



# Melted Crayon Sun Catchers

ART

## What You Need:

- Wax Paper
- Bright-Colored Wax Crayons
- Pencil or Crayon Sharpener
- Iron
- Hot Glue Gun
- Wooden Craft Sticks
- Scissors
- Old Towel
- String/Fishing Line
- Suction Cups

## Directions:

- Tape or glue craft sticks into square or triangular frames.
- Sharpen crayons into shavings onto a plate or sheet of paper, so there is a nice assortment of colors.
- Lay towel on a flat surface and cover with a sheet of wax paper.
- Arrange the craft stick frames on the wax paper and drop bits of crayon inside the frames.
- Remove the frames, but keep track of the order you had them arranged.
- Cover with another sheet of wax paper.
- Carefully run an iron (set to low) across the paper, watching the crayon shavings melt as you go.
- When everything has cooled, glue the craft stick frames onto the wax paper.
- Trim around the edges of the frames to reveal your sun catchers.
- Glue string or fishing line onto the backs of the sun catchers and hang from windows or sliding glass doors using suction cup hooks or tape.

**These Melted Crayon Sun Catchers are a perfect activity for kids of all ages! This fun activity promotes self-expression, fine motor skills, and following directions.**

All activities should be supervised by an adult.





# Aluminum Foil Butterfly

ART

## What You Need:

- Cereal Box
- Glue Stick
- Sharpies
- Pipe Cleaners
- Beads
- Scissors

## Directions:

- Take the cereal box, unfold it and lay it flat.
- Glue the aluminum foil onto the flat surface of the cereal box.
- When the glue dries, draw butterfly wings so that you'll have an outline to cut out. If the cereal box is thin enough, the child can cut it out (with your supervision).
- Use the Sharpies to create fun patterns.
- Be more creative and add some jewels and glitter.
- Let the sharpies dry for a few minutes.
- Add the pipe cleaner to form the body by wrapping it around the foil/cardboard.
- Add beads to the antenna for the finishing touch.

**This fun activity promotes self-expression, fine motor skills and freedom of choice.**

All activities should be supervised by an adult.





# Contact Paper Kites

ART

## What You Need:

- Contact Paper (cut into the shape of a kite)
- Multi-Colored Tissue Paper (cut in 1" - 2" squares)
- Strips of Black Construction Paper
- Ribbon

## Directions:

- Give the child a piece of the cut contact paper.
- Tape the contact paper sticky side up onto a stable surface (table, desk, lap board, etc.).
- Add the black construction paper cross bars before the tissue paper is applied.
- Add tissue paper squares to decorate.
- When finished, add another piece of contact paper to seal the kite.
- Add ribbon for a tail.

**This fun activity promotes self-expression, fine motor skills and freedom of choice.**

All activities should be supervised by an adult.





# Yarn- Wrapped Bee

ART

## What You Need:

- Cardboard (cut into an oval)
- Black and Yellow Yarn
- Old Book (one that you don't mind cutting into pieces)
- Googly Eyes
- White Glue
- Popsicle Stick
- Toothpick (optional for the stinger)

## Directions:

- Precut little slits or grooves all the way around the outside of the cardboard oval.
- Starting with yellow yarn, and moving onto the black, simply tie the two colored ends together; no tape is needed. Once satisfied with the amount of yarn, tie another knot.
- Add googly eyes and little stinger.
- Cut wings from the book pages and glue to the bee. Wax paper can be used as an alternative material.
- Turn the little bees into puppets with the addition of a popsicle stick.

**This fun activity promotes fine motor skills, following directions and freedom of choice.**

All activities should be supervised by an adult.





**What You Need:**

- Egg Carton (clean/empty)
- Scissors
- Paint
- Tape/Glue
- Markers
- Pipe Cleaners (optional)
- Cardstock

**Directions:**

- Cut-out egg cartons into little pieces. Snip them all the way around to make the flowers.
- Dip the egg cartons into the paint and smear them around.
- Press onto your paper to make egg carton flower prints.
- Let the prints (and egg carton pieces) dry before gluing them to the paper.
- Tape or glue egg cartons onto the prints.
- Add stems using markers or adding pipe cleaners as the stems.

**This fun activity promotes self-expression, following directions and freedom of choice.**

All activities should be supervised by an adult.





# Paper Toss

PLAY

## What You Need:

- Sheets of Paper
- Pens or Pencils

## Directions:

- Distribute one Paper Toss sheet (see next page) to each participant, along with a pen or pencil.
- Have each participant write three facts about himself or herself that the other members of the group might not know.
- Instruct the participants to not to write their names on the Paper Toss sheets.
- Have each participant crumple-up the Paper Toss sheet into a ball.
- On cue, have the participants toss the crumpled sheets into the center of the room, creating a pile.
- Ask each participant to find a Paper Toss sheet, uncrumple it, and read silently the three written facts.
- Instruct the participants to search-out the author of the written facts on their Paper Toss sheet by going from person to person and inquiring; the participants will be searching, as well as being asked questions at the same time.
- Once all of the authors have been identified, have each participant introduce the author of the facts on his or her Paper Toss sheet to the rest of the group by identifying the author by name (“This is Billy.”) and reading out loud the three facts (“He is going on vacation to New York City. He doesn’t like mashed potatoes. He can do a handstand in a pool.”).

**If you can’t get outside, bring the fun indoors with this engaging activity for either a group or just a few people. Surprise notes inside allow for socialization and self-esteem building. It promotes gross motor skills, whether on the floor or playing from bed or a wheelchair.**

All activities should be supervised by an adult.



## 3 Cool Things about Me:

1.

2.

3.





PLAY

GAK!

**What You Need:**

- Corn Starch
- Water
- Large Bowl
- Food Coloring
- Add-Ins\*

**Directions:**

- Pour 1 box of cornstarch into large bowl.
- Slowly add water (with food coloring, if wanted) and mix with hands until “liquid solid”. You should be able to squeeze it and form a ball for a second before it “melts away”.

*\*Add-ins are optional and may include LEGOs, plastic animals, blocks, etc.  
Be creative!*

**GAK! is a perfect sensory activity for kids of all ages and abilities. When stored in an airtight container, the fun can keep rolling indefinitely. Mix it up with lots of different add-ins. This diversion activity promotes fine motor enhancement.**

All activities should be supervised by an adult.







# Marble Maze

## What You Need:

- Empty Toilet Paper or Paper Towel Rolls
- Marbles\*, Cotton Balls or Matchbox Cars

## Directions:

- Tape toilet paper rolls to a wall in a “maze format”.
- Drop marbles into rolls to follow the maze. You can make multiple tracks to create a race.

*\*If marbles are a choking concern, use cotton balls or Matchbox cars.*

**This fun activity is for the whole family. It enhances fine motor skills and promotes cause-and-effect understanding. Let the child’s imagination run wild when setting up different mazes. To play on the floor or bed, tape rolls together to create tubes.**

All activities should be supervised by an adult.

*Note: This activity is not recommended for children under 3.*





# Sensory Bags

## What You Need:

- 1 Large Ziploc® Bag
- Body Wash
- Confetti
- Packaging Tape
- Food Coloring

## Directions:

- Squeeze body wash into the bag, add food coloring and confetti.
- Get out as much air as possible, then seal bag tightly with tape.
- Bag can be used for children to explore and feel different sensations.

**This is a fun activity to make at home and take on the run whenever a visual distraction is needed. Allow the child to choose colors and shapes to promote sense of control and self-esteem. Different bags can be made to match different moods.**

All activities should be supervised by an adult.





MUSIC

# STOP! GO!

### What You Need:

- Holiday Song\*
- Player(s)

### Directions:

- Find a preferred recording of a familiar holiday tune (i.e., We Wish You a Merry Christmas).
- Decide who will be the DJ and who will be the players.
- The DJ will play a selected recording while players move to the music. (Helpful hint: Use hand-held shakers and musical toys to encourage movement with the song or create a dance movement to perform continuously throughout the game.)
- The DJ stops the music randomly throughout the recording. (You can use the STOP and GO signs on the following pages.) When the music stops, players must freeze in place until the music starts again. If a player moves, that player is out. The last player standing is the winner.

*\*This game can be used with any popular music.*

**Stop! Go! is an entertaining game for both young and old. Adding music, especially your favorite holiday carols, can make for an enjoyable game. Use this activity to promote movement and improve attentiveness. Switch it up and take turns being the DJ for a fun twist!**

All activities should be supervised by an adult.









# The Bunny Hop

MUSIC

## What You Need:

- The Bunny Hop Song\*
- Players

## Directions:

- Select a favorite recording of the song “The Bunny Hop” and as you listen, be attentive to the “hop-hop-hop” sounds in the instruments. Here is a link to an example: <https://www.youtube.com/watch?v=GWndL5N6edI>
- Listen again and this time jump like a bunny when the music sounds “hop-hop-hop.” Change it up to hopping on one foot or hopping to another location to make it interesting.

*Adaptation: Use a stuffed animal or puppet to dance during “hop-hop-hop.” Use a bunny or other animals such as a frog or kangaroo that hop.*

**This activity promotes physical strength and coordination while increasing attentiveness to auditory stimulation.**

All activities should be supervised by an adult.



**Directions:**

- Create bingo cards\* and fill blocks with familiar and preferred songs (i.e., Twinkle, Twinkle Little Star). If you make more than one card, be sure to write the songs in different locations or else everyone will have the same bingo card. <http://myfreebingocards.com/bingo-card-generator/results/nbwre7>
- Play short excerpts or entire song from a recording. (You can use YouTube, Spotify, or Pandora to create a playlist of the songs for your bingo game to keep it organized.) Have players identify song title on bingo card and mark with chips or coins. Use candy pieces or pretzels during snack time.
- Repeat until one player has 5 blocks marked in a row.

\*You can make bingo cards online using this link: <http://myfreebingocards.com/>

*Tip: Laminate bingo cards and use dry-erase markers to mark blocks instead of chips. This promotes fine motor skills associated with writing.*

**Musical Bingo promotes attention to auditory clues and improves memory and cognition.**

All activities should be supervised by an adult.





## Springtime Soundscape

MUSIC

### Directions:

- Make a list of springtime sounds (i.e., rain on the window sill, birds chirping, frogs croaking, bees buzzing, etc.).
- Identify things in your home that might imitate these sounds (i.e., wind chimes, dripping faucet, snapping, etc.).
- Record sounds of each instrument playing simultaneously on a personal recording device.
- Play it back to hear the sounds of Spring.

**This activity promotes cognitive processing, autonomy and relaxing sounds for listening to springtime all year.**

All activities should be supervised by an adult.







MUSIC

## Tiptoe Through the Tulips

### Directions:

- Sing the song “Tiptoe Through the Tulips” and encourage balance and light stepping on toes.
- Brainstorm other ways to walk through the tulips (i.e., stomp, march, gallop, jump, etc.).
- Sing the song with the new action word (Stomping Through the Tulips) and encourage imitation of that particular style.

**This activity promotes physical strength and coordination, while also implements cognitive task and self-expression through changes in the song.**

All activities should be supervised by an adult.

