

Welcome Song & Gathering

- 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.
 - **Fine Motor Station: Surprise Rainbow**
 - You will need:
 - Paper Towel
 - One permanent black marker (must be permanent)
 - Washable markers (must be washable)
 - Baking pan
 - Water
 - OPTIONAL: Dropper
 - First you want to fold your paper towel in half
 - On the top piece of paper towel you will want to draw a large arch in RED. This is the start of your rainbow!
 - After our RED arch comes ORANGE slightly smaller inside the red arch. You will want to leave a small space in between each arch where the white paper towel shows through.
 - Continue adding your colors until you have completed your rainbow! (Red, Orange, Yellow, Green, Blue, Purple)
 - Now you want to cover each of your arches with black permanent marker. It should make it very difficult to see your rainbow underneath. Keep the white space between each color.
 - Now if you DO NOT have a dropper you want to fill your baking pan with a thin layer of water and place your paper towel on it. Watch what happens!
 - If you DO have a dropper place your dry piece of paper towel on your baking pan then add droplets of water over the black permanent marker. Keep dropping water until you have filled in your rainbow and every color is available!

Destination Discovery Purposeful Programming Rainbow Colors

Gross motor/social station: Two Dice Movements

- You will need:
 - Just yourself!
- We are going to roll two dice. One has a color and the other has a movement
- We have to do each movement and spell the color at the same time
 - Ex; Yellow Jumping Jacks
 - Y – jumping jack, E – jumping jack, L – jumping jack, L – jumping jack, O – jumping jack, W – jumping jack
- What is your favorite movement and favorite color?

Fine motor/Sensory Station: Salt Painting

- You will need:
 - Card Stock or construction paper
 - Squeeze bottle of glue
 - Table Salt
 - Watercolor paint or food coloring (If you only have regular paint we can water it down)
 - Paint brushes or droppers
 - Water
- Use your glue to draw an image on your construction paper
- When you are done drawing sprinkle salt all over the glue
- Dip into your water and then your paint. Touch your paint onto the salt.
- Watch what happens! The paint magically spreads across the salt!
- Continue painting or dropping colors onto your image until all the salt is colorful!
- Let your artwork dry

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!

Destination Discovery Purposeful Programming Rainbow Colors

BONUS Science Activity: DIY Rainbow in Water

- Five Cups – at least one clear cup is preferred
- Sugar
- Warm Water
- Food Coloring
- Measuring cups and spoons
- Baster or spoon
- Measure one cup of water in four different glasses
- Add a few drops of food coloring to each cup of water
- Measure and add a different amount of sugar to each glass
 - (2 Tablespoons – RED, 4 Tablespoons Yellow, 6 Tablespoons Green, 8 Tablespoons Blue)
- Stir in water until sugar is dissolved
- If you have a baster you will use that to squeeze up each of your colors, starting with red or your lowest amount of sugar. Add that water to your empty glass. Continue to the next color and add it on top of the red in your last glass. Continue with each color. Be careful when adding your color on top of the previous color that you gently release it so the colors do not mix.
 - If you do not have a baster then take your glass of red and pour about an inch into your empty cup. Hold a spoon above the glass that you are using for your rainbow. Slowly pour your next color onto the spoon and let it slowly overflow into the glass, this will help it from mixing with the red. Add an inch of each color carefully.
 - You have made a rainbow in a glass! The different density from the sugar water allows each color to hold it's own stripe!

BONUS Activity: Skittle or M&M experiment

- Skittles or M&Ms
- Plate with slightly raise edges
- Water
- Place your skittles or M&Ms in a circle around the outside of the plate – Make a pattern with the colors!
 - Red, Orange, Yellow, Green, Blue, Purple, Red, Orange, Yellow, Green, Blue, Purple
 - Gently pour water in the middle of the plate until it reaches your candy circle
 - Now watch what happens! The rainbow will start to form and meet in the center!

BONUS Activity: Literacy and Gross motor Rainbow Road!

- Construction Paper
- Marker or pen
- Tape
- Index cards or post its or small sheets of paper
- Start by taping construction paper rectangles together to create a long rainbow road. Let your kiddo help by cutting and taping and working on those fine motor skills! Create a cloud out of construction paper to go at the end of your rainbow as your finish line.
- On index cards write each color (red, orange, yellow, green, blue, purple, white, black)
- On two more index cards write big and small
- Player will choose one color card and one size card. Have them name an object that is the color and the size of the cards they drew. For example a GREEN CARD and the size BIG could be a tree, lawn, or car. If they answer correctly they can take a step forward. Continue until you can reach the cloud!
- To make it make it easier you can remove the size cards and just have them name something for each color. To make it more challenging you can add extra descriptors like soft and hard or have them race a sibling.