

WEEK 1: BUGS

Materials List:

- Yellow balloons
- Funnel
- Flour
- Permanent marker
- Song printable (in resource pack)
- Painters tape
- Double sided tape or contact paper (any kind that will adhere on both sides)
- Plastic insects
- Shaving cream
- Tub of water
- Towel
- Mat or carpeted floor surface
- Floor spots or painter's tape to make jumping targets on the floor
- A lycra tunnel or Body Sock
- Colored scarves
- Crash pad if available

BABY BUMBLEBEE

Materials and Supplies:

- Yellow balloons
- Funnel
- Flour
- Permanent marker
- Song printable (in resource pack)

Activity Description:

Using a funnel, fill your balloon with enough flour to make it squishable! Tie it shut and draw details on the outside to make it look like a bumblebee. Let the marker dry a bit so it doesn't smear. When you're ready, sing the lyrics of the song and have the child follow the movements.

For Example:

Verse 1: Have kids walk or run around carrying their bumblebee balloons (they could also walk on a balance beam or a line) as they sing "I'm bringing home a baby bumblebee, Won't my mommy be so proud of me, I'm bringing home a baby bumblebee, Ouch! It stung me!"

Activity Variations:

- Add in any other movements you can think of! This song has endless possibilities!
- Try this with partners and incorporate movements to encourage reciprocal play (toss to each other, pass to a friend under your legs, etc).

Skills Addressed:

- Fine motor skills
- Strength
- Gross motor skills
- Coordination
- Cognitive skills
- Speech and language

STICKY SPIDER WEB

Materials and Supplies:

- Painters tape
- Double sided tape or contact paper (any kind that will adhere on both sides)
- Small plastic insects
- Shaving cream
- Tub of water
- Towel

Activity Description:

First, using painter's tape, create your spider web on a wall. Use colored painters tape initially so that the kids can clearly see the web. Next, follow over your painters tape with double sided tape so that your insects will stick to the web. Now it's time to set up your play assembly line!

Here's how it will go: The kids will first plunge their hands into a big pile of shaving cream that has toy insects hidden deep inside. Once they pull out an insect, they will dunk it into the tub of water to rinse it off. Then, insects will head to the towel to get dried off! Finally, they will fly over and get stuck on the spider's web.

Make sure to encourage kids to push hard on that web using their fingers so the insects can't get away!

Activity Variations:

- Once the game is over, keep going with some pretend play! Have kids put a black sock on their hand (the spider!) and let him pull the insects off the web one by one for a delicious snack! A great way to work on grasp and hand strength!
- This activity would work with any type of sensory medium you have: rice or pasta bin, play doh, bowl of cool whip, etc.
- If a child struggles with this activity in a standing position, set up the web on a table where he can play in a seated position instead.

Skills Addressed:

- Bilateral coordination
- Fine motor skills
- Grasp
- Gross motor skills
- Proprioception
- Visual motor skills
- Hand strength
- Coordination

BUTTERFLY OBSTACLE COURSE

Materials and Supplies:

- Mat or carpeted floor surface
- Floor spots or painter's tape to make jumping targets on the floor
- A lycra tunnel or body sock
- Colored scarves
- Crash pad if available

Activity Description:

Set up a butterfly obstacle course! Have kids crawl inchworm-style on the mat, push their way through the lycra tunnel (chrysalis), grab their butterfly wings (2 colored scarves), climb the stairs and "fly" onto the crash pad. Finally, have them jump from flower to flower using floor spots.

Activity Variations:

- Have one child plan the obstacle course themselves and use their motor planning and body strength to get it all into place. Then, have them give another child the verbal directions on how to negotiate it.
- Make flower petals out of construction paper and have kids bring them from the beginning of the obstacle course to place on the "flowers" at the end. Write numbers or letters on each "petal" and use them to incorporate letter sounds or math facts.
- Incorporate the information about the life cycle of a butterfly if it is appropriate!

Skills Addressed:

- Bilateral coordination
- Grasp
- Gross motor skills
- Proprioception
- Balance
- Motor planning
- Coordination