



# ACTIVITIES

## Give them something to talk about!

### Make Some "GOO"

#### Because it's...

- easy to make
- natural and safe
- great for busy hands
- fun

To help children understand this kitchen science activity, explain that when you add just enough water to the cornstarch it allows the cornstarch to get pushed together in a "clump." The "clumps" separate, float in the water, and flow past each other slowly. It's that simple...try it!

#### To get children thinking and talking, ask these questions:

- "What does it do if you poke your finger into it?"
- "What does it do if you rest your finger on it?"
- "Can you pick it up?"
- "Can you break it?"
- "Can you pour it?"

#### What you need:

Cornstarch and water

#### What you do:

Have the children measure one cup of cornstarch and one cup of water. Pour both onto a cookie sheet with high sides and mix well with hands (food color can be added.) As the children pick up the cornstarch, notice that it becomes stiff. But when they hold it in their hands, it dissolves and goes back to a liquid. If a child does not want to put his hands into the mixture, that's okay. He will enjoy watching others work with the Goo.

### TEDDY BEAR GOES HOME FOR A VISIT

This activity is a way for parents and children to create stories and spend time together talking.

#### What you need:

A small stuffed bear  
A notebook or blank pieces of paper  
Pen/pencil  
Crayons

#### What you do:

Ask parents if they would agree to take teddy bear home for a week-end visit. Include a note asking parents to write down what their child tells them about teddy bear's visit. They may write just one sentence or a whole page. Have children draw a picture to go with the story. If children just want to have teddy bear visit and not write a story, or if they just want to draw a picture about teddy bear's visit, that is okay.

Share stories about teddy bear's visit when the children are together again.



# Morning Picture

## What you need:

Crayons

Large piece of paper

## This activity

### teaches children that:

- They can express themselves using different kinds of lines.
- They have a way to write about what they are doing.
- Their drawing tells a story.

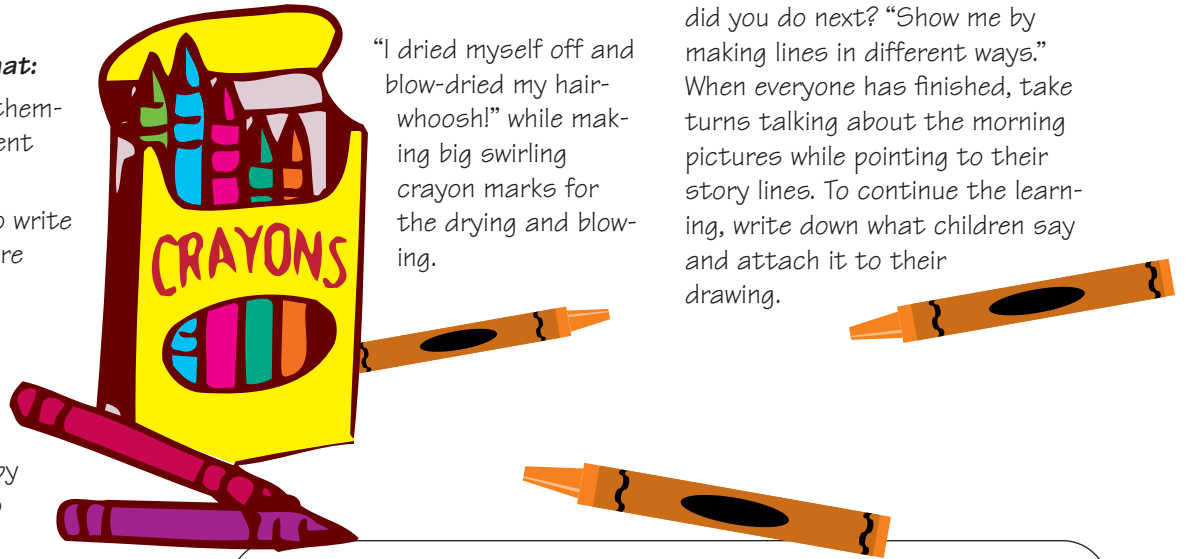
The caregiver can start this activity by saying, "I'm going to show you what I did this morning using different colored crayons and making lines."

"First, I got out of bed." Then the caregiver draws a line that shows the movement of getting out of bed.

"Then I went in the shower. Shhhhhh, went the water," while making scribble lines for the falling water.

"I dried myself off and blow-dried my hair-whoosh!" while making big swirling crayon marks for the drying and blowing.

Give each child a piece of paper and help them begin by asking, "What was the first thing you did this morning... and what did you do next?" "Show me by making lines in different ways." When everyone has finished, take turns talking about the morning pictures while pointing to their story lines. To continue the learning, write down what children say and attach it to their drawing.



## What to do with the wiggles

### Get the wiggles out:

#### "I WIGGLE"

(do the motions as you say the verse)

I wiggle my finger

I wiggle my toes

I wiggle my shoulders

I wiggle my nose.

Now no more wiggles are left in me.

So I can be as still as can be.

### "THE SHAPE UP SONG"

(sing to the tune of Farmer in the Dell)

We're jumping up and down,  
We're jumping up and down,  
We're getting lots of exercise,  
We're jumping up and down.

#### Additional verses:

We bend and touch our toes.  
We kick our legs so high.  
We're jogging on the spot.  
We reach and touch the sky.  
We wiggle our whole body.

For more Activity ideas,  
visit Better Kid Care on the  
Web at:  
[betterkidcare.psu.edu](http://betterkidcare.psu.edu)  
or Call the  
"You're Not Alone"  
telephone help line  
at 1-800-859-8340.

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