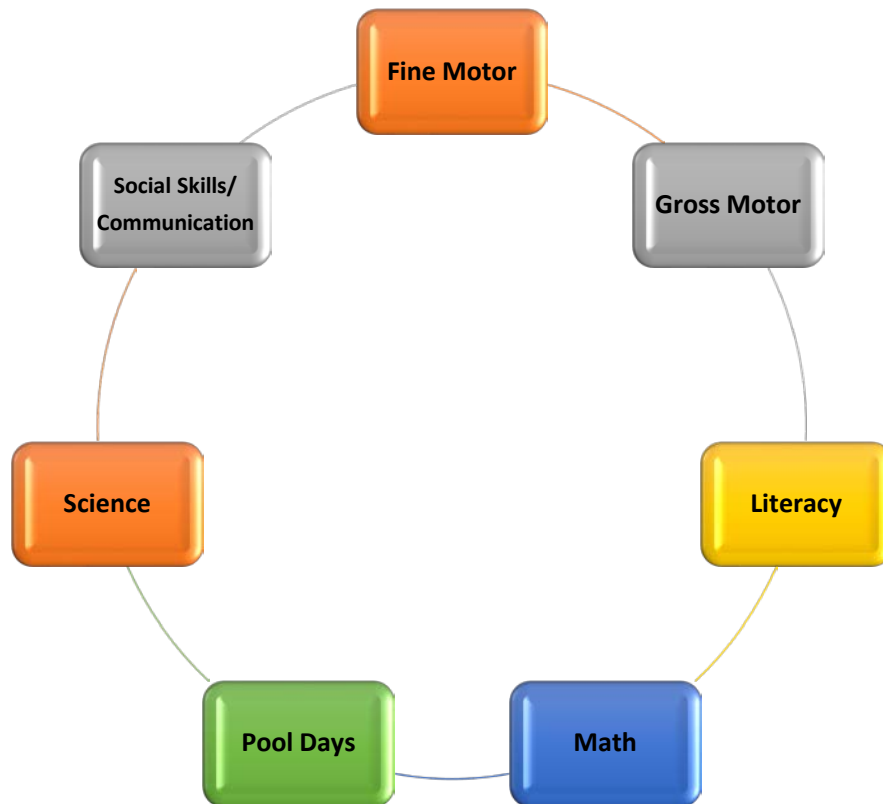


SUMMER BREAK!

NOW WHAT?



Loudoun County Public Schools



2019



Summer Break! Now What?

Fine Motor

Pre-Handwriting:

Pre-Handwriting activities doesn't always have to be paper and pencil – Make it FUN! Here are a list of fun activities to do over the summer to help your little one strengthen their pre-writing skills.

- Shaving Cream: Children spread shaving cream on the table or on a tray and practice writing letters with their finger. To clean up, we simply rub the shaving cream on the table until it disappears. You can also use flour, corn meal or sand.
- Light Letters: Write a letter on a piece of construction paper (I use a half sheet). Children sit on the carpet and use a toothpick to punch holes along the lines of the letters. Turn out the lights, and hold a flashlight to the back of the letter to see the light shining through (or hold the letters up to sunlight from a window).
- Letter Roads: For this activity, use mini toy cars and large foam letters or painted letters on paper. Children practice letter formation by driving the cars around the letters.
- Q-Tip Painting: For this activity, use Q-Tips and toxic free paint. The size of the Q-Tip helps with grasp. You can dot letters, trace over letters, work on vertical and horizontal markings.
- Laminate your child's name in large print, use it as a placemat on the table. Before meals your child can practice tracing their name with a crayon or wipe away marker.
- Dot-to-dot, practice those vertical and horizontal marks by either creating your own Dot-to-dot or printing one out from online. It doesn't have to create anything, just have your child go from one dot to the next.
- Water painting outside. Give your child a cup or bowl of water and a small paint brush. Have them paint on the driveway, sidewalks or on a brick wall. Paint free/mess free!
- Letter rubbing - clip paper on the rubbing plates with clothespins and rub over the paper with the flat side of a crayon. The letter will "magically" appear on the paper. Rubbing plates were made by writing letters on pieces of poster board and tracing over them with hot glue.
- Clay Letters: roll out small pieces of the clay and attached the pieces together to form letters.
- Dry Erase board writing: make a mistake, no problem, simply wipe away and try again

Hand Strengthening Activities:

1. Muffin Tin Water Transfer
 - Materials: Turkey baster, muffin tin, bowl, tray, water, food coloring
 - Directions: Mix water and food coloring in a bowl, then allow student to transfer water from the bowl to the muffin tin using the turkey baster.
2. Dropper Painting
 - Materials: Eye droppers, liquid water color, cups, paper
 - Directions: Place liquid water color into the cups. Use the eye droppers to squirt liquid onto the paper and watch what happens.
3. Spray Chalk Painting
 - Materials: Spray bottle, corn starch, baking soda, food coloring or washable water colors, very warm water, butter knife Optional: If you want to make the spray chalk art erupt you will also want a few squirt bottles of vinegar.
 - Directions: Fill the spray bottles 1/3 of the way with a baking soda and corn starch mixture, using roughly equal amounts of both ingredients. Add a few drops of food coloring or washable watercolors, and then fill the bottles with very warm water. Use a butter knife or something like to stir the mixture as best you can, and then place the spray spouts on and shake the bottles really, really, well. You will want to shake the bottles once more just before play, as some of the corn starch does settle at the bottom of the bottle.
4. Water Pistol Painting
 - Materials: Old sheet or paper, water pistol, water, poster paint
 - Directions: Hang the old sheet or paper (outdoors-propped up), use water to water down the poster paint, 50% water 50% poster paint, then fill the water pistols the solution. Once your water pistols are ready take them outside and fire away at your old sheet or paper.

Playdough

Playdough is an easy and simple way to support your child's development. Your child will use hand-eye coordination to cut, roll, poke and prod the playdough. Also, playdough...

- Provides a great sensory experience
- Helps to strengthen hand muscles and develop control over the fingers
- Promotes skilled use of the tripod fingers, which can help develop pencil control and better handwriting

Playdough is great at home as a quiet time activity, a learning activity with an adult, or even as down time when you are waiting to order food at a restaurant! Let your child's imagination run wild!

- You can incorporate different tools to manipulate the playdough, such as rolling pins, scissors, cookie cutters, etc.
- Playdough activity mats are a fun addition to working with playdough. These are a great way to incorporate additional skills, such as numbers, letters, shapes, colors, and creativity!

- To prepare the mats, simply print and laminate. Alternatively, you can slide the mats into page protectors, but they will not be as sturdy to allow multiple uses. Below are some online links where you can print out free playdough mats:

<http://mothersniche.com/wp-content/uploads/2016/10/playdoh-games-beach-and-grill.pdf>

<http://prekinders.wpengine.netdna-cdn.com/wp-content/uploads/2014/01/shape-play-dough-mats.pdf>

http://picklebums.com/images/printables/picklebums_dinnerplacemat.pdf

Mealtimes

- Pick up small pieces of food such as Cheerios, raisins, etc. using thumb and index finger.
- Allow child to hold bowl and stir with the other hand.
- When using flour, sprinkle a little extra on the counter for the child to use a finger to draw letters and shapes.
- Use a regular cup, without handles, to drink from, wrapping the thumb around the cup.
- Wash and wipe table using a small spray bottle with water and towel to strengthen fingers and hands.
- Allow child to open and close clothespins or chip-clips that seal bags to strengthen fingers.

Morning/Evening Routine

- Allow child to screw toothpaste cap on and off.
- Allow extra time for the child to pull on and off clothes.
- Allow extra time to practice fasteners (buttons, snaps, zippers).
- Bath time
 - Wring out washcloth or sponges to watch water drip out during bath.
 - Use eyedropper to squeeze water into a cup.
 - Play with dump and fill toys in the tub.
 - Play with foam soap on the walls.

Miscellaneous/ Chores

- Table/window washing: using spray bottle with water in it, squeeze the trigger with index and middle fingers
- Help to dig and plant turning lights on/off
- Help to water plants by dumping water from small picture or cup.
- Put loose change into a piggy bank.
- Crumple old newspaper or magazine pages then toss the paper into recycling bin.

Arts & Crafts

- Color and draw. Encourage child to hold paper with one hand and color with the other.
- Color with paper hanging on an easel or tape the paper onto the wall
- Use markers or thicker crayons

- Practice cutting by snipping edges of paper.
- String beads, blocks, dried pasta, or cereal with holes with yarn.


Indoor Play Time

- Small building blocks
- Interlocking blocks - i.e. Legos™ or Duplo™ blocks
- Building sets - Magformers™, etc.
- Puzzles

Outdoor Play Time

- Eye hand coordination games: bean-bag toss, basketball, T-ball, playing catch, etc.
- Hanging from a pull-up bar or monkey bars
- Water play using a water bottle with a squeeze trigger

An awesome experience to share with your child is to make homemade playdough together. Here is a simple recipe to help get you started... Enjoy!



recipe: Homemade playdough

Ingredients:

- 2 cups flour
- 1 cup salt
- 3 tablespoons cream of tartar
- 2 tablespoons oil
- 2 cups boiling water
- 1 teaspoon peppermint extract (optional)
- food coloring (optional)

How to:

1. Put flour, salt, cream of tartar, and oil in bowl. Add boiling water and food coloring.
2. Knead until smooth.
3. Enjoy!





Summer Break! Now What?

Gross Motor

Summer is a great time to get outdoors and get moving. Simple materials like a ball, box, or hula hoop can be used to practice a variety of gross motor skills anytime. Don't underestimate the opportunities that water play, nature walks and trips to the playground offer to keep your little one moving!

PLAYGROUND PLAY

- Practice walking on the mulch
- Step over, up and down barrier of playground
- If safe, practice walking along barrier of playground like a balance beam
 - Hold child's hand for support if necessary
 - Have your child walk backwards on the beam or sideways
- Go up and down steps to slide (let child do it independently even if they have to crawl)
- Climb up and down ladders, and rock walls
- If there are swings, practice swinging.
 - Work on teaching your child how to swing feet to keep the swing moving (even have them practice 3 times before going back to push)
- Let child hang from bars (how long can they hold on?)
- Walk or run across bridges
 - Practice walking across bridge without holding on
 - run across bridge, crawl through tunnels, crawl forward or backward

BOX PLAY

- Step in and out of a box
 - Make it harder by having child carry something
 - Make it easier/provide assistance by holding child's hand.
- Adult pushes seated child in the box
- Pretend to be a race car, train, truck, etc
- Move in straight line, zig zag pattern or curved paths
- Child can push toys/stuffed animals
- Child can follow a path set by parent
- Multi-step obstacle course
- Vary moving in straight line, curved paths
- Use the box as a target and throw balls into the box
 - Vary the throwing distance
- Put several open boxes side by side and step in the box (how far can you go without stepping on floor)
- Sit in box and wiggle body back and forth to see how far you can move the box

NATURE WALK

- Take walks at different times of the day- Vary terrain (gravel, mulch, grass...)
- Pull a wagon on the walk- let your child pull toys in the wagon
- Walk, Run or Roll up and down grassy hills
- Practice jumping over cracks in sidewalk
- Practice taking giant steps and little steps
- Walk on toes or walk on heels
- Practice fast walking/slow walking/running
- Practice walking backwards or sideways
- Play Simon says as you walk
- Pretend to be an animal: crab, frog, kangaroo, snake, etc
- Go on a nature trail

HULA HOOP PLAY

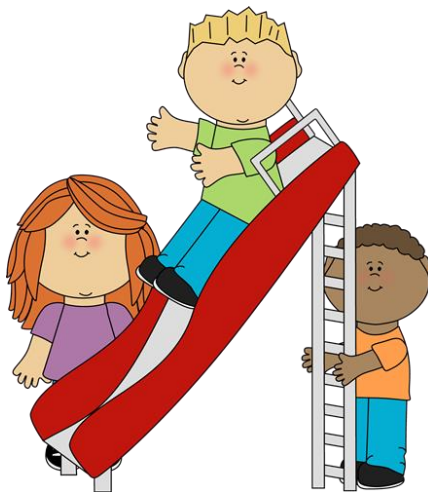
- Step in /out of a hula hoop
- Pretend you are climbing/jumping into the pool
- Stand the hula hoop up and roll it or spin I like a top
- Roll the hula hoop and see if the child can run through it
- Hold the hula hoop and have the child walk through it
- Spin the hula hoop on your arm
- Hold the hula hoop in front, step into it, and turn so hula hoop goes over your head (kind of like jumping with a jump rope)

WATER PLAY

- Have child help you fill kiddie pool by carrying small buckets or large cups of water (don't spill the water)
- Work on stepping in/out of the pool
- Fill up buckets in the pool
- Play with water toys in the pool (fill and dump buckets, play with squirt toys, squeeze sponges/baster, blow bubbles with straws, pour,
- Stand in pool and kick water to splash
- Draw a target with chalk on a wall or sidewalk and then use sponges of water to throw at the chalk target to make it disappear
- Use sponges to have a car wash
- Wash parents' car, or kids bikes, trikes, toys
- Pretend to be a car and run through the sprinkler car wash

BALL PLAY

- Sit (with or w/o support) on ball & bounce
 - Hold child sitting on ball and shift them *forward/backward, move to the rhythm of a song/rhyme. (Count bounces, sing songs, invent rhymes)
- Kick the ball
 - Kick ball while it is stationary, roll ball to child and have them kick it
- Roll the ball back and forth with child





Summer Break! NowWhat?

Literacy

STEP OUT OF THE BOOK AND JUMP INTO THE STORY

1. Remember reading a story is more than reading the words on a page.
2. Make the book fun, interesting, and exciting. It is alright to read the same book more than once. It is alright to be silly when you read the story, give the characters their own voices and provide sound effects while you read.
3. Most importantly HAVE FUN! It is fun to get messy, explore, and breathe life into a wonderful story. The sillier you are the more fun the kids have.

First, we will show you how we do it with The Three Little Pigs.

Next, we have provided a few more books and ideas to bring the story to life.

The Very Hungry Caterpillar, by Eric Carle

Great for easy recognition, provides tons of activities to play, do, and experience! Go beyond the story.

- Pair the story with songs that are related like Bringing Home my Baby Bumble Bee (alliteration; motor skills)
- While going through the grocery store find all the food that the caterpillar ate in the story
- Use a green pillow case/sheet to become a caterpillar, wiggle like a caterpillar, pretend to eat the food, become the butterfly
- Use an empty paper towel roll or toilet paper roll and make a caterpillar- print out pictures of the foods the caterpillar ate. Feed the pictures to the caterpillar.
- Take a nature walk and find some caterpillars, butterflies, and other bugs and insects



Head to Toe, by Eric Carle

Excellent call and response book. Good body awareness, motor skills, and imitation skills.

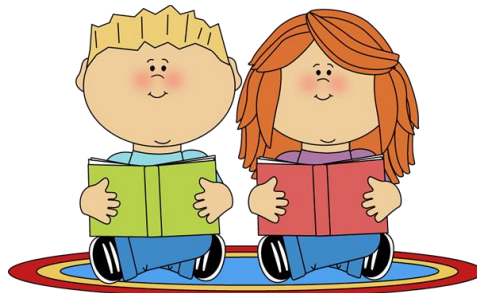
- Take a trip to the zoo
- Add to the story and think of other animals and how they would move. Who cares if it is the right move, just move, "I am a hippo and I can jump up and down. Can you do it?"
- Pairs well with songs such as Head, Shoulders, Knees, Toes; Open, Shut Them; and Shake Your Sillies Out.
- Use chalk to trace your child while they lay on the ground or leaning against a wall and let them trace you.
- Play with potato toys
- Sit in front of a mirror with your child and talk about what you see. "My eyes, your eyes". "My hair, your hair".

10 Apples up on Top, by Dr. Seuss

Incorporates literacy and math skills

- Act out the story using imaginary apples (or small Styrofoam apples) to stack on your head.
- Use puppets to act out the story and stack apple on the puppet's head
- Stack apples anywhere and everywhere
- Sort apples by color (red, green, yellow)
- Go to a real apple orchard and pick apples
- Try tasting different kinds of apples
- Make an apple pie together. Let the kids help measure and mix.

Going on a Bear Hunt, by Michael Rosen





Summer Break! NowWhat?

Math

In your home:

Fishing: "Going Fishing" is a great way to incorporate movement and math into your day

Materials:

1. Magnet
2. Paperclips
3. Fish – Either cut out of construction paper, or have your student color and then cut out
4. For Durability laminate, cover in clear packing tape, or contact paper
5. Paper Towel Roll
6. Yarn
7. Dry erase marker (if laminated) or Sticky notes

Fish:

- Cut the fish out of construction paper (various colors) or have your student color white fish. Attach the paper clip to the mouth area of the fish. Add the magnet to one end of the yarn and the paper towel roll to the other end of the yarn to make a fishing rod.
- Toss the fish on the floor and practice going fishing
 1. Colors: Match colors - Identify a certain color
 2. Number Recognition: Count how many you catch - write a number on each fish and have your student catch that numbered fish -
 3. Count a group of objects/toys and have your student go fishing for the number in the group: example: Parent has 4 cars, student counts the number of cars and goes fishing for the number 4. – draw groups of objects on the fish and have student count the groups that they catch.
 4. Make Large, Medium and Small fish.
 5. Shapes: draw shapes on the fish

Cooking

Making treats with your child is not only a fun bonding time, but it works on all areas of development.

Materials:

1. Whatever items you need for your recipe
2. An area that is easy to reach by your student. Work at the kitchen table or have a sturdy stepping stool.

Cooking:

1. Have your student pour, scoop and stir all of the ingredients together.
2. Have them help you with the timer (if applicable).
3. Match numbers, count how many scoops you need, make different shapes etc.

Meal Time

Even dinner can be a learning experience.

- If there is a meal with pieces, you can count them and write the number. For instance: You give them 4 chicken nuggets for lunch. On the plate, write the number 4 with the ketchup.

Musical Instruments

Music incorporates multiple areas of development and makes learning fun. Your student does not care if you are off pitch, if the song makes no sense, or if you use rhythms from other songs. Just be energetic and have fun.

Materials:

1. Paper Plates
2. Dry Beans/beads
3. Stapler

Drum/Tambourine

1. Have your student decorate the back side of 2 plates.
2. Then staple the plates together (keeping the staples very close to each other). Leave a small opening to insert the beans/beads.
3. Insert beads/beans and staple closed the hole.
4. Now you have a personalized tambourine. Sing songs that incorporate numbers, shapes, positional words ("If you're happy and you now it shake your tambourine UNDER your chair.") etc.
5. You can do patterns such as tap the tambourine 2 times and shake it once, then repeat.

During Play

During play and typical conversations with your student, review concepts such as size (bigger/smaller, longer/shorter), practice pouring sand or water from a small cup to a big cup and vice versa and review same and different. (ex: Wow, my car and your car are different. Mine is small and yours is big.)

Outside Math Activities!

Take a walk

1. Collect things, count them when you get home.
2. Go on a color scavenger hunt.*
3. Sort the things you find, smallest to biggest.
4. Find numbers all around your neighborhood. Write them down.
5. Make tally marks and count the birds that you see.*

Nature

1. Dig in the dirt. Draw shapes or numbers
2. Use sticks you collect to make shapes.
3. Use flowers or other plants to make shapes on the ground.

Homemade Fun

1. Hang a clothes line your child can reach, even between 2 chairs. Give your child the numbers 1-10 on cards and clothespins. Have them hang the numbers in order. Give your child color or shape cards. Make a pattern.
2. Make a bowling game with empty 2 liter bottles and a ball. Count how many you knock down.
3. Put numbers (1-10 or 11-20) on plastic eggs. Hide them. Find all 10.
4. Put nails into piece of wood or log. Have colored rubber bands available to make geometric shapes.
5. Use at home toys (bean bags, nerf toys) to knock down cups with numbers on them stacked in a pyramid.

Water Play:

1. Use cups and bowls of different sizes to compare quantity and volume. Collect clear containers from your kitchen to fill and empty. Make measuring marks on containers. Use real measuring cups.
2. See how much water it takes to fill other containers. Empty them.
3. Put these items in water to make it fun: bubbles, food coloring, scoops, cups with numbers.

4. Use a paintbrush and “paint” the sidewalk. Make shapes, make numbers, paint out numbers or shapes written in chalk.
5. Cut sponges into rectangles of different sizes. Compare them. Put them together to equal the same length.
6. Cut sponges into different shapes. Make stamps with water on the ground.

Small sets of numbers

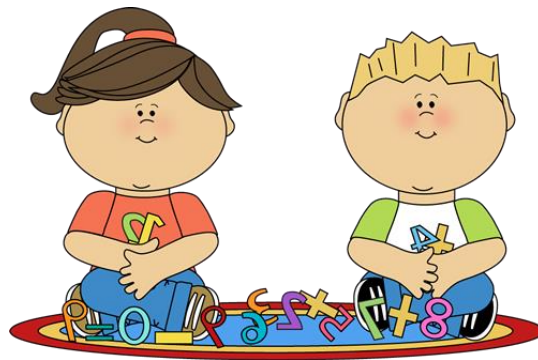
1. Freeze numbers in a giant ice block. Let your child chisel or brush the ice away to melt and free the numbers.
2. Put numbers in sand to find and collect. Put them in order. Add and subtract them. Write the number you find in the sand.
3. Bury the numbers under dirt. Dig for them
4. Add water to the dirt. Dig for each number.
5. Put the numbers in order.

Chalk

1. Write numbers. Draw shapes.
2. Write numbers or letter on brick wall or fence. Have your child erase the chalk with the hose using a spray nozzle.
3. Draw stepping stones and label them 1-10. Jump around without falling off.

On the Go

1. Write numbers on your seashells from the beach. Use them to play “Memory”.
2. Go berry picking at a local farm. Sort and count the berries you find.
3. Measure fruit and vegetables at the grocery store.
4. Count 10,9,8,7,6,5,4,3,2,1 Blast Off! Every time you start the car!
5. Take paintbrushes to the pool. Paint water shapes and numbers on the sidewalk.





POOL DAYS!

Think the pool is just for playing?! Think again!

Get more bang for your buck all summer with these poolside communication tips.

Marco Polo

Adapt this popular pool game to suit your child's speech therapy needs. Rather than shouting "Marco" and "Polo," you could have your child work on his prepositions, for example. Instruct your child to give directions instead of saying "Polo." He could say "I am next to the ladder," "I am beside the diving board," or "I am right outside the shallow end." Not only does this reinforce your child's use of prepositions, it also gives him practice speaking in complete sentences.

Follow the Leader/Simon Says

These are the perfect games to play in the water! Round up a group of kiddos and choose someone to be the leader. Depending on your group, make rules to keep things safe and fun for everyone (i.e. head stays above water, etc). Encourage kids to describe their actions as well. Splashing, jumping up and down, 1 arm in the water...the sky is the limit.

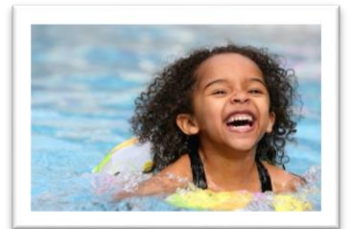
I Spy

Use the same strategy for a game of I Spy. Point to objects around the pool and say, "I spy with my little eye a...." Scatter objects around the pool that will encourage him to work on specific sounds. For example, for the "n" and "o" sounds you could place a couple of pool noodles in the water and for the "k" and "d" sounds you could add a rubber ducky.

Pretend Play

Pretend play is often an effective way of encouraging vocalization. Use pretend play in the pool by playing pirates with your child. Use pirate-related words to encourage articulation practice, like "Ahoy, matey!" "Prepare to be boarded," "Walk the plank," and "Arrrrr!"

Make up silly stories about the pirates with your child to encourage narration skills and sentence structure. If he has trouble getting started, give him a prompt. For example, say, "I'm Lily the Fearsome from the Caribbean and my ship is called the White Star. What is your ship called?"



Responding to Other Children at the Pool

Responding to other children is a language skill that is perfect for working on at the pool. Hang out near your child in the pool for a while so you can provide her with appropriate responses if she doesn't know what to say when another child approaches her to play. Keep it simple and remember it's ok if your child doesn't want to play with others! What's not ok is ignoring a potential playmate. Teach your child how to engage in conversation, or respectfully decline. Simply making comments or responding with a polite "no thanks" are the first steps in more meaningful conversations!

Will it Sink or Float?

You can do this one at home, school, or in the pool. If you're doing it at the pool, take a bunch of different pool toys and see which ones float and which ones sink. Make sure to use the words "float" and "sink" while demonstrating this for your child. Many of the toys will float so make sure you find some that sink (like diving toys) as well. Invite other kids to join you and make a prediction! Just try to avoid the "Will Mommy's iPhone float or sink?" discussion...

SUMMER SCIENCE EXPERIMENTS

Do a quick search on Pinterest or Google for “preschool science experiments” or “summer science experiments”, and you’ll get more ideas than you’ll know what to do with! Most use household items, and the messy ones can be done outside. Some only take a couple of minutes, while others require a little more patience, so choose accordingly! Once you’ve found your experiment, use the following guide to make it fun and meaningful.

MESSY MONDAY, THINKING THURSDAY...

There’s a reason why your kids do so well at school and fall apart on school breaks...school is PREDICTABLE. Choose one day of the week for your experiments! Your kids will look forward to it, and it can help you be prepared so you are not experimenting on the fly. Give it a catchy name, like Messy Monday, and go for it!

HOURS OF FUN

The actual experiment might only take a couple of minutes (or seconds!), but you can make it last for hours. Involve your child in every step of the process.

(1) *Gather Materials.* Print the experiment or pull up on a device and then gather materials together. Discuss each material...what is it used for in our house? Where can I get each item? Is it natural or manmade? Is this material safe for kids or does it require a grownup?

(2) *Read through the procedure.* Just like cooking (which is also a FANTASTIC language activity!), scientists need to know the WHOLE plan before starting!

(3) *Make predictions.* Make a prediction by recording your thoughts on a phone or device. If your little one isn’t verbal, use whatever communication system you have in place to answer simple questions, discuss ideas, etc! Keep it as simple as necessary, and no prediction is a bad one!! Even better if it’s way off...more to discuss later.

(4) *DO THE EXPERIMENT.* Just do it! Involve siblings and friends and give everyone a job, even if your little one is the “official observer” or “expert holder”. If it can be done more than once, do it multiple times to see if you get the same result!

(5) *What happened?!?* Have big kids record results. Will it be quick?? Take a video on your phone for review again and again.

(6) *Clean up!* If not too much trouble, have your child play as much of a role in cleaning up as getting it all out.

(7) *Recap.* Fast forward to dinner time...was daddy at work all day? Pull out the video, and have your child narrate the experiment to dad! Support your child’s verbal skills and prompt as needed.



THE MORE THE MERRIER

Got big kids?!? Involve EVERYONE! If you are making something explode in the driveway, it is sure to attract some neighborhood kids. Make sure you have enough supplies to do it more than once!

SUIT UP!

Make it even more fun by playing the part of the mad scientist! Don a kitchen apron or one of Dad’s old shirts, put on swim goggles for “safety”...be creative! Kids LOVE this stuff, and the more hype you attach to it the more fun it will be.

Need ideas? Here are some common preschool experiments for you to find on Pinterest!
A quick trip to the Dollar Store and you're all set!

Elephant Toothpaste

Growing Gummy Bears

Dancing Raisins

Mentos Geyser

Static Electricity Butterfly

Magic Milk

Magnetic Slime

Hot Ice

Balloon Magic

Ice Cream in a Bag

Exploding Bags

Candy Experiments (lots for Pop Rocks!)

Bubble Snake Maker

DIY Sidewalk Chalk Paint





Summer Break! NowWhat?

Social Skills/Communication

Play Skills

- Children 2-5 year old learn about their world through play and through doing.
- Create opportunities for imaginative play:
 - Using household items, you can create scenarios from familiar books and social situations (example, pretend to go to bed/wake up)
 - Talk to your child at eye level.
 - MODEL MODEL MODEL appropriate play and turn taking skills.
- Create opportunities for turn taking:
 - Begin by using duplicate toys (if possible), and then transition to having only one toy utilizing turn taking skills with your child.
 - MODEL using “my turn” and “your turn”
 - Begin turn taking with the parents turn being brief (2-5 seconds) and the child’s turn lasting longer. Over several days, continue turn taking to lengthen the child’s wait time between turns. *Only give the child a turn if he/she is calm.

Emotions

- Use social stories and other simple stories focusing on emotions. They are great ways to talk about feelings. They are most effective when read frequently and when calm.
- Calm down visuals can be used as a tool to help your child communicate his/her feelings and emotions. (make these easily accessible to your child, i.e. magnets on your fridge)
- Create a photo album of family members expressing different emotions.
- MODEL emotions during imaginative play, exaggerate emotions during daily activities.



[illegible]

