Continuing the Learning

100 Learning Activities for Families with Preschool Children

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DAY 1 - Start a journal today: Get a small notebook, pad of drawing paper or staple paper together. Have your child write/draw what happens each day—you might need to “help” by writing down what he tells you. Use one page a day to have a record about family fun. This also helps children focus on expressing themselves and telling what happened during their day. Go to the library: get a library card for you and your child. Check out some books for both you and your child. Keep a list of all the books you read together. (Remember: children who see adults reading will want to ‘model’ the behavior.)

DAY 2 - Growing Beans - Help a child plant a green growing thing today. Have him/her put three bean seeds in a small pot or paper cup and cover lightly with soil. Let him/her water them. He should put three more bean seeds on a wet paper towel on a saucer. Put both containers in a low-light area. Together watch the beans on the saucer to see how the bean is developing in the soil. Water together each day. Read a book together.

DAY 3 - Water Play - Have your child water those beans today. Use an empty dish detergent bottle filled with water. Have her squirt a few drops. Now let her go outside and draw pictures on the walk by squirting water. It’s a good idea to fill a large bucket with water and put it outside. This way she won’t run in and out of the house to refill her bottle. In the journal, draw a picture of things growing.

DAY 4 - Growing Grass - Take a sponge and put grass seeds on the sponge and keep it moist to watch grass grow. Read a book together.
DAY 23 - Parachutes - Make parachutes with your child. Use a square of cloth, and bandana or handkerchief. Tie a ten-inch string to each corner and tie other end of strings to an empty thread spool or other small object. Have him/her toss it in the air and drop it from steps or chair. Read a book together.

DAY 24 - Looking at Homes - Have the child sit in front of his/her house, apartment, or mobile home. Help him/her count windows, doors, etc. Draw a picture of a house and draw in the windows and doors in his/her journal.

DAY 25 - Milk Carton Bowling - Make a bowling alley using ten half gallon milk cartons or jugs partly filled with sand and an unopened soup can for a ball. Roll the can and knock over the milk cartons or jugs. Read a book together.

DAY 26 - Make "S’mores" - If you cook dinner on a charcoal grill, let your child toast a marshmallow after dinner when the coals have cooled. Have the child put the toasted marshmallow on half of a graham cracker and place a square of a chocolate bar on top of it. Top with the other half of a graham cracker.

DAY 27 - Creating a Neighborhood - Take pieces of cardboard and place around the yard to form a path. Using a toy car or truck, “drive” around the neighborhood. You might give directions for the child such as, "Drive to the store, stop at the park and come home." “Turn left” and “Turn right” (This activity can be done inside too!) Have him/her make stop signs and traffic signals.

DAY 28 - Circle Toss - Cut a large circle in an old sheet, rug, or box. Decorate it like a clown face with the hole being the mouth. Hang the sheet on the clothes line. Use a ball, dry sponge or bean bag and try to throw it through the hole.

DAY 29 - Making Bubbles - Have your child help you mix ½ cup of liquid dish detergent with 1¼ cups of water.
on the grass about 2 inches apart. Each time your child can jump over both strings, move them farther apart. Read a book together.

**DAY 63 - Start a Collection** - Suggest to your child some things he could collect. Some ideas might be bottle caps, popsicle sticks, pretty stones, shells, leaves to press, insects. Show your collection to your friends.

**DAY 64 - Make a mineral garden that grows crystals.** Fill a shallow bowl ½ full with water. Have your child stir in salt one tablespoon at a time and dissolve it. Continue to stir in salt until no more will dissolve. Add about a tablespoon of vinegar. Now completely fill bowl with charcoal. Salt crystals will form in a day as the water evaporates.

**DAY 65 - Ladder Fun** - Place a flat ladder on the ground. The child can (1) walk forward with feet between rungs, (2) walk forward with feet on rungs, (3) walk forward with feet on sides of ladder, and (4) jump with 2 feet together between rungs. Read a book together.

**DAY 66 - Make a Ring** - Have the child use pipe cleaners and large buttons with 2 or 4 holes or one with a wire loop underneath. Put pipe cleaner through the holes and adjust to fit finger. Read a book together.

**DAY 67 - Be a Detective** - Select many common household items. Blindfold the child and have him/her identify objects by touching, tasting, or smelling. Include items to feel: uncooked macaroni, dried beans, spoons, forks, towel, sock. Items to smell: lemon, peppermint, vinegar, perfume, soap. Items to taste: milk, chocolate milk, pop, Kool-Aid, orange and apple juice.

**DAY 68 - A Day for “Big” Words** - Let today be the day for size words. Use these words in describing things to your child; tell them what they mean. Have her say them, too. Look around the house, yard, and neighborhood to find objects that fit the description. Words to use: gigantic, huge, colossal, tiny, minuscule, microscopic.
DAY 88 - Toy Clean-Up - This is the day for your child to clean up toys. Take out trucks, cars, Big Wheel, and anything else that looks grimy. Get a bucket, sponges, rags, and water and maybe even a tablespoon or so of detergent. An old toothbrush or scrub brush is fun to use, too! Read a book together.

DAY 89 - Clothespin Drop - Place a wide mouth bottle on the floor behind a chair. While kneeling on the chair, have the child drop clothespins into the bottle. As this becomes easier, use a bottle with a smaller mouth.

DAY 90 - Circus Day - Talk to your child about circus animals, their trainers, the clowns, and acrobats. Have the child pretend to be a member of the circus. Use old clothes and hats for costumes. You be the ringmaster and announce each act. Have popcorn for snack after the circus. Read a book together.

DAY 91 - Question Day - Ask your child questions that have no right answer and then really listen. Examples: How do you feel? Why do you like that TV show?

DAY 92 - Rhythms in Music - Play different types of music and dance with your child. Help them feel the rhythm by clapping to the music. Use different words to describe the music (Examples: soft, slow, fast loud, bouncy, smooth)

DAY 93 - Following Written Directions - Show your child where the directions are written on one of the foods you are preparing for a meal. Read the directions out loud to your child. Let him/her watch you prepare that food.

DAY 94 - Character Sounds - Read a story to you child using your voice to sound like the different characters