

# 30-days of activities at home



## Messy Fun

This unit is all about fun with MESSY things! The children will have the opportunity to make their own creations using a variety of materials.

### 1. No-Cook Play Dough recipe

- 1 cup salt
- 1 cup flour
- 1 tablespoon vegetable oil
- Food color or Wonder Colors, if desired
- Water



Mix dry ingredients; add oil. Add food coloring to water. Slowly add water until desired consistency is reached.

### 2. Clean Mud recipe

If you add about 1/4 cup wallpaper paste to this mixture, the children can make something to keep. The wallpaper paste will allow it to harden.

- 4 rolls toilet paper
- 3 cups Ivory Snow
- 1-gallon warm water

Let children help unroll the toilet paper. Mix soap and water together in a bucket. Add toilet paper and allow paper to absorb the soap mixture. This mixture keeps at least one month.

You can color this mixture by using colored toilet paper or by using food coloring (color the water prior to adding the toilet paper).

### 3. Oobleck or "Play Slime" recipe

- 1 cup cornstarch
  - 1/2 cup water
  - Food Coloring
- Mix all ingredients.

This is great for squeezing through your hands. You can change the consistency by adding more water, then more cornstarch.

### 4. Goopy Gak recipe

- Wire whisk
- 1 cup all-purpose glue
- 3/4 cup water

1 tablespoon Tempera paint

1/2 teaspoon borax

1/3 cup warm water

Mix together with wire whisk the all-purpose glue, the 3/4 cup water and 1 tablespoon Tempera paint (color of your choice).

If using powdered Tempera, do not mix it too thin.

Mix separately the 1/3 cup water and borax. Slowly pour borax mix into glue mixture.

Let stand a few minutes, then knead. Pour off any remaining liquid. Store in plastic bags.

Repeat for different colors.

This unit is all about fun with clay, playdoh, and gak. The kids would have the opportunity to make their own creations using clay and playdoh and could even take them home if they could dry overnight. Another awesome activity for this unit is making gak. The kids would be able to participate in their own science experiment by making gak and could then take it home.

#### **Suggested items for this unit:**

- Cans of different colored playdoh
- Kid's art clay that will dry overnight
- Plastic knives, cookie cutters, toothbrushes and other items that could be used to cut, mold, and create designs
- Plastic placemats for workspace
- Items needed to make gak and plastic baggies for kids to take it home in

#### **5. How to make gak:**

##### **You'll need:**

"Elmer's" white glue (the regular school glue NOT the washable kind.)

Borax (found in the laundry detergent section of a grocery store)

Warm water

Food coloring (optional)

In one bowl/container, mix together 1 1/2 cups warm water and 2 cups of the Elmer's white glue. Add a drop or two of food coloring if you want to. Mix well!

In another bowl, mix together 4 teaspoons borax and 1 1/3 cups warm water. Mix this until it is completely dissolved.

Pour the borax mixture into the glue mixture.

Stir both mixtures together (you can use your hands!) and watch the magic begin!

Discard any leftover liquid that didn't get absorbed.

**Special Notes:**

You can also make the recipe in a large Ziplock bag (you might want to fill the bag with water first to make sure that it doesn't have any holes!). This is messy, and gak will not come out of clothes or carpet if allowed to dry. Wipe up spills right away with warm water.

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## Cooking

### 6. Wiggle Worm Dirt Pudding Cups

**Ingredients**

- 1 package Oreo cookies, crushed
- 2 cups cold milk
- 1 package chocolate instant pudding mix, small pkg. (4-serving)
- 8 ounces Cool Whip topping, thawed
- 1 package gummy worms

**Direction**

- Put cookies into a sealable bag and close tightly.
- Using a rolling pin, roll and crush the cookies until crumbly. Set aside.
- Pour the milk and chocolate instant pudding mix into a large bowl.
- Whisk well until all of the pudding mix is dissolved.
- Let stand 5 minutes.
- Add the Cool Whip and 1/2 of the crushed cookies.
- Stir until well blended.
- Place a large spoonful of crushed cookies into the bottoms of the plastic cups.
- Add the pudding mixture on top of that until the cups are 3/4 full.
- Add 1 large gummy worm so that it is half in the cup and half hanging out of the cup.
- Spoon in more crushed cookie around the worm to hold it in place.
- Can top with Cool Whip if desired. Serve chilled.

### 7. Fudge in a Ziploc Bag

**Ingredients:**

- 3 ounces cream cheese
- 1 lb powdered sugar
- 6 tablespoons hot cocoa mix or 1/2 cup cocoa
- 2 tablespoons butter
- 1-gallon Ziploc bag

**Directions:**

- 1) Place all ingredients in the Ziploc bag. Close bag well.
- 2) Squish all ingredients in the bag by hand to mix. Mix until smooth (at least 10 to 15 min) – Enjoy!

**8. Ice Cream in a Ziploc Bag****Ingredients:**

- 2 tablespoons sugar
- 1 cup half and half
- ½ teaspoon vanilla extract
- ½ cup salt (the bigger the granules, the better)
- Ice cubes (enough to fill each gallon-size bag about half full)
- 1 pint-size Ziploc bag
- 1 gallon-size Ziploc bag

**Directions:**

- 1) Combine the sugar, half and half, and vanilla extract in the pint-size bag and seal it tightly
  - a. Place the salt and ice in the gallon-size bag, then place the sealed smaller bag inside as well. Seal the larger bag. Now shake the bags until the mixture hardens (about 5 minutes). Feel the small bag to determine when it's done.
  - b. Take the smaller bag out of the larger one, add mix-ins, and eat the ice cream right out of the bag.

**9. Solar Ovens and Recipes**

- 1.) Take a shoe box and line the inside with foil (shiny side showing)
- 2.) Take 5 kabob skewers and poke them through the shoe box the "hot dog" way. This will act as your baking rack. The closer to the bottom of the box, the better.
- 3.) Place the item you want to cook on the rack
- 4.) Place plastic wrap over the top
- 5.) Set your oven outside on a hot, sunny afternoon!

**10. S'mores****Supplies:**

- Solar Oven
- 1 graham cracker (2 squares)
- 1 chunk of chocolate
- 1 marshmallow

Have each child assemble their s'more in their solar oven (on their baking rack)

One graham cracker square on the bottom, then the chocolate, the marshmallow, then the other graham cracker square on top. Put the plastic wrap over the top of the box, set the oven out in the sun and wait about 10 minutes, or until the marshmallow is gooey.

### **Hot Dogs**

#### **Supplies:**

-Solar Oven

-1 precooked hot dog

Set the hotdog on the solar oven's baking rack.

Place the plastic wrap over the top of the box, set the oven out in the sun and wait about 10 minutes, then flip the hot dog.

After the hot dog has been flipped, place it back out in the sun for another 10-20 minutes or until it is hot.

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## **Hula Hoop Games**

11. **Hula Hootenanny** - This game is like musical chairs but without elimination. Make a circle on the floor with four to five hula hoops (depending on number playing). Have participants walk in single file around the outside of the hoops while the music plays. When the music stops, they must put one foot inside the hoop (more than one student can put their foot in a hoop). Take away one hoop and start the music again.
  12. **Hungry Caterpillars** - Before the game, place objects on the ground such as cones, poly spots or foam balls. Partner up or team up, Give each person a hula hoop. Have partners put their hula hoop on the floor in a line and stand inside the hoop (hoops should be touching). This line is your partners or team caterpillar. The goal is to collect the objects placed around the yard or open space by moving your caterpillar around cooperatively. The way the caterpillar moves is the last person steps into the hoop in front of them and passes the one they just stepped out of to the front, where the front person lays it down and steps into it. Everyone shifts forward and that is how the caterpillars moves! Only the front of the caterpillar may pick up items but then passes them back to be carried by other team members. The game ends when all the items have been collected.
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## Foam Ball Games

13. **Battle Ball** - Divide family, two teams, and give each player a soft throwing ball. Put a large exercise ball at center area. The object is to move the exercise ball over a predetermined scoring line of the opposing team, moving it ONLY by throwing the soft balls at it. Players cannot cross the center area and cannot try to hit other players (like dodgeball) or they must sit down.
  14. **Ball Knock Out** - This is like dodgeball, but players knock over pins instead of their family! You will also need plastic bowling pins for this game. Line up pins on the baselines of both ends of the playing area and place a line of balls on the center line. Participants can't cross the centerline but try to throw or roll the balls to knock over the pins. The first team to knock over all the pins of their opponents win!
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## Equipment-Free Games

15. **Captain's Coming** - Similar to Simon Says but with a nautical theme! One person is "captain" and calls out actions and dismisses players who don't do the actions quickly or are out of character. Some command ideas include: "Starfish" lay like a starfish. "Crow's Next" or "Shark Attack" (lie on back with feet up in the air).
  16. **Toilet Tag** - What kid doesn't love a game with some bathroom humor? The twist on this tag game is that once you are tagged, you kneel and hold out your arm like a toilet handle and must be "flushed" by another runner in order to become un-tagged (or unclogged, ha!).
  17. **Giants, Elves and Wizards** - Like "Rock, Paper, Scissors". The rules are: Giants beat Wizards, Wizards beat Elves, and Elves beat Giants. There are two teams, and team members consult secretly to determine what their character will be. Once they decide, everyone comes to center and on the count of three, they all do their action. The losing team runs back to their side end of the court, and the winning team tries to tag them. Whoever is tagged joins the other team for the next round.
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## Balloon Games

18. **Balloon Snake Races** - Divide into two teams and line up. Blow up enough balloons to put one in between pairs (with balloons between belly and back). Have races with the object being to keep all the balloons in place (without touching them! Have players put hands on hips to avoid the temptation to touch the balloon) as you complete a cone course, circle around a tree or just get from one end of playing area to the other.
  19. **Balloon H-O-R-S-E** - Give each player a balloon and divide them into two teams. Each team will need a starting line and a hula hoop, laundry basket or other goal. Have them make up a "trick" such as hitting the balloon three times in the air and then hitting it into the goal or carrying it between their knees to the goal and getting it to land in the hula hoop. The other team must replicate the trick. Each time a team is unsuccessful, they get a letter. Compete to see who can keep from spelling H-O-R-S-E first.
  20. **Partner Balloon Dash** - Two partners have to stand back to back and place a balloon between their shoulders and then put their hands on their hips (no helping the balloon stay in place). Players must race together as a team to a finish line or go around an obstacle and return to the finish line. Increase the challenge by saying they have to shuttle balloons across the space in this same way and the team who can shuttle the most balloons in a certain amount of time (or while a song plays) gets to pop a few balloons!
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## Exercise Ball Games

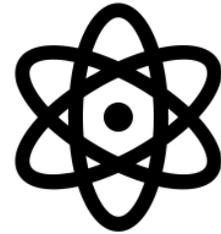
21. **Wall Ball** - Have participants lay down next to each other around the outside wall of the space with their legs up against the wall. Take the exercise ball and start it down the line and participants have to pass it using the wall and their feet. Once the ball has passed them, they can get up and run to the end of the line, lay down and wait for the ball to come again. The objective is to get all the way around the space the fastest. For older participants, make it interesting by having them lay one arms-length apart. You can even time each one and try to decrease your completion time.
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## Miscellaneous Equipment



22. **Card Cardio** - Post that each suit in the deck of cards (hearts, spades, etc.) represents a different type of exercise (sit ups, burpees, jumping jacks) and have a deck of cards on a table. At the whistle, one representative of each group runs to draw a card and returns to the team where everyone has to do the type of exercise represented by the suit of the card and as many reps as the number given on the card. Set a certain amount of time and the team who completes the most cards at the end of the time is the winner.
23. **Triangle Tag** – Have a group of four pick one person to be “it” and have the other three form a triangle by holding three pool noodles between them (holding one end in each hand). Use two noodles that are the same color (or tape or marker one to be different and two to be the same), and the third is a second color. The three must hold on to the pool noodles while the fourth tries to tag the player at the “top” of the triangle (where the two pool noodles of the same color meet) with a fourth pool noodle.
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## Science



### 24. **DIY Lava Lamp**

Teaches Kids About: Chemical reactions

Difficulty Level: Easy

Messiness Level: Medium

In this quick and fun science experiment, kids will mix water, oil, food coloring, and antacid tablets to create their own (temporary) lava lamp. Oil and water don't mix easily, and the antacid tablets will cause the oil to form little globules that are dyed by the food coloring. Just add the ingredients together and you'll end up with a homemade lava lamp!

#### **Materials Needed**

- Water
- Vegetable oil
- Food coloring
- Antacid tablets

## 25. **Baking Soda Volcanos**

**Teaches Kids About:** Chemical reactions, earth science

**Difficulty Level:** Easy-medium

**Messiness Level:** High

Baking soda volcanoes are one of the classic science projects for kids, and they're also one of the most popular. It's hard to top the excitement of a volcano erupting inside your home. This experiment can also be as simple or in-depth as you like. For the eruption, all you need is baking soda and vinegar (dishwashing detergent adds some extra power to the eruption), but you can make the "volcano" as elaborate and lifelike as you wish.

### **Materials Needed**

- Baking soda
- Vinegar
- Dishwashing detergent
- Water
- Large mason jar or soda bottle
- Playdough or aluminum foil to make the "volcano"
- Additional items to place around the volcano (optional)
- Food coloring (optional)



## 26. **Tornado in a Jar**

**Teaches Kids About:** Weather

**Difficulty Level:** Easy

**Messiness Level:** Low

This is one of the quick and easy and science experiments for kids to teach them about weather. It only takes about five minutes and a few materials to set up, but once you have it ready you and your kids can create your own miniature tornado whose vortex you can see and the strength of which you can change depending on how quickly you swirl the jar.

### **Materials Needed**

- Mason jar
  - Water
  - Dish soap
  - Vinegar
  - Glitter (optional)
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# Math

## 27. Counting

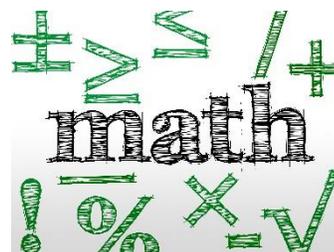
- a. **Count objects in everyday contexts.** Count the number of buttons on your child's shirt as you button them, the number of oranges in a fruit bowl, the number of forks needed to set the table, or the number of stairs you go up to the front door. Start with small numbers (no more than five) and add a few as your child is ready for a challenge.
- b. **Put small objects in a row.** Gather some coins and have your child count them. After she has counted them, rearrange them in a circle, in a row, or spread them out, and ask her again to count the objects. Don't be surprised if she has to count them again. But if she automatically answers without counting, you'll know he has mastered number invariance.
- c. **Find objects that go together.** If your child is having difficulty with one-to-one correspondence, find objects that pair well, such as spoons and forks, cups and saucers, horse and cowboy figurines, and ask him to pair them together. As he does, have him count each set of objects to help reinforce the idea that each pair consists of the same number.
- d. **Play board games that involve counting.** Simple games like Candy Land and Chutes and Ladders are great for helping kids recognize numbers on a dice and count moves. Other, more complex games involve two dice instead of one or doubling the number that comes up for each move. Play the card game War using a deck of cards; make it easy at the start by including only cards up to five, and then gradually make it more complex by having each player put out two cards. The highest sum of the two cards wins!

## 28. Geometry and Spatial Understanding

Children can develop a basic understanding of geometry and spatial relations by playing with blocks and other building toys. Encourage geometry-related skills with these ideas.

- e. **Identify shapes in your home.** Play a simple game of finding basic shapes around the home, such as rectangles in light switches, squares in windowpanes, circles in clocks, and so forth. Ask your child to explain how she differentiates each shape by their defining features (for instance, a triangle has three connected sides) and non-defining features (such as the position or size of the triangle).

- f. **Talk about picture placement in a book.** When reading a storybook, use spatial language to talk about the placement of pictures. Ask related questions such as "Where is the moon? Is it above the tree? Is it under the tree?" Or reference sizes by asking, "Is the hippopotamus bigger than the monkey? Which animal is bigger? Which animal is smaller?"
- g. **Make a map of your home.** Practice more spatial language by helping your child make a map of his bedroom or the backyard. As he places and spaces out furniture, windows, and closets, or gardens, trees, and bushes, ask him questions about where they're located and how close together
29. **Measurement**  
There are many forms of measurement to learn (length, height, weight, size, quantities) and many tools for measuring. Embed measuring concepts into everyday activities.
- h. **Measure while you cook or bake.** Fill measuring cups with water or flour and measuring spoons with extract to introduce your kids to the concept of whole numbers and fractions. Ask questions such as "Can you fill a half cup? Can you fill one teaspoon?"
- i. **Guess weight at the supermarket.** The next time you visit the grocery store, pull two different items from the shelves and ask your child which one is heavier: "Is it the can of soup or the box of crackers?" Children will learn how to understand the concepts of heaviness and lightness.
- j. **Compare feet sizes.** Place your foot next to your child's foot and ask her which is longer or bigger. Have a ruler or tape measure on hand to compare the sizes and help her differentiate between long and short, large and small.



# Toilet Paper Roll Art



## 30. How to Make a Puppy Puppet

**What You'll Need** 2 toilet paper tubes, paint, paintbrush, hole punch, bendy plastic straws, yarn, 2 popsicle sticks, office dot stickers, 2 googly eyes, glue, scissors

**Make It** 1. Paint the toilet paper tubes; let dry. Cut one tube in half; one half will be for the head, the other for the ears. 2. Cut the ears -- a single elongated 8-shape out of the cardboard tube -- and glue them to the top of one side of the head. Push in the cardboard where the ears are glued, creating an indent on the head to make the ears stick up. 3. Glue two Popsicle sticks together to form a cross; set aside. 4. Punch four holes on the bottom of the body for the legs. Thread two 6" pieces of yarn through the leg holes, adding cut bendy straw pieces for the feet. Knot at each end. 5. On the opposite side of the tube, punch holes at both ends of the body; thread a long piece of yarn (approximately 24") through the body and head. Tie it to the Popsicle stick-cross. 6. Glue on a cut bendy straw to create a tail and stick on office dot stickers and googly eyes.

## Toilet Paper Roll Animal Crafts

TIP:

Add a popsicle stick handle to the toilet paper roll animal crafts to make an animal puppet.

To turn any of the toilet paper roll animal crafts into a popsicle stick puppet (without using a toilet paper roll), simply fold the large rectangular template piece over a popsicle stick, pencil or Tongue Depressor and glue/tape on. Then glue/tape on the other pieces the same way you would have done for the toilet paper roll animal craft.

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## Resources

<https://dltk-kids.com/animals/tproll.html>

<https://www.parenting.com/>

<https://blog.prepscholar.com/easy-science-experiments-for-kids-at-home>