

### Language, Cognitive & Affective Development

- **Welcome Song- 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.

#### **Sensory Station: Moon Sand**

- You will need:
  - 8 Cups of Flour
  - 1 Cup of Oil (I like baby oil or coconut oil but any oil should work!)
  - Large bowl
  - Optional: Food Coloring
  - Optional: Glitter!
- First, pour 8 cups of flour into a large mixing bowl
- If you are using food coloring you will want to mix a few drops in with your oil and mix
- Pour 1 cup of oil in with your flour
- Mix well!
- Add glitter or beads to add extra texture to your moon sand
- What can you create with it? Can you draw a star? Make a moon. Draw a rocket?
- The SKY is the limit with moon sand!

#### **Gross motor/social station: Two Dice Movements**

- You will need:
  - Just yourself!
- We are going to roll two dice. One has a speed and the other has a space movement
- We have to do each space movement in the speed we rolled. Fast moon walk, slow moon jumps

**Fine motor/Sensory Station: Puff Paint Planets**

- You will need:
  - Card Stock or construction paper (black recommended)
  - Chalk
  - Elmer's Glue
  - Shaving Cream
  - Ziploc Bag or paintbrush
  - Flour
  - Bowl
  - Measuring Cups
  - Food Coloring or paint
  - Optional
- First you will want to draw a space background on your construction paper
  - Chalk works well for coloring on black construction paper
  - Draw small circles and mark an x on them. They look like sparkling stars!
- When you're happy with your backdrop we can start on the planets!
- Mix together 1 ½ cup of shaving cream, ½ cup flour and ½ cup of glue. Make sure all ingredients are combined but don't over mix. You will want to see bubbles in your mixture.
- If you want multiple colors, separate your mix and add food coloring or paint to your different bowls.
- This creates your puffy 3D planets! You can use a paintbrush to create the planets OR put your mixture in a Ziploc bag and seal tight. Cut off the tip of your baggie and you can pipe out your mixture to make the planets!
- Let dry.
- Check your artwork the next day. Have the planets grown? How does it feel?

**Fine Motor Activity: Yoda Puppet**

- You will need:
  - Brown Paper lunch bag
  - Green Construction paper, white paper, black construction paper
  - Brown marker
  - Scissors
  - Glue
  - Optional: Googly eyes
- Place the brown bag fold side up.
- Start by cutting two, two-inch stripes of white construction paper. They should be the length from inside the fold of the brown paper bag to the opening of the bag. Glue them down, they should be touching the sides of the bag and there should be a space in the middle.
- Take your green construction paper and cut a square the size of the bottom of your brown bag. Glue down.
- Cut two bunny ear shapes from your green construction paper. Glue one to each side of your bag. These are Yoda's ears!
- Glue googly eyes onto your Yoda face or create eyes out of black and white construction paper.
  - Cut a circle out of green and glue on top of the eyes to make eye lids.
- Now add details with your marker! Draw the insides of the ears, his nose and mouth!
- Place your hand inside the brown paper bag and start your Yoda puppet show!



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

## **BONUS ACTIVITY- Starlight Cup**

### **Materials**

- Styrofoam Cups
- Pencils/Toothpicks
- Glow stick or flameless tealight
- Star Stickers (optional)



### **Instructions**

- Color the foam cup black like the night sky
- Add star stickers to decorate
- Using a toothpick or pencil punch holes in the cup. Each hole will be star when lit.
- Activate the glowstick and turn your cup over on top of the glowstick
- Turn the lights out and enjoy your starry night.

