



VOLUME 2 • APRIL 6

BEACON HEIGHTS AT HOME

WEEKLY ACTIVITIES FOR PRESCHOOL FAMILIES



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WEATHER

Spring in Indiana is the perfect time to talk about weather with little ones because we get to experience a little bit of everything: rain, sun, wind... and sometimes (we hate to say it) even snow! Take advantage of this wacky weather and have fun exploring both inside and out with your little ones this week!

RAIN

RAIN ART

Wet days in the forecast? Your kids won't mind if they have this fun activity to look forward to!

MATERIALS

Coffee filters -or- paper towels -or-heavy weight paper
Washable markers
Tray or cookie sheet



PROCESS

Color, color, color your coffee filters with washable markers. Let your kids take the lead on this- the more color the better!

Lay your colored pieces on a tray or cookie sheet, taping or weighing down with small rocks if it's a windy day.

Set your tray out in the rain, checking back often to see what happens to all that color!

No rain? No problem! Use a spray bottle, a watering can, or the shower to get the same cool effect!

RAIN SOUND SHAKERS

Materials:

- 1-5 containers with lids (i.e. plastic bottles or jars, left-over containers, empty and clean yogurt containers, etc.)
- Items to make rain/thunder sounds (sand/salt, uncooked rice, dried beans, small rocks, etc.)

Process:

Decorate container(s) as desired.

Fill container(s) halfway with any small items you have at home Start with an item that will make a quiet sound (i.e. sand/salt).

For the next container, use an item that will make a louder sound (i.e. dried beans). Continue filling containers halfway with items that will make louder and louder sounds.

To make a rainstorm, start shaking the quieter container and work up to the loudest container. To make the rainstorm end, work your way from the loudest shaker to the quietest shaker.

Experiment with different items and containers. What sounds do they make? Are they loud or soft? High-pitched or low-pitched?



BATH TIME FUN!

Rub-a-dub-dub! What's the forecast in the tub?



Bath time is an excellent tool for play time fun! And what is more fun than getting clean and creative at the same time?! Would you like a blue sky with white fluffy clouds in your bath? Or is the bathroom stormy with rainfall today? Or is there a rainbow, complete with color mixing fun? Add food coloring to your bath water to transform water to your desired weather front. (It won't stain!) Shaving cream makes great fluffy "clouds." You can make it rain by using old Tupperware/ plastic bowls or cups/ or old, cleaned food containers. Poke many small holes in the bottom of said container and let your child fill it with bath water. You could use multiple containers, each one with different sized holes to create different results. Is there a light rain or a downpour? If you're brave and in a wintry mood, add some ice cubes and see how long it takes them to disappear.

RAINBOWS

COLOR HUNT

We love a good rainbow color hunt! Such a simple activity that can be expanded in so many different ways. Grownups, you can set this up by finding one item corresponding to each color of the rainbow and setting it on the floor. Then challenge your child to see if they can find more to add to the piles! (Don't forget to play "backwards"- shout out a color and have your child put away something from that pile... clean up complete!)

Want to get outside? Go on a color walk and make observations just like a scientist! Set up your little one with a piece of paper that you've made spots of color on, then let them check off the colors as they see them!



EAT THE RAINBOW

Most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber and antioxidants. Translated for kids, this means fruits and vegetables are both beautiful and good for your body!

Let's make lunch (or any meal/snack time) a game we can do together. Including your child in preparation in the kitchen can build excitement, a sense of responsibility and pride with the finished product. Can we find healthy items to eat that are the colors we see in a rainbow?



Small amounts of a variety of items can encourage your child to try new fruits and vegetables. Muffin tins are a great tool; you can put a small amount of each colorful item into its own individual "cubby." It's a fun twist on a plate! Or you could try to make the shape of a rainbow with your healthy treats!

WIND & CLOUDS

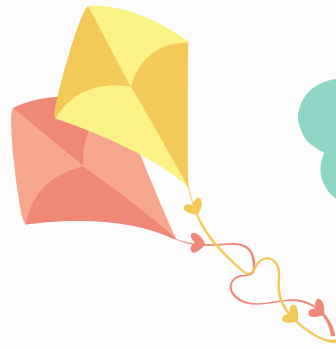
KITES & WIND CATCHERS

Materials:

- A base for your wind catcher (paper plate, paper towel roll, stick, etc.)
- Materials that will fly in the wind (i.e. streamers, strips of light-weight cloth, strips of tissue paper, etc.)
- Tape or stapler
- String

Process:

Decorate your base as desired. Using tape or a stapler (glue doesn't hold up to the wind well!), attach your flying materials to your base. Take your wind catcher outside. Hold onto the base and run. You may also want to use string to attach it to a fence, tree, etc. and watch the wind blow it around!



WIND EXPERIMENTS

Use things you have around the house (or outside) to help your preschooler explore how air and wind can move objects!

SUGGESTED MATERIALS:

- cotton balls
- string or yarn
- feathers
- leaves
- tissues
- paper
- ... basically anything light weight!

PROCESS:

Play with how wind of any kind can make things move. Encourage children to use their breath to move an object across the table. (Play a game to see who can get the most cotton balls off the table first! Use a straw for extra challenge!) Have fun making paper fans and then see if you can make things move as you fan them. Pick up leaves on a windy day and watch as they blow away. **Play and explore!**

IT LOOKS LIKE SPILT MILK...

What do clouds look like to you?

Try making some interesting cloud paintings just like in the story!

Materials:

- Paper
- Paint
- Popsicle stick (optional)

Process:

Fold a piece of paper in half, open it back up, then squirt a few blobs of paint on one half of the paper. Let your child play with moving that paint around if desired (a popsicle stick works great! Then fold the paper back up, press, and open up for a fantastic big reveal!

SUN

SUN PRINTS

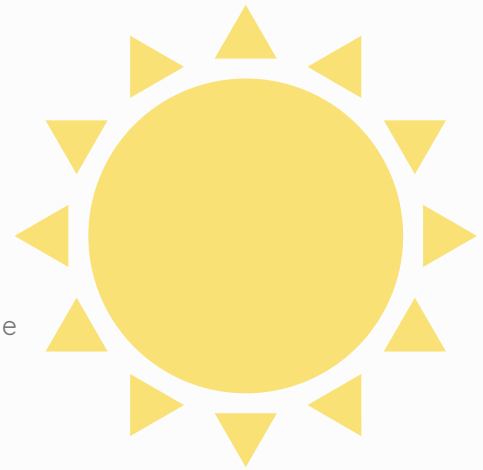
Materials:

- Dark colored paper
- Small household items with unique shapes

Process:

Set your dark colored paper in an area that gets several hours of direct sunlight (a windowsill, counter, table, or outside space).

Set your small household items on the paper. After a few days, remove the items. What changes do you see? Why do you think this happened?



SHADOW PLAY

Take advantage of a sunny day to play with shadows!

- Go outside 3 different times of day, and have your child stand in the same spot (mark with sidewalk chalk) each time. Trace their shadow in chalk each time. What do they notice?
- Let your child take out some of their toys and stand them in the sun. Let them trace the toy's shadow with sidewalk chalk -or- bring out paper and trace the shadow with crayons or markers.
- Take your shadow for a walk! Walk around your neighborhood, encouraging your child to observe their shadow the whole way. How does it change as you pass different objects? Does it ever disappear? Why do you think?



No sun? Bring the shadow play indoors with a flashlight and a dark room! (You can even print out your own shadow puppets with the attached document) What shapes can you make with your hands? What kinds of shadows do your toys make? What changes when you move closer to/farther from the light?

MAKING SUNSHINE

Sometimes in life we just need to create our own sunshine, literally. :)

Materials:

- Sheet of paper
- Crayons/ Markers/ Paint
- Scissors (child sized, preferably)
- Bowls for your child to trace (optional)

Process:

Draw a large circle on your piece of paper. Cut it out. Draw a smaller circle in the center of the larger circle. (Older children can trace the outside of a bowl to aid in the circle/ sun making.) Let your child color or paint the paper whatever colors make them think of sunshine. Your child can then cut small slits from the outside of the circle to the edge of the smaller circle, all the way around. This will create the sunbeams. All done! Now where did we put the sunscreen...



SNOW

SNOW DOUGH

It may be spring outside but it wasn't too long ago snow was a part of our daily life! Here are a few fun recipes to try to recreate a little winter wonderland play at home!

Option One:-

- 1 cup baking soda
- 1/2 cup constarch
- 3/4 cup water



Mix the ingredients in a saucepan on the stove. Turn the heat to medium-low. Stir the mix for about 5-8 minutes. Once the mixture begins bubbling, you are almost finished. Keep stirring. Take your pan off the heat when your mixture has formed a ball. ADULTS- Carefully knead your mixture. It will be HOT, so be cautious. Once your dough has cooled to be warm to the touch, its ready to be played with!

Option Two:

- 5 cups baking soda
- 1 cup hair conditioner

Combine in a large bowl. Mix until the dough has an even consistency and texture! (You could also cut the amounts of the recipe in half to make a smaller batch.)

Option Three:

- 2 cups cornstarch
- 1 cup hair conditioner

Same directions as Option Two.



EXTEND YOUR PLAY...

- What kind of animal tracks can you make in the snow with your animal toys?
- How about car tracks? Truck tracks? Tractor tracks?
- Could you use items you have on hand to find eyes, nose, and mouth pieces for a snowman?
- Can you write some letters of your name in the snow with a tooth pick?

FROST EXPERIMENT



Try this fun experiment to make real frost inside!

MATERIALS:

- Metal can
- Ice
- Water
- Salt

PROCESS:

Fill your can with ice, then about 1/3 of the way with water. Sprinkle a couple of generous tablespoons of salt over top. Shake the can gently then wait about five minutes.... when you come back, there should be a layer of frost on the sides of the can!

Let your child feel the frost and maybe even draw in it with their finger. See if you can find frost in nature on a cold morning.



ICE PAINTING

Materials:

- Ice cubes
- A blender (if desired)
- Tray
- QTips
- Small bowls or cups
- Food Coloring
- Dish Soap)

Process:

In a small bowl or cup, prepare your paint with one part dish soap, two parts water, and food coloring (one or two drops at a time until desired color is reached). Mix well. Repeat with different colors.

Place ice cubes on a tray and paint using QTips.

Try using "snow" instead of ice cubes. This can be made by putting ice cubes in a blender or in a heavy-duty plastic bag and having your child use different materials (a heavy stick, child-friendly hammer, a soup can, etc.) to crush the ice.

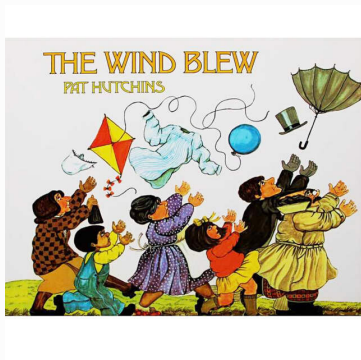
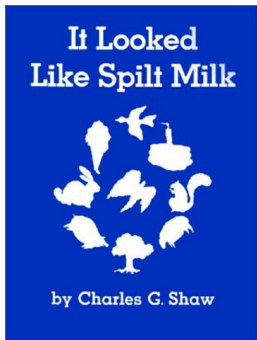
Painting on ice is a great way to help us grownups remember that art in preschool should be all about the process, not the finished product!

STORIES & SONGS

You are going to LOVE these weather stories and songs!

Go to: kidlitcrafts.net/beaconheights-videos

Password: [beaconheightsfamily](#)



WIND, OH WIND

Wind, oh wind, oh wind I say
What are you blowing away today?
A hat, a hat, a hat I say
I am blowing a hat away!

(replace “hat” with any other object!)

5 LITTLE KITES

(tune: five little ducks)

Five little kites up in the sky
Flying, flying way up high
Twisting and turning all around
Then the wind stops And one falls down

Four little kites up in the sky...

Three...Two...One...

No little kites up in the sky
Flying, flying way up high
Twisting and turning all around
Then comes the wind and they all fly again!



ITSY BITSY SPIDER

The itsy-bitsy spider
Went up the waterspout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the itsy-bitsy spider
Went up the spout again

(replace “itsy-bitsy” with “little baby,” “great big,” or your child’s other ideas!)

SINGIN' IN THE RAIN

I'm singin' in the rain, just singin' in the rain
What a glorious feeling!

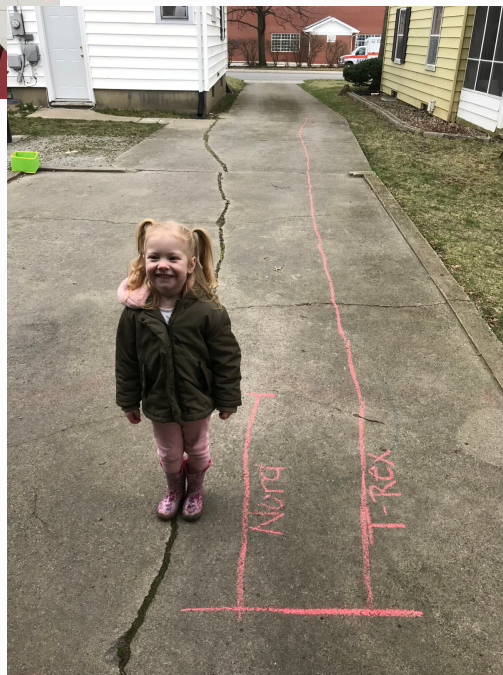
Ah chi chacha, ah chi chacha, a chi chacha cha, whoo!
Ah chi chacha, ah chi chacha, a chi chacha cha, whoo!

(Second time add “thumbs up,” third time add “elbows back,”
continue adding “knees together,” “toes together,” “tongue out.”)



LAST WEEK'S FUN

DINOSAURS!



"Play gives children a chance to practice what they're learning."

MR. ROGERS

Email anna@beaconheights.net with pictures of your weather week fun to be featured in our next newsletter!