

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-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/Fine Motor Station: Ooey Goey Cookie in a Mug!**

You will need:

- 1 teaspoon oil
- 3 tablespoon milk
- ¼ teaspoon vanilla
- 3 heaping teaspoons of brown sugar
- 4 tablespoons flour
- ¼ teaspoon baking powder
- 2 tablespoons chocolate chips (or your preferred chip)
- Large Mug
- Spoon

Instructions

- Use a tall/large mug for your cookie as it can bubble up when cooking
- Combine oil, milk and vanilla in mug
- Then add brown sugar, flour, baking powder and chocolate chips.
- Mix well!
- Optional: Add a few more chips or sprinkles on top
- Microwave for 1 minute (add 5-10 seconds if you want it more cooked and less ooey goey)
- Carefully remove from the microwave
- Let it cool for a minute and enjoy!

Fine Motor Activity: Paper Plate pie

You will need:

- White Paper Plate
- Pink, red, or blue tissue paper
- Light brown or tan construction paper
- Elmer's glue
- Pencil
- Scissors

DIRECTIONS

- Cut the brown construction paper into 12 strips, a little under 1" wide
- Cut your tissue paper into squares about 2 inches
- Now wrap your tissue paper squares around the eraser of your pencil
- Dip into the Elmer's glue and press onto your paper plate
- Fill up the inside circle of your paper plate with the same method
- Glue the brown paper strips across your plate leaving a small space in between
- Turn your plate the opposite direction and begin weaving the rest of the paper strips in and out. Go above the strip, then below, then above, then below. Continue until all strips are glued down.
- Go around your plate and trim off any extra



Gross Motor Station: Food Dances

- You will need:
 - Just yourself and some space to dance
- Peanut Butter Jelly – Step out and turn your foot in towards your body. Bring it back to center and then do the other foot. Arms should be going out and in, out and in.
- Spaghetti – Make a wave with your arms! Hold them out to the side and start at one hand making a wave with your arms until you get to the other hand!
- Banana Split – One arm goes up straight above your head, then the other arm goes straight above your head. Then bring the first arm down to your side like you're peeling a banana, then bring the other arm down to your aide. Repeat!
- Coffee Grinder – Make two fists with your hands and hold them straight out in front of you. Now make a big circle going towards your body and away from your body. While your arms are grinding the coffee take your right foot and go up on your toe and kick your heel out. Now do the left! Repeat!
- Chicken dance – Cluck with your hands, flap your wings, wiggle on down, then four claps. Turn and repeat!
- What dance moves can you come up with? What food do they resemble?

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

BONUS ACTIVITY: Potato Masher or Fork Ice Cream Cone

Materials

- Brown and different colors of Washable Kids Paints
 - Yellow and blue Construction Paper
 - Glue
 - Rounded Potato Masher or Fork
 - Scissors
 - Bowl for the paint
 - Pom Poms
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- Dip the potato masher or fork into the brown paint (make sure the entire surface is covered in paint so that it stamps a full circle) and stamp it on the yellow construction paper to make the waffle marks for the cone.
 - Once it dries, use the scissors cut a triangle for the ice cream cone.
 - Glue it your blue paper.
 - Choose the color paint for the ice cream scoops based on the flavors you and your child want.
 - Dip the potato masher or fork into the paint (make sure the entire surface is covered in paint so that it stamps a full circle) and stamp it three times on the blue construction paper to make a triple scoop ice cream cone. With a fork you will have to make the circle shape yourself.
 - Glue pom poms on the ice cream scoops for the sprinkles.
 - Add a red Pom pom for the cherry on top!

