



ACTIVITIES

PLAYING DOUGH

Kids love to help make this! The squeezing and pounding of dough is a good way to reduce stress.

What you need:

Bowl
Spoon for mixing
3 cups flour
1 cup salt
1 cup water
Food coloring
1 Tablespoon cooking oil

What to Do:

Mix together the flour, salt, and oil. While mixing, add the water in small amounts until the dough forms a ball. To color the dough, add a few drops of food coloring. Using their hands, have the children knead the dough until it is smooth. Children enjoy having a couple of different colored balls of dough, which they can mix themselves and watch the colors change. Store the dough in an airtight container.

PAPER RIPPING

Let your kids have a “ripping good time” with old newspapers. Give them a stack of old newspapers to rip and tear in any way they want. Kids can crumple the paper into balls and throw them into a box or basket. The balls are soft and safe.

WAD AND PAINT

You'll need:

Half sheets of newspaper
Small trays or bowls
Tempera Paint
Large-size paper

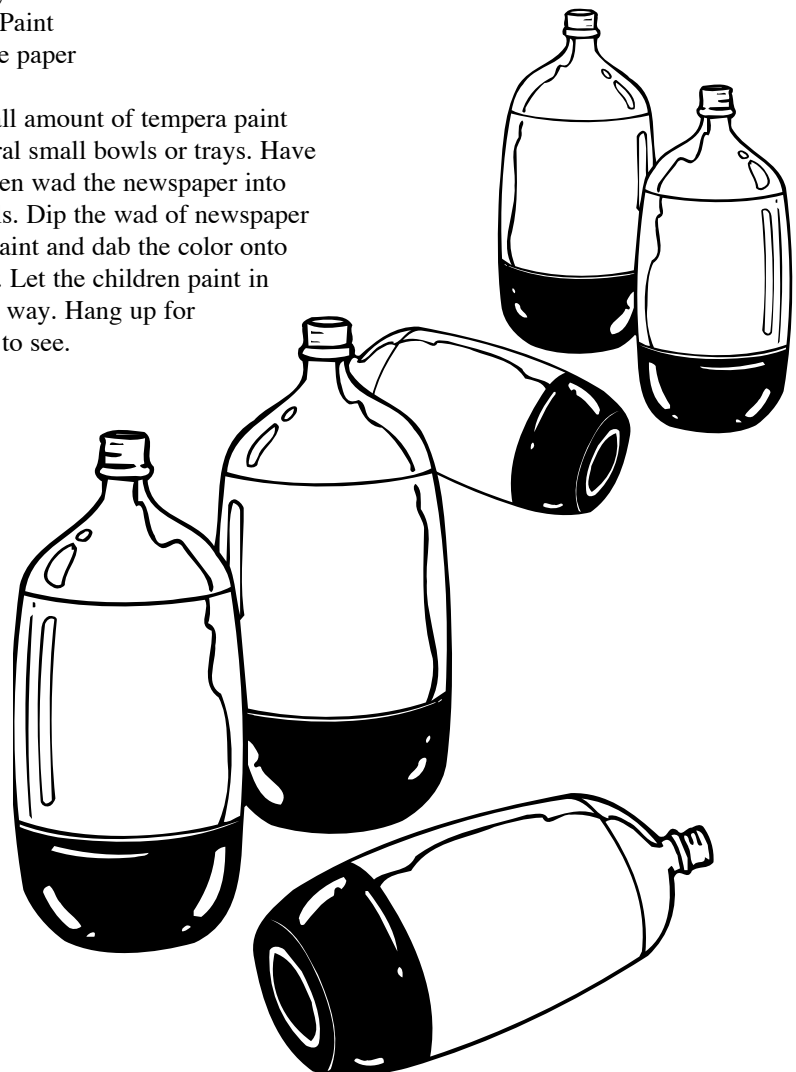
Put a small amount of tempera paint into several small bowls or trays. Have the children wad the newspaper into small balls. Dip the wad of newspaper into the paint and dab the color onto the paper. Let the children paint in their own way. Hang up for everyone to see.

PLASTIC BOTTLE BOWLING

Materials:

Ten plastic liter bottles with lids
Sand or water
Rubber ball

Fill the plastic bottles part way up with sand or water to keep them stable. Close tightly with lids. Set the bottles up as bowling pins. Let the children roll the ball to knock over the “pins.” Have the children help to set them up and try again.



For more Activity ideas,
visit Better Kid Care on the
Web at:
betterkidcare.psu.edu
or Call the
“You’re Not Alone”
telephone help line
at 1-800-859-8340.

TEDDY BEAR, TEDDY BEAR

As you recite the rhyme, let the children pretend to be teddy bears and act out the movements.

*Teddy Bear, Teddy Bear,
turn around,*

*Teddy Bear, Teddy Bear,
touch the ground,*

*Teddy Bear, Teddy Bear,
reach up high,*

*Teddy Bear, Teddy Bear,
touch the sky.*

*Teddy Bear, Teddy Bear,
touch your shoe,*

*Teddy Bear, Teddy Bear,
I love you!*

COOPERATIVE MUSICAL CHAIRS

What you need:

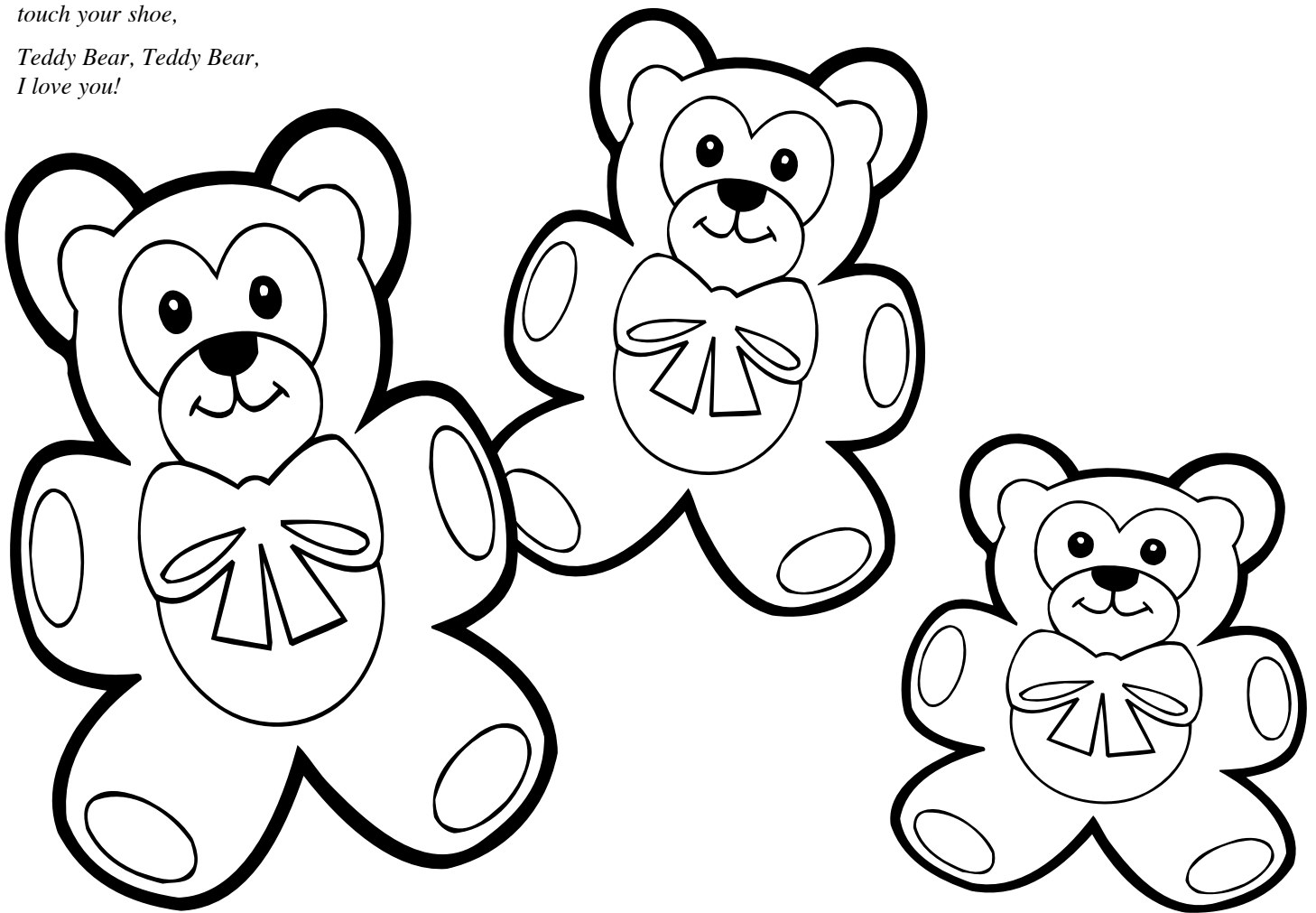
Several children ages 3 and up
Music
Pillows

Play this game just like musical chairs. Place pillows on the floor and turn the music on. Have the children march, dance, or move in some way around the pillows. Take away one pillow. When the music stops, all the players have to work together and find a way to sit on or touch the remaining pillows.

HEALTHY BODIES

(Everyone can sing and act out to the tune of "Row Your Boat.") While singing, everyone points to parts of body and then stretches arms above head on last line.

Head, arms, fingers, hands
Shoulders, knees, and toes,
Eyes, ears, nose, and mouth,
A healthy body grows.



Dr. James E. Van Horn, Better Kid Care Program Director

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<http://www.pbs.org/wgbh/zoom/games/bottlebowling.txt.html>



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