

LEARNING AT HOME SCHOOL AGE WEEK 7

May 4th-8th



Dear Families,

We are excited to launch plans for Week 7. There are some great options for physical activities in an indoor environment. Additionally, some simple ideas with materials available at home to support the creative undertakings. We hope you enjoy this week's plan with your little ones!

STEAM

Science, Technology, Engineering, Art
and Mathematics

Planting

Start planting with your child. Help them plant starter seeds inside that can be replanted outside. Let your child help you pick out what is being planted.



Science Experiment

Musical Xylophone

Make a xylophone using clear glasses and water. Line the glasses in a row and add water to them (different amounts in each glass). Use a wooden spoon or a plastic spoon to hit the sides of the glasses to make sounds.



Physical Literacy

Yoga

Do yoga with your child to help calm their bodies. This is a great brain break for your child in-between work or activities.



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Sensory

Moon Sand

Create moon sand using 2 cups flour and 1/4 cup baby oil (vegetable oil works too). Mix the two ingredients together until it is mold-able. Add sand toys for your child to explore with.

Creative Activity

Salt Paintings

Make a design in glue on the paper. Once the design is made, sprinkle some salt on the glue. Once the glue and salt are dry add paint (liquid watercolors using food coloring) to the salt using a paintbrush. The salt will absorb the color.



Additional Activities

Cup Stacking: Using plastic cups, practice stacking them into a pyramid. How tall can you build your pyramid? How many cups did you use?

Bubbles: Bring bubbles outside for your child to blow or chase.

Smoothies: Make smoothies with you child using frozen fruit, yogurt, or other ingredients that you like in your smoothies. Let you child help cut the fruit and make the smoothie in the blender.