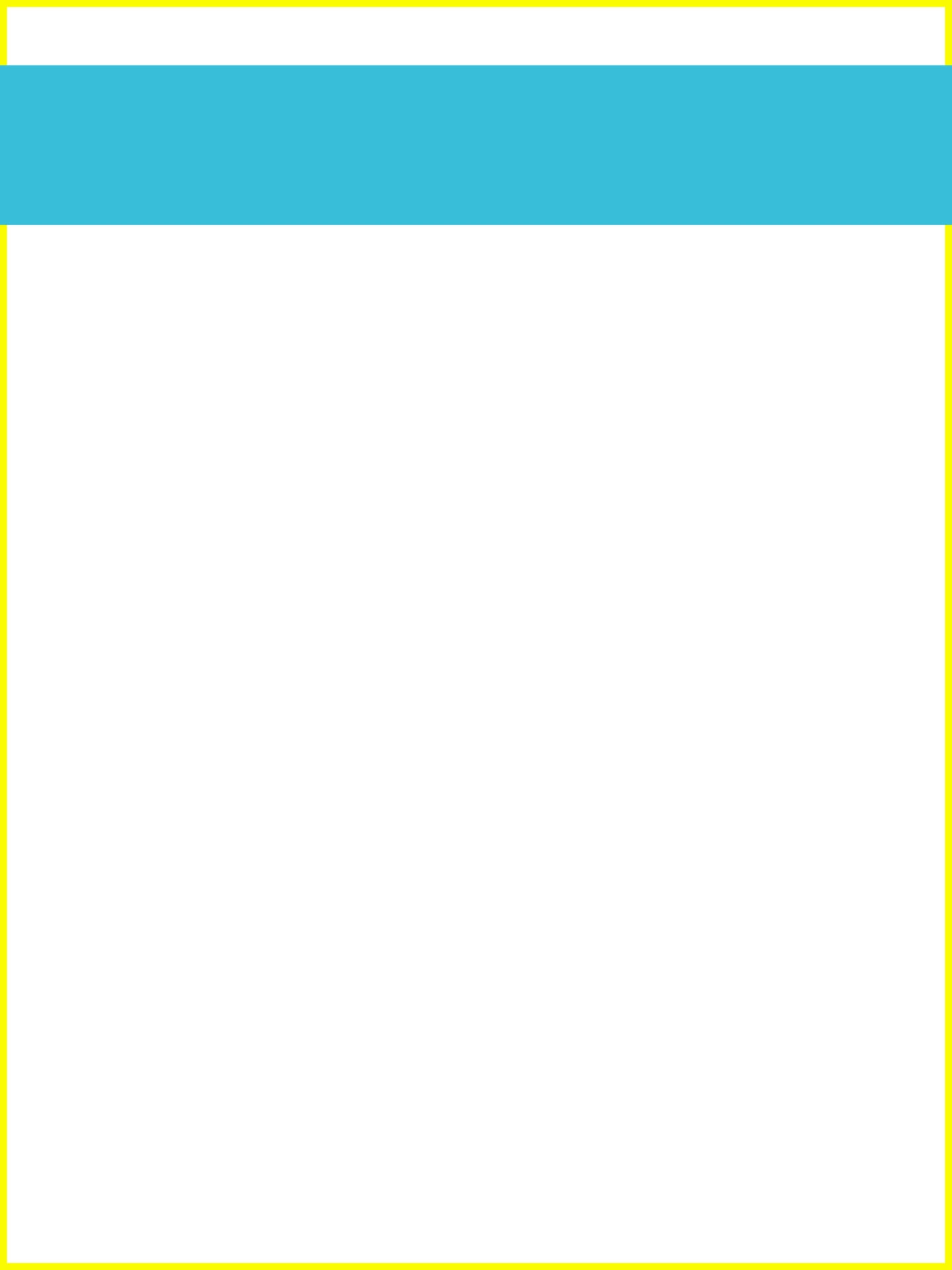


PARENTS GUIDE

HANDS-ON KIDS ACTIVITIES CLUB





Learning Activities Resources

- ☐ Paper, sticky notes, OR note-cards
- ☐ NOT transparent tape
- ☐ Scissors
- ☐ Blocks, such as wooden blocks, Lego or alternative
- ☐ Jumbo push pin or toothpick for pin punching

Science Activities

- ☐ Baking soda
- ☐ Vinegar

Miscellaneous

- ☐ Flour
- ☐ Water
- ☐ Salt
- ☐ Lego blocks

Crafts

- ☐ Glue
- ☐ Magazines
- ☐ Feathers
- ☐ Cotton
- ☐ Construction paper
- ☐ Pasta (or beads)
- ☐ String

Practical Life

- ☐ 2 identical cups
- ☐ 2 identical bowls
- ☐ Pom-poms
- ☐ Rice, dried beans OR dried lentils

- ☐ Playdough Mats
- ☐ Farm Animal Craft Mats
- ☐ Pin Punching Cards
- ☐ Letter, Number Cards, and Sight Words Cards
- ☐ Number Clip Cards
- ☐ Flower Puzzle
- ☐ Scissor Strips
- ☐ Emotions 3-Part Cards
- ☐ Claude Monet Paintings Sort
- ☐ Hand-washing Printables

For book recommendations by subject area, please visit:

[Diamond Montessori](#)

- Call and video chat with grandparents or other members of your family
 - Do this daily, especially if they are considered one of the vulnerable groups.
- Build a fort in your living room
- Sing karaoke together (turn on YouTube kids songs with captions on and volume off). [This is one option.](#)
- [Visit a virtual museum](#)
- Walk the line activities –
 - Attach colored tape to the floor. You can make different patterns or put a line on the floor.
- Use tape to make a hopscotch pattern on the floor
- Play hopscotch outside on your property
- Read a book together
- Read a book for yourself (your child will see you reading and this is a fantastic habit)
- Tea party
 - Make tea together
 - Make sandwiches with spread that you all enjoy. Cut the sandwiches into fun shapes.
- Make playdough together
- Bake together
 - Remember to wash hands often.
 - Avoid doing this if one of you is feeling unwell, has a cough, sore throat, is sneezing,
- Do household chores together.
 - Washing windows is a messy and very fun task for young children.
 - Get the children involved in the daily routine. Structure and routine will be very important now.
- Color together with crayons and a piece of paper
 - Alternative: tape several pieces of paper together. Make one very long and beautiful drawing/painting.
- Make portraits of each other.
 - Alternative: do it blindfolded
- Make a comic book together
 - Use coloring utensils and paper. Then, you can staple the pages together.
 - You can write the text that your child dictates.
- Mystery bag
 - Put a few objects together in a backpack or bag. Have the child close their eyes and select an object. They should guess what it is without looking at it.
- Exercise together

Monday

- ☐ Talk about 3 things you are grateful for
- ☐ Pour rice from a cup into another cup
- ☐ I spy with beginning sounds.
 - Say "I spy something that starts with the sound aaa"
 - Your child should bring you this object.
 - Use letter sounds not letter names.
 - [This video](#) can help you to hear the difference.

Tuesday

- ☐ Call grandparents or elderly members of your social circle
- ☐ Take a bowl or tray. Put a few handfuls of lego on it. Sort Lego by color.
- ☐ Make a jewelry by stringing pasta (or beads)

Wednesday

- ☐ Use a spoon to move pom poms from one bowl to another
- ☐ Make playdough together
- ☐ Use playdough mats

Thursday

- ☐ Write numbers on a sticky note. build towers of Lego. Have the child match number cards to towers.
- ☐ How fast does ice melt? Take several blocks of ice. Put salt on one, nothing on another, sugar on another. Which will melt fastest?
- ☐ Scissor Strips
 - After the child snips the images, you can ask them to glue the images onto a piece of paper to make a collage.

Friday

- ☐ Write the names of objects from around the house on sticky notes. Have child put the sticky notes on the object.
 - If your child can read, they can read the cards. If they are not reading yet, you can say the name of the object.
- ☐ Pin punching mats
 - Make sure that you supervise the child the entire time. Read the instructions carefully for how to use these activities.

Monday

- ☐ Talk about what you liked from last week
- ☐ [Farm animal crafts](#)
- ☐ Take a bowl or tray. Put a few handfuls of lego on it. Sort Lego by color.
- ☐ [Play the silence game](#)

Tuesday

- ☐ Call grandparents or elderly members of your social circle
- ☐ Take a bowl or tray. Put a few handfuls of lego on it. Sort Lego by color.
- ☐ Pour rice from a cup into another cup.
- ☐ Use the number cards provided.
 - Have the child place that amount of pom-poms on the number cards.
 - For younger children, use numbers 0-5. Older children can use 0-10.
 - For more advanced children, they can add 2 numbers.

Wednesday

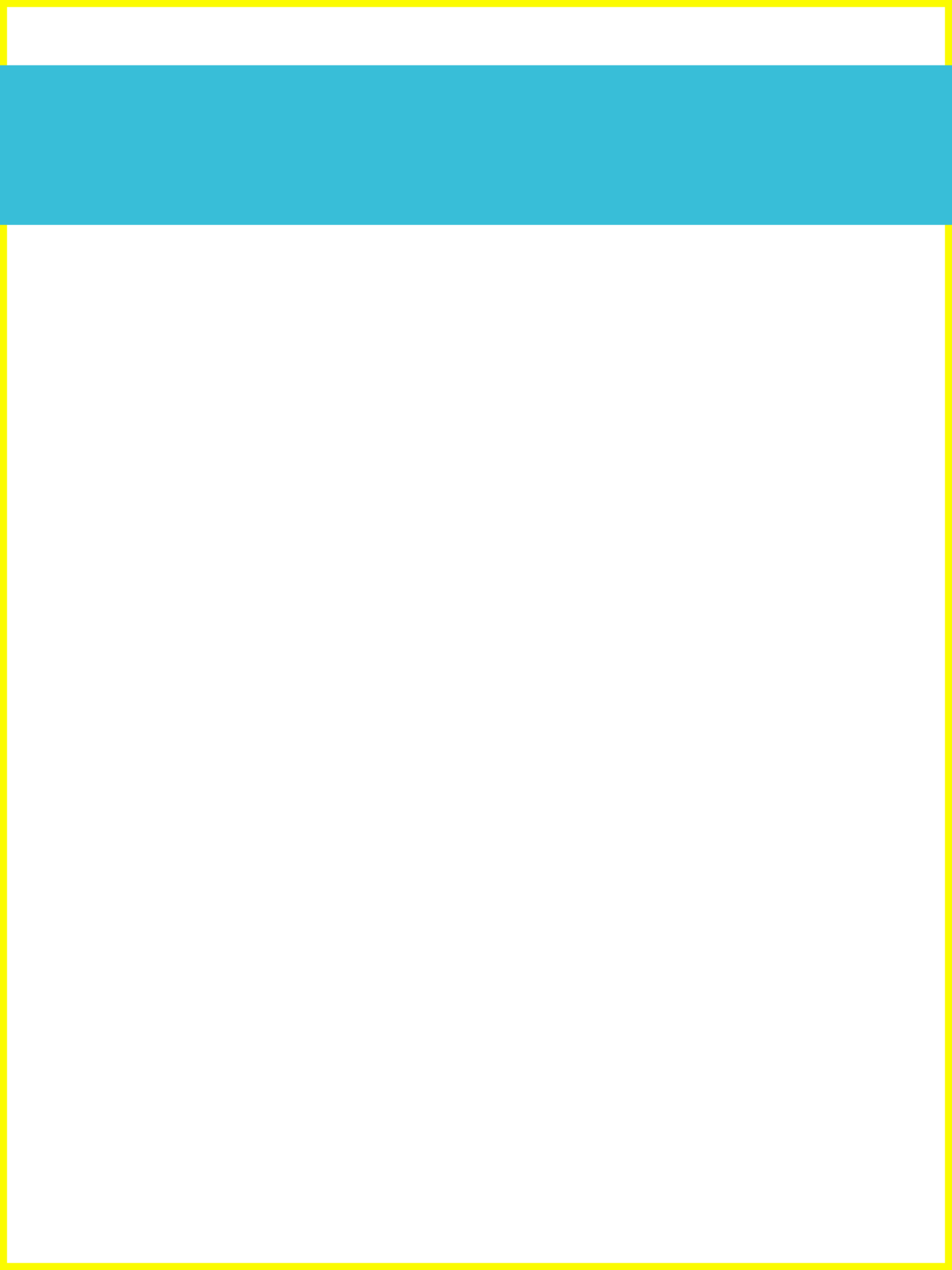
- ☐ Say a number. The child should jump this many times
- ☐ Cut letters out of magazines to make a word. Glue them onto paper.
- ☐ Select a finger rhyme to sing and do together

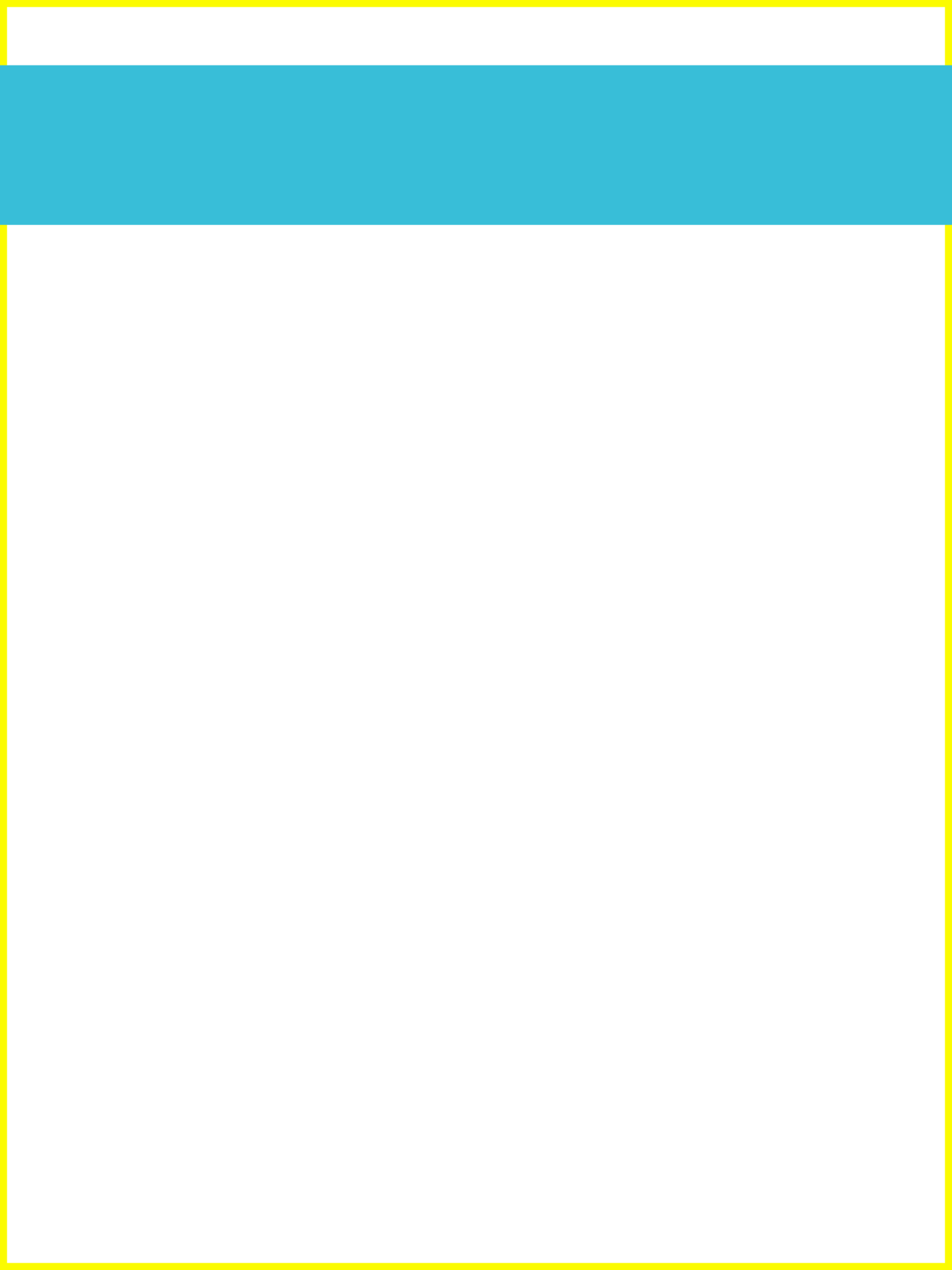
Thursday

- ☐ Peel an egg. Cut an egg.
- ☐ Put tape on the floor. Have the child walk on the line.
 - ☐ Alternative: Jump on the line.
- ☐ Listen to classical music
 - [Yo-Yo Ma](#)
 - [Lindsey Stirling](#)

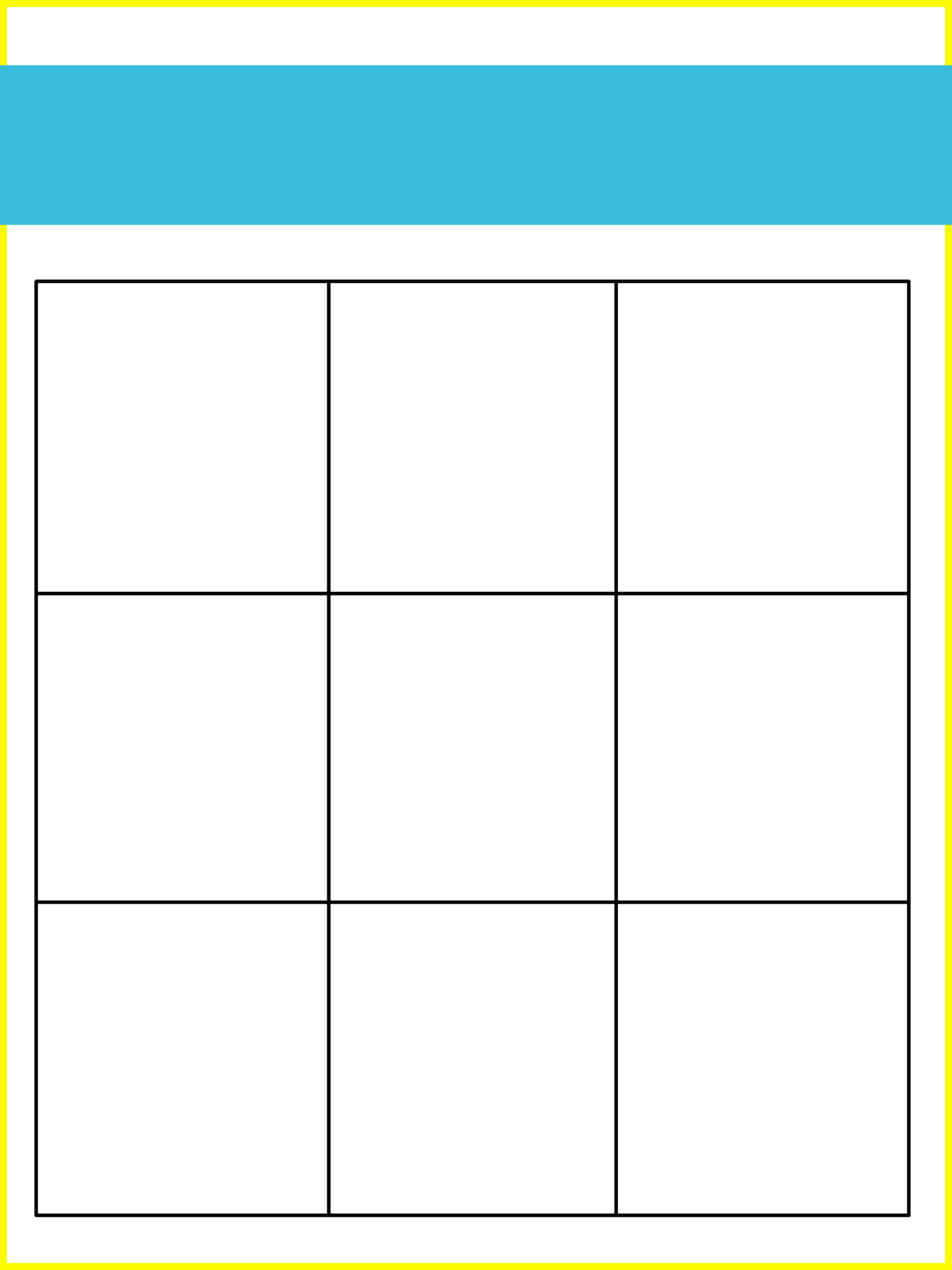
Friday

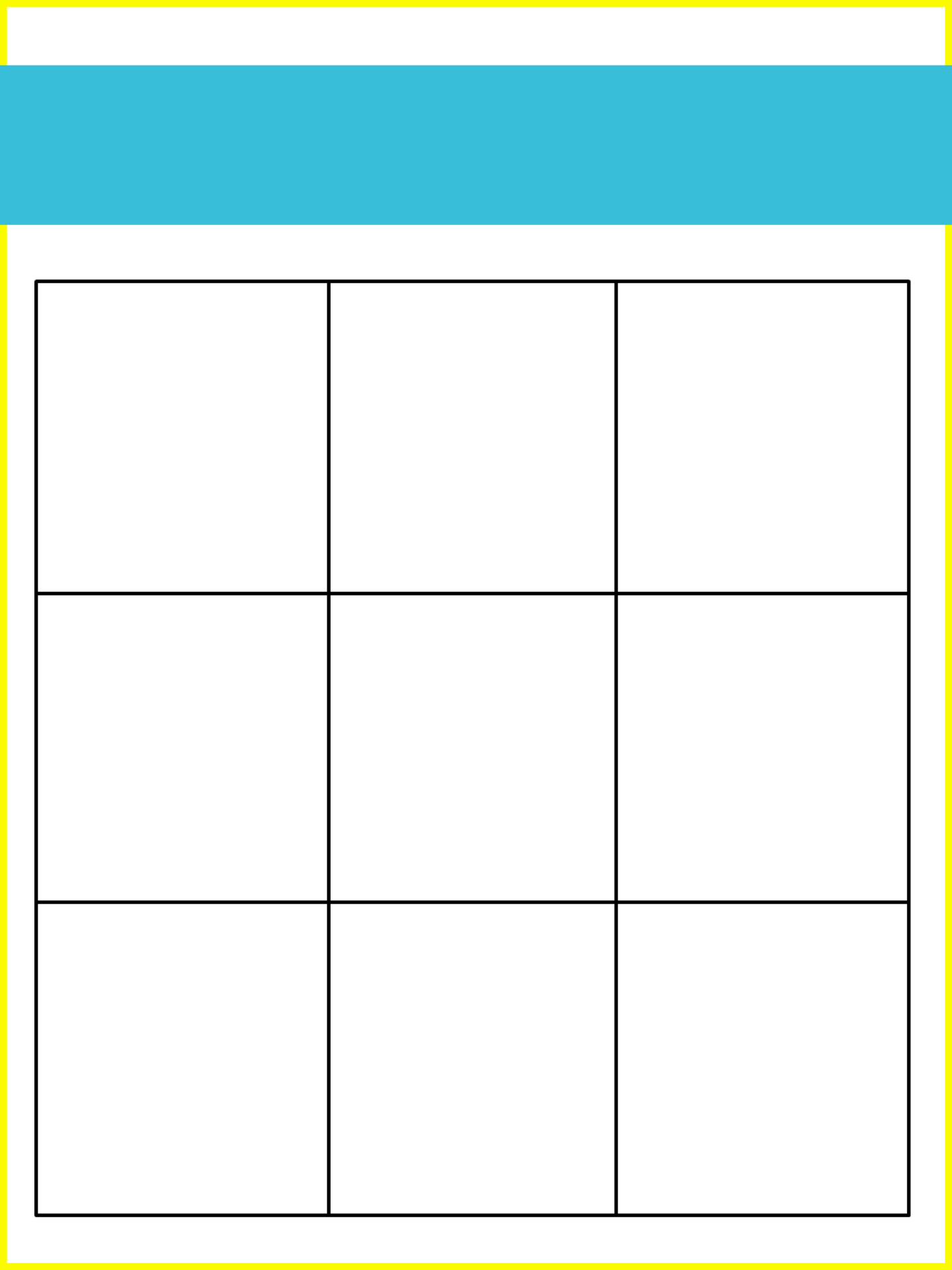
- ☐ Talk about how your child is feeling IF they want.
 - Remember to be open, calm, and respectful. Your child may act apathetic or angry, upset, etc. All feelings are valid. Explain that you are here if they want to talk, but do not force it if they do not want to at the time.
- ☐ Use the Emotions 3 Part Cards provided.
- ☐ Combine baking soda and vinegar. Watch the explosion.





<ul style="list-style-type: none"> • Pour rice from a cup into another cup • Use a spoon to move pom poms from one bowl to another 	<ul style="list-style-type: none"> • Peel and cut a banana with a butter knife • Peel an egg. Cut an egg. • Bake together 	<ul style="list-style-type: none"> • Take a bowl or tray. Put a few handfuls of lego on it. Sort Lego by color. • Write numbers on a sticky note. build towers of Lego. Have the child match number cards to towers.
<ul style="list-style-type: none"> • Write the names of objects from around the house on sticky notes. Have child label them. • Play I spy with letter sounds. Say "I spy something that starts with the sound aaa" The child should bring you this object. 	<ul style="list-style-type: none"> • Combine baking soda and vinegar. Watch the explosion. • How fast does ice melt? Take several blocks of ice. Put salt on one, nothing on a another, sugar on another. Which will melt fastest? 	<ul style="list-style-type: none"> • Farm animal crafts • Make a jewelry by stringing pasta
<ul style="list-style-type: none"> • Choose from attached list 	<ul style="list-style-type: none"> • Make play dough together. Use the play dough mats provided. • Pin punching • Scissor strips 	<ul style="list-style-type: none"> • Put tape on the floor. Have the child walk on the line. Jump on the line. • Say a number. The child should jump this many times.









FINGERPLAY AND ACTION RHYMES

I Plant A Seed

I plant a little seed in the cold,
cold ground, *(pretend to plant seed
in cupped hand)*

Out comes the yellow sun, big and
round. *(spread arms over head to
represent sun)* Down come the
raindrops soft and slow, *(make
raindrops with fingers)* Up comes
the flower grow, grow, grow!
*(place palms together with fingers
pointed upwards, push hands up and
spread fingers wide)*

Sing a Rainbow

Red and yellow and pink and
green, *(start with hands making a
fist and raise one finger for each
colour)*

Purple and orange and blue,
I can sing a rainbow, sing a
rainbow *(sweep arms side to side in
an arc to represent a rainbow)*

Sing a rainbow too.

Listen to your heart, *(hold hands
over heart)*

Listen to your heart,
And sing everything you feel.

I can sing a rainbow, *(sweep
arms side to side in an arc to
represent a rainbow)*

Sing a rainbow, Sing a rainbow too.
Red and yellow and pink and green,
*(stand and point right foot and then
left foot, alternate feet and repeat-
one foot for each colour)*

Purple and orange and blue, I can
dance a rainbow, dance a rainbow,
(dance on the spot)

Dance a rainbow too.

Listen to your heart, *(hold hands
over heart)*

Listen to your heart,
And dance everything you feel,
(dance on the spot) I can dance a
rainbow, Dance a rainbow,
Dance a rainbow too.

Hands-on Kids Activities does not claim any of those rhymes as our own. They are collected from our teacher colleagues and friends. No copyright infringement is intended

FINGERPLAY AND ACTION RHYMES

Ants Marching

One ant, two ants, three ants, four
(Hold up the correct amount of fingers on one hand as you say each number.)

Five ants, six ants, seven ants, more!
(On "more," hold both hands, palms up, in front of you as if asking a question.)

Eight ants, nine ants, ten ants found,
(On "found," reach both hands, fingers pointing down, to touch the ground.)

Marching, marching into the ground!
(Make all ten fingers march on the ground in front of you.)

Little Squirmy Wormy

Little Squirmy Wormy slithered through the dirt,
(Stick out your pointer finger on one hand and make it slither in front of you.)

Digging and digging his tunnel.
(Point your finger toward the ground and move it down with each beat.)

Along came a child whose digging was wild,
(Using both hands, pretend to wildly dig dirt on the ground.)

And frightened Squirmy Wormy away!
(Stick out your pointer finger on one hand and make it slither until your hand is behind your back.)

FINGERPLAY AND ACTION RHYMES

Warming Sun

Sun, Sun, Sun come out, (*Touch your fingertips together to create a circle with your hands and move it upwards with each beat.*)

Help the flowers grow. (*Place both hands face-up in front of you and raise them up several times.*)

Warm them, warm them, warm them, warm them, (*Hug yourself and rub your arms with your hands.*)

Blossoms shout "Hello!" (*On "blossoms," hold your right arm up with elbow bent and wide palm facing out and do the same with your left on "shout." Reach both arms, with hands open wide, above your head on "Hello!"*)

See, See, See

See, see, see (*shade eyes with hands*)

Three birds are in a tree (*hold up three fingers*)

One can chirp (*point to thumb*)

And one can sing (*point to index finger*)

One is just a tiny thing. (*point to middle finger, then rock baby bird in arms*)

See, See, See Three birds are in a tree (*hold up three fingers*)

Look, look, look (*shade eyes*)

Three ducks are in a brook (*hold up three fingers*)

One is white, and one is brown.

One is swimming upside down (*point to a finger each time*)

Look, look, look

Three ducks are in a brook. (*hold up three fingers*)

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FINGERPLAY AND ACTION RHYMES

Signs of Spring

(sung to "The Muffin Man")

Do you see a sign of spring, A sign
of spring, a sign of spring? Do you
see a sign of spring? Tell us what
you see.

Spring

Spring is here, spring is here
And the skies are blue and clear
Winter with it's cold has passed
And the summer is coming fast.

Here Comes Spring

(sung to "Three Blind Mice")

Here comes spring,
here comes spring.
Bells will ring, children sing.
New plants are shooting from the
ground,
Blossoms on the trees abound,
The earth awakens all around,
Here comes Spring.

Beautiful Rainbow Came

One day the sun was shining bright
*(hold up right hand like blocking
sunlight)*

But some clouds came along and it
became black as night *(Hold up left
hand for the clouds)*

Then the rain began to sprinkle
onto the ground *(wiggle fingers for
the rain coming down)*

And soon it was raining all over the
town.

But when the clouds had passed on
by *(move both hands to one side)*

A big beautiful rainbow stretched
across the sky *(make a rainbow arc
with your hands)*

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- ☐ [I Believe in Montessori](#)
- ☐ [Trillium Montessori](#)
- ☐ [Welcome to Mommyhood](#)
- ☐ [Montessori Family](#)
- ☐ [GB Academy](#)