

### **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 Window Clings**

You will need:

- Elmer’s Glue
  - Dish Soap
  - Food Coloring
  - Plastic Wrap
  - Paint Brush
  - Tape
  - Optional: Cooker Cutters
- Mix together two Tablespoons of Elmer’s Glue, two drops of dish soap, and food coloring (as many drops as you need to reach the color you want).
  - Repeat with all of the different colors you want to use.
  - Tape down a sheet of plastic wrap to the table, pull it taught. This will make it easier for you to paint on.
  - Paint a thick coat of your mix onto the plastic wrap. Create designs right onto the plastic wrap! You can use the cookie cutter to help form shapes. Place a cookie cutter down and fill the inside with your paint mixture.
  - You can also put a coloring sheet under the plastic wrap and use that as a template for your designs!
  - Let your designs dry for 8+ hours. Drying time will depend on the thickness of your paint. Best to leave them overnight if possible.
  - When dry, peel your design off the plastic wrap and stick onto window!
    - If they get too dry and will not stick, add a little water to the back of them. (wiping them down with a damp paper towel works well too!)

**Gross Motor Station: Breathing Exercises**

- Balloon breathing – sit in a comfortable position and place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through your nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a balloon. Continue breathing in and out until your imaginary balloon gets as big as it can be! Once it is all blown up, release it to the sky and rock side to side.
- Shoulder roll breathing – As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breath slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.
- Take 5 breathing – Place your hand out in front of your with your fingers spread wide. Starting at the outside base of your thumb trace up your thumb as you inhale and down your thumb as your exhale. Continue tracing up and down your fingers as you inhale and exhale. Repeat on the other hand.
- Bumblebee breathing – Sit comfortably. Gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as your slowly breath out.
- Tummy breathing – Lie down on the floor and place a small stuffed animal on your stomach. Breath deeply in through your nose and feel the stuffed animal rise, then breath our through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.
- Elephant breathing – Stand with your feet wide apart and your arms dangling in front of your body like an elephants trunk. As your breath deeply through your nose, raise your arms up high above your hear. Then slowly swing your arms down again as you breath out through your mouth.

### **Fine Motor Station: Dream Catcher**

You will need:

- Paper plate (cheap, uncoated plates work best)
- Yarn
- Crayons/Markers/Colored Pencils
- Sequins/Glitter/Stickers
- Feathers
- Pony beads
- Glue
- Scissors
- Hole Punch

- With a parent or guardians help, cut out the center of the paper plate leaving just the outer ring.
- Take your hole punch and make holes along the inner edge of the ring. You will also want to put one or two hole/s at the top of the ring for hanging and three at the bottom to hang feathers.
- Cut three strings of yarn and tie a feather at one end. String beads on the yarn and attach the other end to your plate. Repeat for the three holes on the bottom of the plate.
- Next cut a length of yarn to string across the middle of the plate. You will want this to be a long piece so you can thread it across multiple times.
- After tying off the yarn at one hole, weave the yarn through the holes across the center of the ring to create a web. While weaving you can also add beads for decoration. This web will catch all the bad dreams and the good dreams will get through the spaces in between.
- Attach the yarn through the hole/s at the top to hang your dream catcher.
- Now use your imagination to create a dream catcher that will work for you! Using crayons, sequins, glitter and stickers decorate your dream catcher (on one or both sides).



### **Good-bye (5 Minutes):**

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.
- Repeat with Daddy, sister, brother, everyone!

**BONUS Sensory/Fine Motor Station: Dream Jars**

Items you need:

- Mason Jar
  - Tissue paper
  - Scissors
  - Modge Podge
  - Paint brush
  - Glow stick
- Cut tissue paper into squares (one to two inches work well). For added sparkle, find tissue paper with glitter in it!
  - Paint a section of the mason jar with modge podge and cover with tissue paper squares. Continue until the entire jar is covered working section by section so the modge podge does not dry before you get to it.
  - Once dry, paint or write in sharpie on the top "Dream Jar".
  - Put a glow stick inside for a special nightlight that will keep the bad dreams away and collect all of the good dreams!
    - To add handwriting and literacy work you can have your child write their dreams on paper and place them into their dream jar.