



## ***Simply Support for ECE***

### ***25 At home activities to build children's development***

1. Build interest in learning, cognition, and creative skills by creating a “work” area. Provide screwdrivers and plastic hammers. With these tools, allow children to take apart any old electronics: old phones, computers, radios, remote controls, and/or cameras. Give children glue to “create” with what they find inside the devices. This allows your child the opportunity to explore, understand cause and effect and
2. Make play dough with your child. Build science and math skills by allowing your child to measure the items. Detail what comes first, second, and last as you follow the steps. Discuss what happens when water is added to the dry ingredients.
3. Continue building science and math skills by baking or cooking with your child. Again, allow your child to measure the items. Detail what comes first, second, and last as you follow the steps. Discuss any chemical reaction that may happen.
4. Build math skills by creating counting games by having children count out silverware when setting the table or passing out snacks (everyone gets 8 chips, count them on a plate).
5. Build science skills by using up leftover vegetables to grow plants. Put the end pieces of green onions, romaine lettuce, cabbage, carrots, or pineapple into a glass jar or bowl of water and watch them sprout. Discuss with your child what changes they see as the plant grows.
6. Develop science exploration skills by growing colored celery. Discuss what the celery looks like, what color it is, how it grows in water. Then ask your child what they think will happen if a piece of celery is put in colored water. Talk about what happens daily as the celery changes color.
7. Develop science skills during bath time by have learning games. To have a Sink or Float game, have items ready to add into the bath water that will sink or float. Show your child each item and ask

him/her if they think the item will sink or float before dropping it into the water. This can be modified to discuss water absorption. Similarly have items ready that will absorb water (sock, sponge, wash cloth) and items that don't (rubber duck, plastic toy, soap) and ask if they will soak up the water or not.

8. Build science, fine motor skills and art skills by freezing food color and water to paint with. Give your child construction paper or cloth to paint on.
9. Build science and health skills by teaching children about germs. Before children wash their hands and after a messy activity, have them rub their hands on a piece of bread or a piece of a potato. Then have your child wash their hands thoroughly. Once hands are clean, have your child touch a different piece of bread or potato. Put the pieces in a plastic bag that is labeled (clean, dirty). Place the plastic bags in a dark place for three days. After three days see what has sprouted and discuss how the dirty item grew things while the clean one did not.
10. Build science skills and an understanding of acids by boiling a red cabbage. Once the cabbage has been boiled for 5 minutes, dunk paper towels in the juice, and allow the paper towels to dry. Once they are completely dry, dip them into cups of milk, vegetable oil, and pineapple juice. This will provide your child the opportunity to see the differences in an alkaline and a base.
11. Build language skills by having tasting activities. With your child taste different items and have your child describe what they taste like: salty, bitter, sour, sweet, or savory. Do a similar activity by smelling items and describing the smell.
12. To build science inquiry skills create a salt stick. Do so by putting 5 TBL of salt in one cup of water. Mix both in a glass jar and stir to dissolve the salt. Wrap a pipette around a stick. Put the stick into the jar, pipette side first. Discuss with your child what they think will happen. Check on it daily and observe the changes. The experiment will be complete in two weeks.
13. To build science skills, math skills and make homemade glue, mix one cup of milk with one cup of vinegar. After thirty minutes, you will have glue for your child to use!
14. Build memory, recognition and language skills by creating matching games with every day items in your home. Use socks, toys, boxes, magazine cutouts, etc. to do so.

15. Build fine motor skills by trace items on paper then having your child cut them out. Make lines (straight, squiggly, curved, pointed) on paper and have your child cut on the line.
16. Build fine motor and science skills by cutting shapes with your child. After the shapes have been cut, together with your child tape them to a piece of colored paper. Place the colored paper in a sunny area for one week. Discuss with your child what they think will happen. Take the shapes off after the week is over to see the effect the sun has on the paper.
17. Fine motor skills are strengthened when children use their whole hand prior to fingers. To help build muscles in small hands, break crayons down and melt them in old muffin tins. Once the crayons have melted and cooled off, provide these new crayons to your child to color with. Make them interesting by melting colors together.
18. Give children old boxes to paint on to not only build fine motor skills, but also gross motor and large movement skills. Take boxes outside with paint. Allow your child to use different utensils (old), sponges, and cloth tied to sticks to paint with as well as paintbrushes.
19. Turn the music on and have children paint, color, and/or draw to the music. Ask your child to create how they feel with the medium as they listen.
20. Build language and literacy skills by creating a book with your child. Staple pieces of paper together. Have your child draw pictures, practice writing, and paste pictures cut from a magazine into their books.
21. Read books to your child. Many libraries offer the option to download ebooks via apps like OverDrive. As you read ask questions about what happened or what your child thinks might happen next to build critical thinking skills.
22. Play “I Spy” by giving your child a bag and having them find things around the house that start with a specific letter. Play this game daily, using a different letter of focus.
23. Play “Mystery Bag” by putting 5-7 different objects in a bag. Instruct your child to reach into the bag, but don’t let them see inside. Once your child’s hand is in the bag, have her/him guess what’s inside by using touch.
24. Do a letter collage, focusing on different letters each day. To do so, give your child old magazines and scissors. Have them find pictures of items that start with the letter of the day. After they have cut out the

pictures, instruct them to glue the pictures onto a piece of paper using the homemade glue you made.

25. Play “I Spy” with a twist – have your child identify shapes within objects around your house. For example I might say “I spy a circle” when looking at a wind chime with round shells.