

## Language, Cognitive & Affective Development

- **Welcome Song & Gathering**
  - **Hello, Hello! Can You Clap Your Hands?**

“Hello, hello! (wave one hand, then the other)  
Can you clap your hands? (clap)  
Hello, hello!  
Can you clap your hands? (clap)  
Can you stretch up high? (stretch towards the ceiling)  
Can you touch your toes? (bend down and touch your toes)  
Can you turn around? (turn around)  
Can you say “hello”? (wave, then say hello)  
Can you stomp your feet? (stomp your feet)  
Hello, hello!”

## Social, Physical & Attention Development

- **Purposeful Play Stations** -Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.

### **Fine motor/Sensory Station: Homemade Lava Lamp**

- You will need:
  - Water Bottle
  - Vegetable Oil
  - Food Coloring
  - Alka Seltzer
- First empty your water bottle! Drinking water is important!
- Fill your water bottle 2/3's full of vegetable oil
- Mix the food coloring of your choice into your water
- Pour the water in to fill your water bottle almost to the top
- The water will sink to the bottom! That is because water has a higher density and is heavier than oil! They will not mix.
- Break your Alka seltzer tablet into four pieces
- Drop the first piece into your water bottle and watch what happens!

### Gross motor station: Do the Hustle!

We can't go back to the 60's/70's without learning to do the Hustle!

- First, take four steps forward
- Then, take four steps to the back
- Now take four steps to the right while turning
- Then take four steps to the left while turning
- Now we're doing to do the Saturday Night Fever move! Point your finger up in the air, then bring it down towards your opposite side hip. Repeat eight times!
- Now make two fists and roll them in front of your body to the right for two counts, then to the left for two counts. Repeat!
- Now for the last four counts do a ¼ turn to your left and prepare to repeat all the steps!

### Fine motor Station: Tie Dye

You will need:

- White clothing to dye
- Food coloring
- Rubber bands
- Bottles
- Water
- Plastic bags

- First, soak the item/s your dyeing in 50/50 water vinegar solution for about an hour
- After an hour, wring out the items so they are no longer dripping wet. They should still be damp.
- Now it is time to start folding or scrunching your item to make the pattern that will show up after the dye has settled. A few examples are: stripes, bullseye, spiral or free form.



- To create the stripe pattern you will need to fold your item back and forth like an accordion. The more folds you have the more stripes you will get. Rubber Band to keep the folds in place. The stripes will go one direction and the rubber bands will go the opposite direction. For this pattern you can dye it all one color or change colors between the rubber bands as shown in the picture.
- To create a bulls eye patter. You will lay your item out flat. Pinch where you want the center of your bullseye to be and pull up. Tie rubber bands going down to keep it in that shape. The more rubber bands you use, the more circles you will have at the end. Dye each section a different color or alternate between two colors.
- To create the spiral pattern lay your item out flat. Pinch where you would want the spiral to start. Start turning the area you pinched, the rest of the item should start to wrap around. Tie rubber bands around your wound circle to make an asterisk pattern. Dye each pie shape alternating colors or different colors.
  - To create the random tie dye effect lay your item out. Scrunch or bunch together the item. The tighter you bunch it the more white you will have at the end. Wrap the bunch with rubber bands. Now you can either cover it with different color dyes all over (careful not to put too many colors or it will create a muddy brown) OR you can cover the item with ice and coat the ice with different colors. As the ice melts the dye will create a fun pastel pattern on the shirt. You can also do this in the winter with snow!
- With all the dyes be sure to coat well with dye so that it can absorb into crevice's of the shirt. The tighter you gather and tie your rubber bands the more white you will have at the end.
- Be careful adding too many colors as they can mix together and create a brown.
- Once you have your dye applied to your item let it sit for 6-8 hours or more. The longer the dye has to absorb the more vivid your colors will be.

- When you are ready, rinse the dye out of the item. Some people say rinsing in salt water helps preserve the color. When most of the dye is rinsed out you can wash and dry by itself. Do not wash with other items as more dye will come out.
- Now rock your custom made item! Send a pic of your creation to [programs@gigisplayhouse.org](mailto:programs@gigisplayhouse.org)



**Good-bye** - Celebrate successes and remind of upcoming programs, activities and events.

- **It's our time to say goodbye!**
- It's our time to say goodbye to Mommy, it's our time to say goodbye to mommy, it's our time to say goodbye to mommy, say bye bye bye bye.
- Repeat with Daddy, sister, brother, everyone!

**BONUS Fine Motor Station: Sharpie Tie Dye**

- You will need:
  - A white or pastel item to dye
  - Sharpies or other permanent marker (washable markers will not work as the pattern will be removed in the wash)
  - Rubbing alcohol (isopropyl)
- Make sure you have a well ventilated area or you work on this outside. The sharpies and isopropyl have a strong smell.
- Take the item you want to be dyed and lay it flat. If you do not want the colors to bleed to the other side place cardboard or plastic in the middle.
- Draw a pattern or design on your item with permanent marker.
- When you are done drawing spray or use a dropper to add rubbing alcohol (isopropyl) on top of your design. This will cause the design to spread and make a water color effect instead of the sharp lines from the sharpie! Continue to add rubbing alcohol until you like your design. The more you add, the more your design will spread.
- Let sit for an hour. Rinse, wash and dry on it's own.
- Rock your new look!

