

SUMMER FUN

Paint

Try these paint activities outside...kids have more room to experiment and it's an easy clean up.

- Finger paint...use plastic tablecloth with rocks to hold it flat, or attach it to a fence or shed wall.
- Straw Painting... drop paint on paper and use straws to blow the paint around the paper, use large pieces of paper and different colors.
- Make Glossy Paint ...1/2 cup condensed milk and drops of food coloring. This can also be used as finger paint.
- String Painting... fold a piece of paper in half, put paint in flat containers like a pie plate, cut string into about 12" lengths. Draw string through paint and then lie on paper, refold and pull string out.

*Remember the fun is in the doing not the finished product. And that this is a good time to recycle your newspapers!

More fun paint stuff:

- Painting on rocks, make a zoo or garden creatures.
- Painting with water...on anything outside. The fence, the house, the trees or the toys. Old paint brushes are good for this activity.

Imagine

Go on a scavenger hunt for stuff to make rock creatures. You'll need rocks, sticks, leaves, flowers. Maybe add some items from the recycle box...Cardboard boxes for beds and chairs, clean plastic containers for hats. Rummage through your craft supplies for more fun stuff. This activity could go on all summer and you could end up with a village of rock creatures in your back yard.

Inside activities:

- ◊ Put on some music with a varied tempo and do free drawing to the music. Turn the music off and color the picture you have created.
- ◊ Have an adult draw a simple shape on paper, some ideas are a circle, triangle, house or tree. With your child tear scraps of paper, again another opportunity to recycle if you wish. Have your child fill in the outline by gluing the scraps to the paper.
- ◊ Cut out the letters in your child's name and have them glue them on a heavy piece of paper or cardboard and decorate with glitter, sequins, buttons or whatever is on hand.
- ◊ Make MUD! Combine 5 cups used coffee grounds with 1 cup oatmeal and 1 cup salt. Add water and mix. Put on a plastic tablecloth on the floor and use kitchen spoons and small pans to make mud pies.
- ◊ Make an inside garden by tracing the families hands and make great flowers and feet are good for trees, bushes and ponds. Add ladybugs, dragon flies and butterflies. Let the kids experiment with designing their own garden. Use large sheets of paper to glue everything on and then hang in their bedroom. When it's quiet time you could tell them to go to their garden and read or play quietly.

Road Trips

- ◉ Name that Sign: players try to be the first to spot a street sign and call it out. If you are going through a city look for restaurant or store signs.
- ◉ Noisemakers: roll up the windows so you don't hear any outside noise. The first player makes a funny or interesting sound and the next player copies it and adds their own. Keep going until someone forgets a sound.
- ◉ Number story: to start the game think of a topic, like the jungle or aliens. Begin the story by using the number 1, i.e. I went walking in the jungle and saw 1 monkey. Have the story continue with the next player adding 2, i.e. and I heard 2 strange sounds. And so on.
- ◉ Super Powers: Have each player describe what super power they would like and how they would use it. Keep going as long as there are super powers left.
- ◉ Talk to the animals: Look around for animals and have your child talk in that animal's voice. Have a conversation about what it feels like to be that animal, what they like to eat, etc. You could also pick animals from the forest or fish from the ocean.
- ◉ What if: "What if there was a giraffe in your backyard, what if the road ended, what if you got to grandma's house and she was a clown"? All great questions to provoke problem solving. You can also include serious questions such as "what would you do if you got lost in the store or fell and hurt yourself at the playground"?

FOR PARENTS

If parents or caregivers have some free time you can make a list of all the things you appreciate about your child (ren). You could use the letters of their names:

J – joyful

A – active

N – nice

E – energetic.

Make a poster and put it on the fridge or their bedroom door.

Check out the CFK June Newsletter for some great games.

www.communitiesforkids.ca