (or crayons)
- Glue
- Star, or space stickers (optional)

## Directions:

1. Cut lots of squares from various colours of coloured paper, and a few triangles. If your child can, have them cut their own squares and triangles.
2. Give your child the squares and have them write their name on the squares - one letter per square. If your child cannot write, then have an adult do it for them.
3. Give your child a piece of dark paper (preferably black or dark blue) and have your child glue their squares onto the paper in order.
4. At the top of their name have them glue on a triangle - this is the top of the rocket, known as the Nose Cone.
5. If you have star stickers, or space stickers, have your child stick them on the page. You can also cut out a moon and have your child glue this on too.



## Talking Points:

Talk to your little explorer about the colours that they are using to make the rocket. Ask them why they decided to use those colours and to identify something else that is also the same colours. Also, talk to them about the letters in their name - what other things start with the same letter, and what sound does each letter make.

Talk to your little learner about how rocket ships can carry people to space, and how these people are called astronauts and must wear a special outfit called a space suit.

To finish your activity off, sing *Zoom Zoom Zoom!* You can find the lyrics on the following page.

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

### Good Morning Train

The good morning train is coming, how are you? Choo! Choo!  
The good morning train is coming, how are you? Choo! Choo!  
The good morning train is coming, the good morning train is coming,  
The good morning train is coming, how are you? Choo! Choo!



### Bananas Unite!

Bananas unite!  
Peel bananas, peel, peel bananas. Peel bananas, peel, peel bananas.  
Bananas unite!  
*Other verses: chop bananas; slice bananas; mash bananas; eat bananas; go bananas!*

### Zoom Zoom Zoom

Zoom Zoom Zoom, we're going to the moon. Zoom Zoom Zoom, we're going to the moon.  
If you want to take a trip, climb aboard my rocket ship.  
Zoom Zoom Zoom, we're going to the moon.  
In 5, 4, 3, 2, 1, blast off!  
*Other verses: far far far, we're going to the stars; fun fun fun, we're going to the sun*

