



Discovery at Home

Daily Activity Ideas: Week 3



MINDFUL MOMENT:

This week, let's celebrate RAIN! Water is important to all living things on earth. As we begin to notice the new growth of spring, let's take time to appreciate the rain showers that help to make it all happen!

- **A Focus on Senses:** Let's focus on our sense of listening. First, read aloud the book [Tap, Tap, Boom, Boom](#) by Elizabeth Bluemle. Next, close your eyes and listen to the sound of a thunderstorm ([here](#) or outside). What sounds do you hear? How do these sounds make you feel?
- **Breathing Practice:** Begin the day with your favorite breathing practice! Try out "rain shower" breathing. Stretch your hands to the sky as you breath in. Wiggle your fingers and bring them down to your toes as you breath out.
- **Welcoming our Emotions:** Are you or your child experiencing big feelings? Try out the [R.A.I.N Method](#) - a mindfulness practice for welcoming and understanding your emotions.
- **Let's Share our Feelings:** Read aloud the book, [Are You Ready to Play Outside?](#) by Mo Willems. How do you feel about the rain? What is something fun you could do in the rain?

INDOOR EXPLORATION:

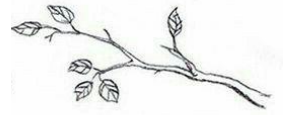
Once Upon a Time: Through the art of storytelling, create a stormy day adventure with your child! First, read aloud [Rain!](#) by Sam Usher for inspiration. Then, choose a few characters (maybe your child's favorite stuffies), decide on a setting, and jump in! A few suggestions....take turns adding details, involve your child by incorporating movements, choose a few props for inspiration, and/or record your story to listen back. In this [short video](#), storyteller Anne Stewart shares some tips on storytelling with children!

Let's Experiment: There is so much to explore when it comes to rain, clouds and weather. Let's investigate this topic through sensory play, experiments and read alouds!

- Have fun with water play. Set up a water sensory experience in your sink or large plastic container. Fill your tub with water and add some small containers of various sizes (for filling and dumping). Explore rain by poking small holes in the bottom of a plastic cup. Explore rain clouds by adding cotton balls, and "notice" how the cotton balls act as "clouds" as they absorb water and create "rain" when they get saturated. Have your child use tongs for added fine motor practice!
- Investigate rain clouds with this [experiment!](#) Collect your materials (large mason jar, shaving cream, liquid food coloring, dropper, small bowl). Fill your mason jar halfway with water, and spray the foam shaving cream on top to make the "cloud". Create the "rainwater" by mixing water and food coloring in your small bowl. Using your dropper, add drops of rainwater on top of your shaving cream "cloud". Encourage scientific thinking by asking your child, "what do you think might happen next? Why do you say that?" As you add more rainwater drops, ask your child "what do you see? Why is that happening?" Together, "notice" that as more water vapor comes together in the cloud, the cloud becomes heavier and it begins to rain. Read aloud the book [The Little Raindrop](#) by Joanna Gray to learn more about a raindrop's journey!

Creative Studio: Let's explore rain and clouds through an [art and sensory experience!](#) Materials needed: shaving cream, shallow pan, liquid food coloring, craft stick, paper. Squirt a layer of shaving cream into the shallow pan. Drip colors (shades of blue for rain/cloud) on top of the shaving cream. Mix around with the craft stick. Lightly press a piece of paper into the mixture, remove and scrape off, and set aside to dry. If you'd like, cut into the shape of a cloud or raindrop! For added fun, read aloud [Cloulette](#) by Tom Lichtenheld.





OUTDOOR EXPLORATION:

With spring rains, let's embrace the joy of mud play! Mud can be a wondrous sensory experience and inspire creative and imaginative play.

- Before heading outdoors to explore, read aloud the book [Mud is Cake](#) by Pam Munoz Ryan. For extra fun, create a "mud kitchen" by collecting various nature items (rocks, leaves, sticks, flowers) and bring along some pans, bowls and kitchen utensils!
- Take mud play to the next level by creating [mud paint](#)! Mix mud and paint together to create a unique art and sensory experience. Encourage your child to finger paint, and notice the thick and gritty texture.
- More rainy day play ideas from NAEYC's [Play in a Puddle on a Rainy Day](#)!

BE A HELPER:

Our Discovery School children love being helpers! This week, let's take family helping to the next level with [Big Jobs at Home](#)! "Big Jobs" are things that preschoolers can do (with the support of grown-ups) that can help the whole family. Revisit your brainstorm from last week, and add on some "Big Job" ideas (ex. planting the garden, setting the table, doing the laundry, etc.)

Tips for Getting Started: make a plan together, show your child how to safely use tools/equipment, talk with your child about the project, show appreciation for the help!

(Share the fun and post a picture of your child on Bloomz doing a "Big Job" this week!)



CONNECT WITH THE COMMUNITY: Let's stay connected to some wonderful early childhood community resources!

- ★ Follow **Hatch Art Studio** facebook page for creative ideas, as well as their [Art and Play Activity Guide for Learning at Home](#).
- ★ **Spark Books:** Order from thousands of book titles [online](#), or email adriene@sparkbookspgh.com to order from the store - games, craft kits, activity books, experiment kids, puzzles, etc. There's even FREE delivery within 10 miles or you can schedule an in store pick-up.

MORE ONLINE RESOURCES:

- ★ Check out some great resources from the National Association for the Education of Young Children: [NAEYC's Message in a Backpack](#), [NAEYC's Mini Learning Centers at Home](#)
- ★ [PBS Play and Learn Science App for Kids](#): Explore hands on science projects, games and more
- ★ [ArtBar Blog](#) has tons of wonderful process art ideas to nurture the creative development of young children.



Discovery at Home

Sample Daily Routine



7:00am - 8:00am Wake up and Mindful Moment

Choose a consistent time to wake up each morning and practice a "mindful moment" with your child (see Discovery at Home Bloomz post for ideas).

8:00am Prepare and Eat Breakfast Together

Ask your child to be a helper in making and cleaning up breakfast in the morning. Enjoy your meal together at a family table.

8:30am Morning Routine

Create a simple list of morning routine tasks, and have your child check it off as they get ready (ex. pick out clothes, get dressed, make bed, brush teeth, brush hair).

9:00am Indoor Exploration

Choose one of the Indoor Exploration activities from the weekly Discovery at Home Bloomz post, and connect with your child through play.

10:00am Connect with Classmates

Click the Google Hangout link on the weekly Discovery at Home Bloomz post to virtually connect with classmates each morning.

10:30am Unstructured Play (inside or outside)

Encourage your child to play independently by setting out art materials, toys, books, or heading outdoors. *HINT...providing just a few materials or choices at a time can be helpful to promote independence.* Now, enjoy some quality "grown-up" time!

12:00pm Prepare & Eat Lunch Together

Ask your child to be a helper in making and cleaning up lunch. Enjoy your meal together at a family table.

12:30pm Quiet Time

Create a restful afternoon routine - read books, take a nap, watch a movie, etc.

2:30pm Outdoor Exploration

Choose one of the Outdoor Exploration activities from the weekly Discovery at Home Bloomz post, and connect with your child through play.

3:30pm Unstructured Play (inside or outside)

Encourage your child to play independently by setting out art materials, toys, books, or heading outdoors. *HINT...providing just a few materials or choices at a time can be helpful to promote independence.* Now, enjoy some quality "grown-up" time!

5:30pm Prepare & Eat Dinner Together

Ask your child to be a helper in setting the table, making and cleaning up dinner. Enjoy your meal together at a family table.

6:30pm Family Time

Connect as a whole family through play - take a neighborhood walk, play outside, do a puzzle, play a board game, etc.

7:30pm Bedtime Routine

Create a simple list of tasks to do before bed, and complete them in the same order each night (ex. bathroom, wash hands/face, brush teeth, read a story, sing a song, say goodnight)