

DIY BIRDHOUSES



CRAFT **create** COOK

PAPER ROLL BUTTERFLIES



THEBESTIDEASFORKIDS.COM





Cloud Watching Binoculars



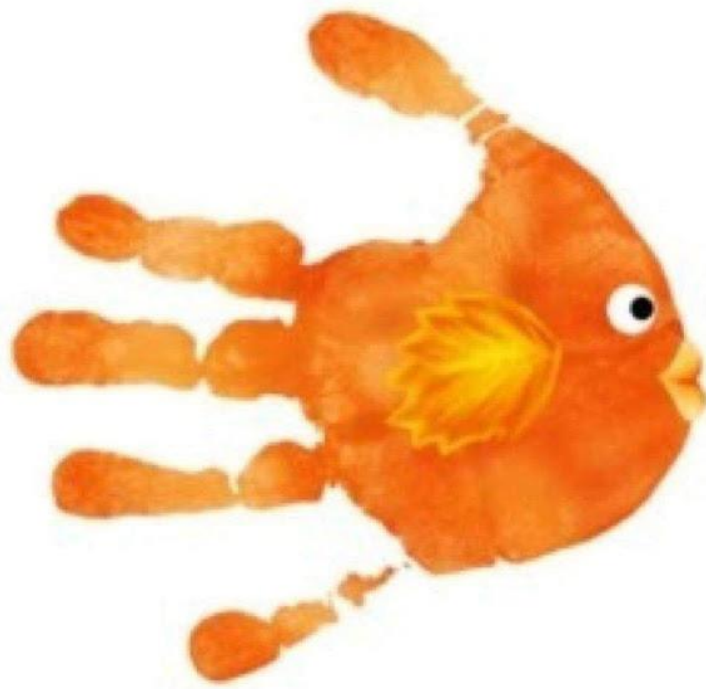
SUPER SPACE ROCKETS





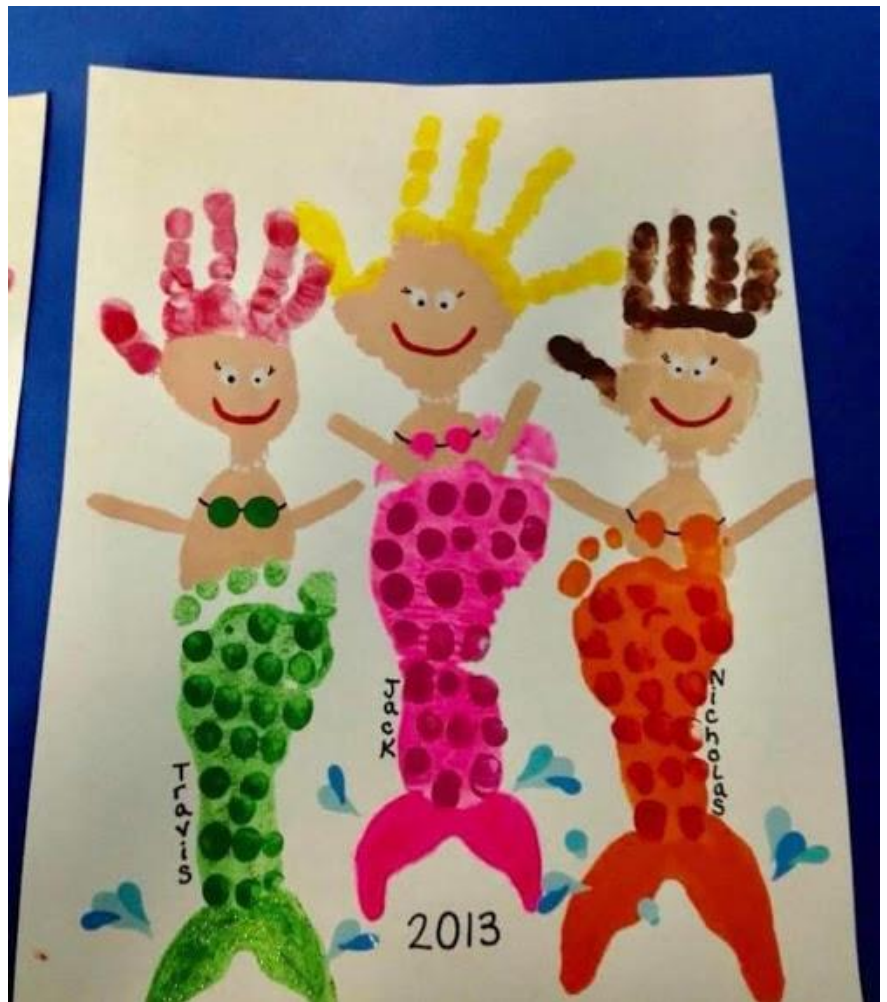
Hand and foot prints art:





FOOTPRINT TRUCKS





Sensory play/art:



MOTHERCOULD BABY SAFE PAINT

YOU'LL NEED:

- 1/2 cup baby cereal (I used a multigrain one)
- 3/4 to 1 cup of water
- Food coloring

INSTRUCTIONS:

1. Add the baby cereal, water and food coloring to a food processor. If you don't have one, you can mix with a whisk.
2. Mix until color is well blended. Adjust water quantity based on the consistency you'd like.

*Even though this recipe is taste safe, I still like to discourage my girls from eating it. It helps when I introduce real paint and food coloring is not great to eat.

**Make sure you are constantly supervising your little ones doing any activities especially if they are babies. These suckers are fast!



MOTHERCOULD

TASTE SAFE BLOCKS

YOU'LL NEED:

- Clear gelatin powder
- Boiling water
- Food coloring
- Parchment/wax paper
- Containers

INSTRUCTIONS:

1. Add the gelatin powder to a bowl.
2. Measure $\frac{3}{4}$ of the indicated amount of water ratio and add a drop of food coloring.
3. Pour into the bowl and mix immediately or the gelatin will clump up. In the video you'll see I added first one cup of water, mixed, and then another $\frac{1}{2}$ cup. I did that so that I could mix before it clumped.
4. Line the container with parchment paper and pour mixture in.
5. Refrigerate for 3-4 hours.
6. When the gelatin is firm, pull the wax paper out of the container and cut into large blocks.



MOTHERCOULD ICE PAINTS

YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

INSTRUCTIONS:

- 1.Fill an ice cube tray with water. Don't over fill
2. Add a small drop of food coloring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
4. Freeze overnight

*When painting, use water color paper for best results.



MOTHERCOULD

TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

1. Mix the flour and salt in a bowl.
 2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
 3. Whip well until and the clumps dissolve.
- *You can add more or less water depending on the consistency you desire.
- **Store in the refrigerator. Can keep for 6 months or so.



MOTHERCOULD

PLAY DOUGH

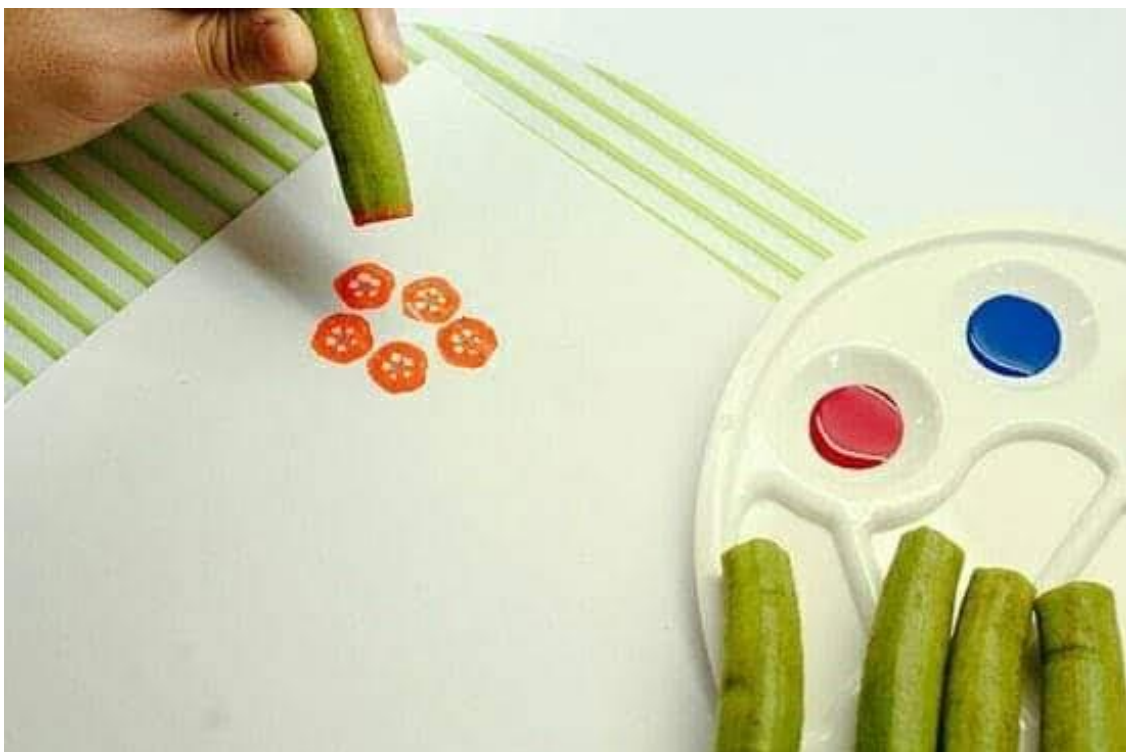
YOU'LL NEED:

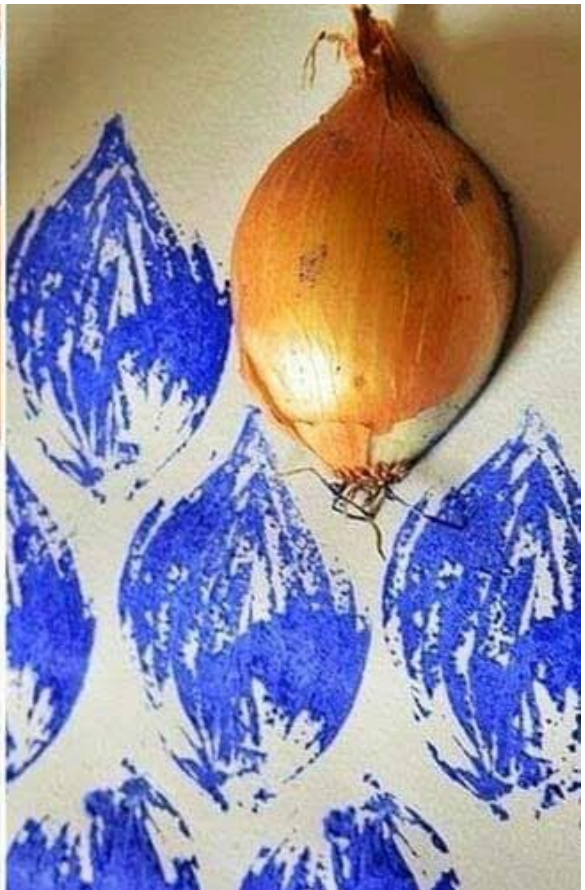
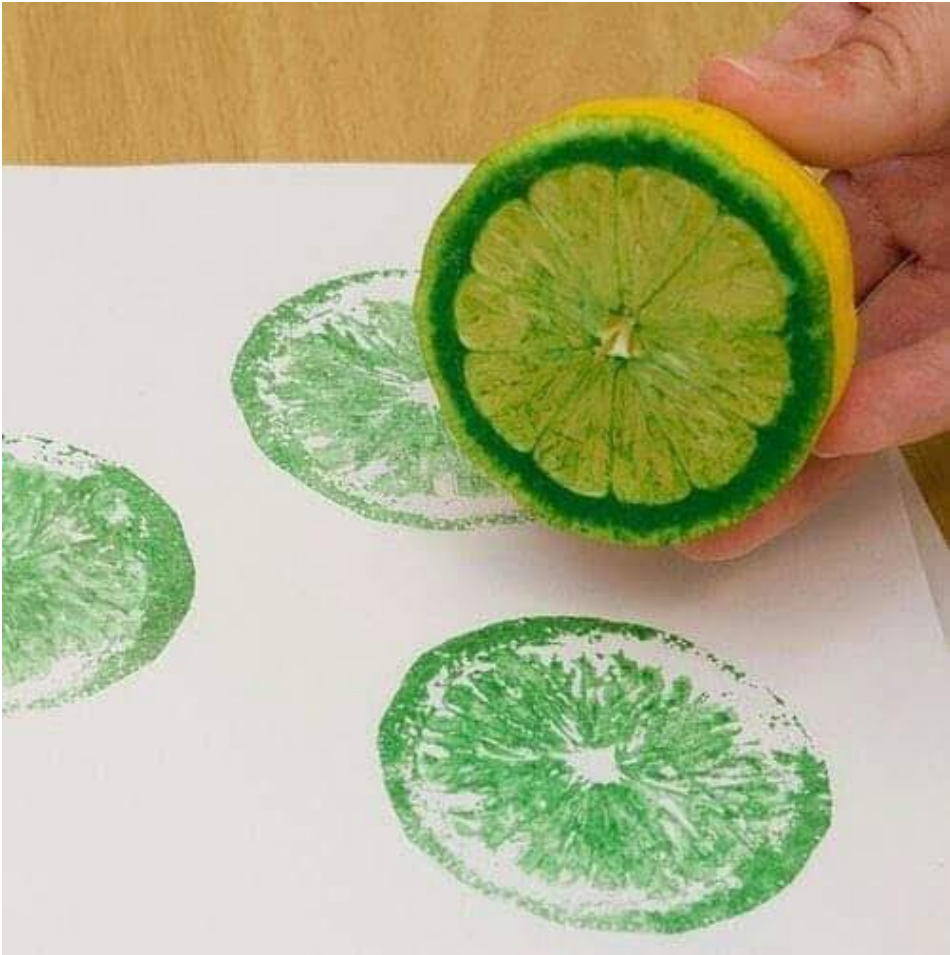
- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.

Vegetable art:





Fun Activities:



BUTTON STACKING
fine motor practice



Preschool Math
with Duplo Legos

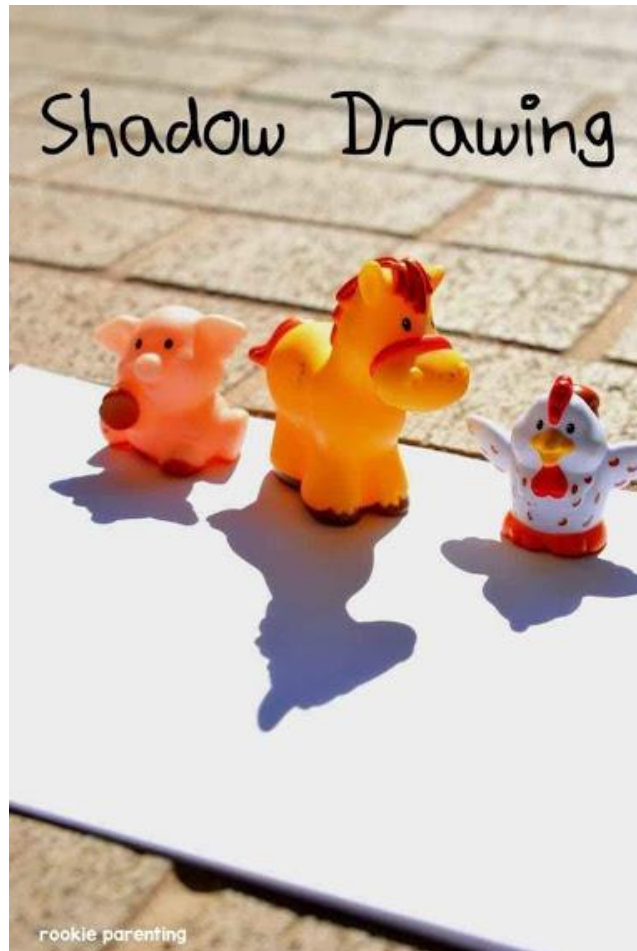
FrugalFun4Boys.com



Keep Your Toddler Busy By Letting Them Paint The Fence With Water



Shadow Drawing



Create a

GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



**PUT GLOW STICKS IN WATER
BOTTLES, FOR OUTDOOR,
NIGHT TIME BOWLING.**



MOON SAND:
8 cups of flour
1 cup of baby oil.
Really soft and easy to
clean up!



My Daily Journal:

Date:

What did we do today?

What were three feelings I had today?

ONE: _____

TWO: _____

THREE: _____

What are three things I am grateful for today?

1. _____

2. _____

3. _____

What is one question I have right now?

What is one thing I did well today?

What is one thing I'd like to do differently tomorrow?

Draw a picture of your thoughts, feelings or experiences on the back of this page.

meaningful
mama



AT HOME ACTIVITIES



1. Ocean sensory bin

(water, blue food coloring, ocean animals)

2. Toy Car Wash

(toy cars, water, soap, sponge, wash cloth)

3. Baking soda and vinegar experiment

(baking soda, vinegar, food coloring)

4. Make slime

(glue, baking soda, lens solution, food coloring)

5. Color mixing with colored ice cubes

(ice cube tray, food coloring, water)

6. Make rainbow rice

(rice, food coloring, vinegar)

7. Make & paint with puffy paint

(white glue, food coloring/paint)

8. Make color mixing bags

(plastic bag, water, food coloring, glitter)

9. Salt painting

(paper, permanent marker, salt, food coloring)

10. Free the frozen animals

(water, toy animals)

11. Bubble prints

(water, soap, food coloring, straw, paper)

12. Rain cloud experiment

(water, shaving cream, liquid watercolors)

13. Clean the baby dolls

(baby dolls, water, soap, towel)

14. Make sensory bottles

(water bottle, water, glue, food coloring, glitter)

15. Make ice paint

(water, ice cube tray, popsicle sticks)

16. Ice painting

(ice, paint)

17. Target practice with spray bottles

(Paper, tape, spray bottles, water, paint)

18. Citrus sensory bin

(old orange/lemon, water, food coloring)

19. Toy wash

(plastic toys, water, soap, sponge, towel)

20. Dance party with flash lights

(music, flash lights, dance moves)

21. Create an obstacle course

(Items from around the house)

22. Color bath

(liquid water colors or food coloring, water)

23. Paint the bath/shower walls

(washable paint, paint brushes)

24. Decorate a cardboard box

(cardboard box, anything you want to decorate with)

25. Black water scavenger hunt

(water, black food coloring, things to find)

26. Play foam sensory bin

(soap, water, food coloring, blender)

27. Giant coloring page

(roll of paper, black crayon, water color paint)

28. Pom pom soup

(pom poms, water)

29. Dot the rainbow

(paper, markers, dot markers or stickers)

30. Make & play with cloud dough

(Flour, oil, food coloring)

Mindfulness Scavenger Hunt

Relax and Focus
on The Moment

1



Smile



Breathe In



Breathe Out



Count The
Lines On
Your Hand

2



Smile



Breathe In



Breathe Out



Count The
Curves On
Your Ears

3



Smile



Breathe In



Breathe Out



Count The
Bumps On
Your Lips