

Inclement Weather Activities. Choose one from each column each day.

| <u>Physical/ Gross Motor</u>  | <u>Math</u>   | <u>Literacy</u>  | <u>Science</u>  | <u>Fine Motor Skills</u>  | <u>Social Emotional</u>  |
|---|---|--|---|---|--|
| How many jumping jacks can you and your child do without stopping?                  | Invite your child to sort coins with you.                                       | Read a story before going to bed. Make up a new ending together.   | Fill a bowl with water. Invite your child to drop approved items in to see if they sink or float. | Have your child draw a picture of your home. Discuss your address.  | Play restaurant and make lunch for your family.  |
| Who can stand on one foot the longest? You or your child?                           | How many (use any color) items can you find in your home?                       | Read a story and invite them to retell it in their own words.  | Make a matchbox car ramp and see how far you can get your car to roll.                            | Have your child use tongs, tweezers or a clothes pin to move small objects such as cotton balls from a bowl to a cup.       | Play dress up with old clothing.   |
| Dance to your favorite music.   | Count how many steps it takes to go from your front door to your room.          | Sing "Twinkle Twinkle Little Star" or other songs.   | Help your child stack and balance items.  | Have your child draw a portrait of a member of your family.   | Let your child help to prepare a meal. Allow them to do simple tasks like tearing lettuce. |
| Wad up sheets of paper/socks and have an indoor snowball fight.                     | Count how many birds you see.   | Clap out your child's name.  | Drop approved items to the floor and see which ones fall fast and which ones will float.          | Cut old magazines, ads or any type of paper with scissors. Practice cutting out things, cutting lines, circles or zig zags. | Make faces at each other to guess the emotion.   |
| Play follow the leader.   | Help mom with laundry and find matching socks.                                  | Recite the ABC's.  | Place snow from outside or an ice cube in a bowl and time how long it takes to melt.              | Spray small amount of shaving cream or soap on the table and practice making lines, shapes, numbers or letters.             | Play music and allow your child to draw a picture of how it makes them feel.               |
| See how far you and your child can jump.  | Allow your child to help set the table. Putting out forks etc. for each person. | Help your child find items around the house that rhyme.  | While cooking show your child the food before and after and ask them to tell you how it changed.  | Cut the front of a cereal box into pieces to make a puzzle. Practice putting the puzzle together with your child.           | Say something you love about each person in your home.                                     |
| Throw a ball back and forth with your child. Count how many throws before it drops. | Enjoy a snack together. Discuss who has more and who has less.                  | Ask your child to tell you about something. Make sure to phrase it so that they must answer more than yes or no. | Name one living thing outside.  | Help your child practice tying their shoe.  | Name one thing that makes you happy.   |
| Hop like a bunny from one room to another.  | Count the windows in your home.   | Ask your child to tell you a story of their favorite school day.   | Name something heavy in your home and something light.  | Practice zipping a zipper, buttoning and snapping.  | Name one thing that makes you sad.   |
| Walk backwards from one piece of furniture to another.                              | Count the doors in your home.   | Find 5 letters in your house.  | What happens when you add water to salt or water to sugar?  | Practice using your eating utensils. (spoon and fork)   | What makes you scared?   |