



VOLUME 9 • MAY 25

# BEACON HEIGHTS AT HOME

WEEKLY ACTIVITIES FOR PRESCHOOL FAMILIES



## OUR SUMMER FAVORITES:

TREATS

- 1, 2

INDOOR FUN

- 3, 4

OUTDOOR FUN

- 5, 6

WATER PLAY

- 7, 8

- BOOKS

- 9

## SUMMER!

Is there anything better than being a kid in summer? The days feel endless and the nights are full of fireflies; it's basically magic. ✨ We sure have missed seeing your kiddos, but we are excited for them to have a spectacular few months. We thought it would be a fun send-off to hear some of our teachers' summer favorites so you can try them at home! It's finally time to dust off your kiddie pools, throw on your sunglasses, and get ready to soak up some summer fun!!



# FAVORITE SUMMER TREATS

## "ICE CREAM" ART PRINTS

You don't have to load up on sugar to enjoy some ice cream fun this summer! Try this super easy and satisfying process art activity:

### Materials:

- Muffin baking pan
- paint
- paint brush
- paper
- Something to draw with -or- brown paper triangles for the "cones"

### Process:

- Flip the muffin tin over so the flat bottoms are facing up- this is your printing surface!
- Provide your artist with a variety of paints and let them have fun painting the tin circles. (This is a great sensory experience- such a different surface to paint on!)
- Lay a piece of paper flat on a tin circle, pressing down and smoothing out with your hand
- Carefully lift off the paper and be amazed at your printed scoop of ice cream!
- Repeat, repeat, repeat... the printing process is so fun... make sure you have plenty of paper handy!
- Add paint to the baking pan as desired, or wash off and start all over again!
- Once your scoops of ice cream are dry, draw triangles or glue on construction paper triangles for the cones.

I love ice cream!



ANNA

Chocolate ice cream is my favorite!



JUDY

## JUICE POPSICLES

Miss Carrie remembers loving juice popsicles as a kid!

The basic method is to pour juice into an ice cube tray, stick a toothpick in the middle of each cube mold and freeze. To keep the toothpicks in place, you can put cover the top of the tray with plastic wrap or tin foil before inserting the toothpicks.

You can also experiment with mixing flavors or layer flavors (fill the ice cube tray halfway with one type of juice, freeze, then fill it up the rest of the way with another type of juice).

What are these flavors called? Grapeapple? Chermango? Pinorangeberry?

My favorite snack is the one after my nap! Also, popsicles.

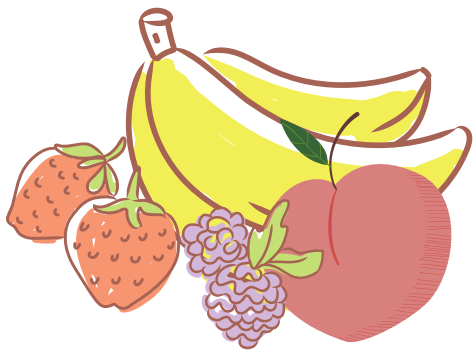


CARRIE

Making paper popsicles is also fun! What shape are they? Stars? Hearts? Do they have sprinkles? What do the different colors taste like? Will you sell them at a popsicle stand? How much will they cost?



# FAVORITE SUMMER TREATS



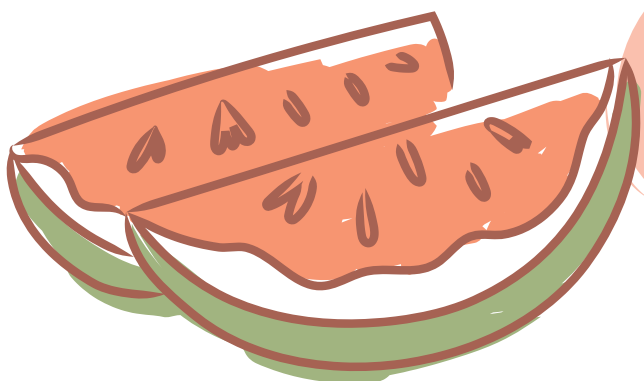
## CHEF (YOUR CHILD'S NAME) 'S FRUIT SALAD

Independence is the name of the game with this recipe! Let your child choose whatever fruit they feel like eating. Talk about what you'll need to do to prepare the fruit. Does it need washed? Peeled? If it needs peeled, let your child be the peeler. Then let your child get out the cutting board and a butter knife or child safe knife. Letting children cut soft fruit builds confidence and fine motor skills. Depending on age and experience, preschool children may be able to cut harder fruits like apples. If they want to cut raspberries, go for it! Blueberries? Sure, why not! This is their creation! Then throw all their wonderful cuttings into a bowl and enjoy! This recipe is simple, yet teaches so much. Letting your child choose the items they want to eat makes them feel empowered and cutting their own food? That's icing on the cake!



I love fresh fruit in the summertime!

**MICHELLE**



Ice cold watermelon is my favorite summer treat!



**LINDA**

# FAVORITE INDOOR FUN

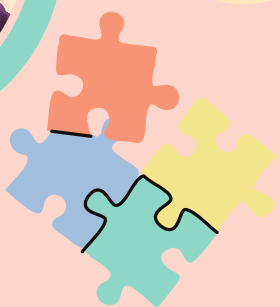
## MAKE YOUR OWN PUZZLES

Puzzles are such a great indoor activity for when you need a little down time. Have you ever tried making your own?



**JUDY**

**I think working on jigsaw puzzles is so fun!**

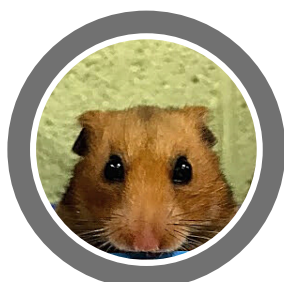


### Materials:

- Paper or cardboard
- Markers, crayons, or paint
- Scissors

### Process:

- Draw, color, or paint a picture on the paper
- Cut into several large pieces (smaller pieces for puzzle experts!)
- Enjoy your very own puzzle!



**COCONUT**

**I like to make comfy spots to nap in!**

## INDOOR OBSTACLE COURSES

When you need to release some kid energy but can't go outside, obstacle courses are the way to go!

- Line up chairs to go under, over, or across
- Scatter pillows on the floor for a session of "The floor is lava!"
- Use masking tape lines for balance beams
- Designate areas for jumping jacks, one-legged hops, or spinning in circles



**LINDA**

**My favorite indoor activity is knitting.**



**We like making indoor obstacle courses when we can't go outside.**



**ANNA**





# FAVORITE INDOOR FUN



I love to get creative when I'm stuck inside!

**MICHELLE**

## Recipe 1:

Mix together equal parts washable paint and dish soap. Add flour a little bit at a time until you find the consistency you want for your paint. (The flour will allow the amount of paint to go further and it will make the colors more opaque.)

## WINDOW ART

I am sure you have spotted the beautifully decorated windows and doors throughout the city. Here are two recipes that will allow you to join in the fun! Be sure to watch Ms. Michelle's video as she attempts this at home!



## Recipe 2:

1 cup flour  
1 cup dish soap  
1 cup water  
food coloring

Stir until all lumps are gone then separate into as many bowls as the colors you desire. Then add your food coloring.

## PUPPETS

Ms. Carrie also likes to create puppets and puppet shows! There are so many ways to make puppets! A paper bag, an old sock, a popsicle stick, a spoon, even your hand! What kinds of puppets will you make? What else do you need to make your puppet? String or yarn? Markers? Glue? Paper? Buttons? What story will they tell in your puppet show? What will you need for the puppet show? A table? Scenery? Invite your family and your stuffies to come see the show!

My favorite indoor activity is napping on the couch.



**CARRIE**



# FAVORITE OUTDOOR FUN

## SIDEWALK CHALK PAINT

Sidewalk chalk is always fun, but you can take it up a notch with your very own sidewalk chalk paint! Don't forget to involve your kids in the mixing process... that's half the fun! (Check out Ms. Anna's video for a demonstration!)

### Materials:

- 1 cup water
- 1 cup cornstarch
- food coloring
- muffin tin (or other small containers)



### Process:

- Mix together the cornstarch and water until no lumps remain
- Divide the mixture into the muffin tin spaces (or other small containers)
- Add a few drops of color to each portion
- Enjoy painting!

I love painting outside with my kids!



ANNA

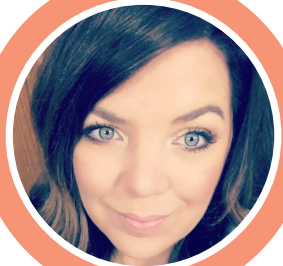
## FLOWER PRESSING

### Materials:

- Flowers
- Parchment paper
- A book
- Weights or heavy books



I love all the beautiful flowers that grow in the summer!

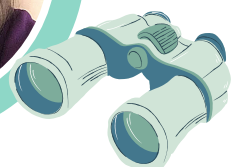


MICHELLE

I love hiking in nature!



JUDY



# FAVORITE OUTDOOR FUN

**My favorite outdoor activity is napping on a blanket in the shade.**



**CARRIE**



## PICNICS

Carrie also thinks picnics are fun, too! First, what food will you pack for your picnic? Sandwiches? Apples? Fruit salad? Will you take something to drink? How will you eat the food when you are there? Will you need plates? Napkins? Forks? Cups? What else will you need? A blanket? Bug spray? Sunscreen? Toys? A ball? A frisbee? Bubbles? Wipes? A book or two? A mask? A pillow for your nap? How will you carry all of these things? In a picnic basket? A backpack? A wagon? The trunk of your car? The basket on your bike? Where will you have your picnic? The park? Your back yard? Your front yard? Now that you've done all the hard work of planning and packing for your picnic, enjoy!

## GOING ON A PICNIC



Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you bring the oranges?  
Yes, I brought the oranges.

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you bring the apple juice?  
Yes, I brought the apple juice

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you bring the sandwiches?  
Yes, I brought the sandwiches

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you bring the ice cream?  
Yes, I brought the ice cream

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you bring the carrots?  
Yes, I brought the carrots

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you plan for naptime?  
Yes, I planned for naptime.

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day  
Did you bring salad?  
Yes, I brought the salad

Going on a picnic, leaving right away  
If it doesn't rain, I'll stay all day



*What else do you want to bring for the picnic?*

# FAVORITE WATER PLAY

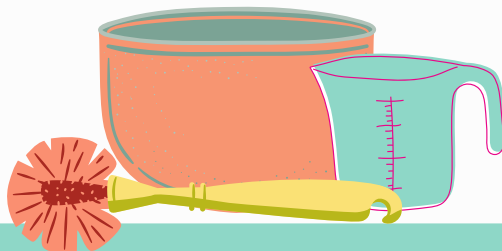
## BACK TO BASICS

Sometimes scaling back and trying the most simplistic ideas can reap great rewards. A simple summertime favorite in my home was filling up the baby pool (you can also use a low height storage container) with water and letting my boys pick items from the kitchen to bring outside. Lots of cups, turkey basters, funnels, ladles, bowls etc. This activity often turned into an afternoon of bathing oneself (bathing suits recommended), one's sibling (not sure that was intended plan) and watering the flowers in the yard. You can even add a bit of food coloring to spice it up.

I like to keep it simple!



**MICHELLE**



## Ice Excavation

It's so fun to play with ice on a hot summer day!



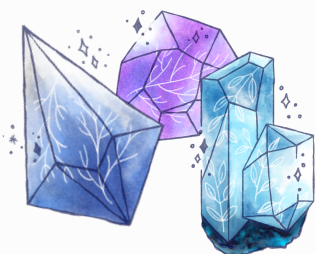
**ANNA**

### Materials:

- Water
- Various sized freezer-safe containers
- Small water proof toys, rocks, shells, etc
- Excavation tools: spoons, warm water, toy hammers, sticks, etc..

### Process:

- Fill containers with water
- Drop in your small treasures and freeze (If you want your treasures to be more evenly spread throughout the ice, freeze an inch of water, add treasures with another inch of water, freeze, and repeat.)
- Wait, wait, wait for the water to freeze solid
- Pop your ice out of the container, set on a hot sidewalk, and let your kids try to excavate their treasure!



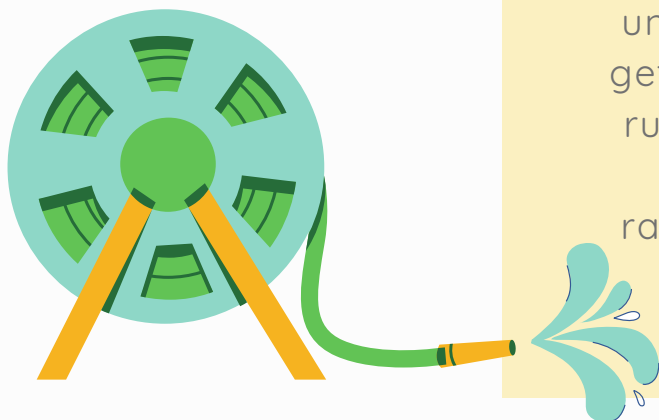


# FAVORITE WATER PLAY



**My favorite water activity is napping on a warm beach.**

**CARRIE**



## SPRINKLER PLAY

Ms. Carrie also likes playing with garden sprinkler. A sprinkler can create hours and hours of entertainment. Put on your swimmyies and get ready for some fun! See if you can jump over the sprinkler without getting wet! Can you limbo under the water? How close can you get before you get wet? Can you out-run the water? What does it feel like to just stand under it like it's a rainstorm? Can you catch any water in a bucket?

**I love listening to waves crash on the beach.**



**JUDY**

**I love to swim!**



**CINNAMON**

**Have you ever been on a water slide? That's my favorite!**

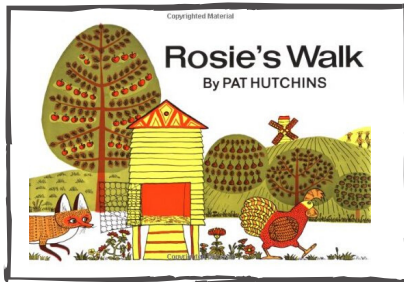


**LINDA**

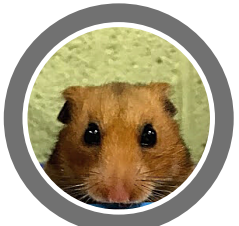
# FAVORITE BOOKS



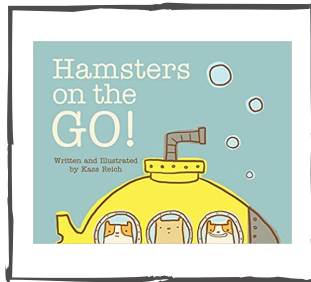
JUDY



"I like that Rosie the hen outsmarts the fox without even knowing it, by just being herself."



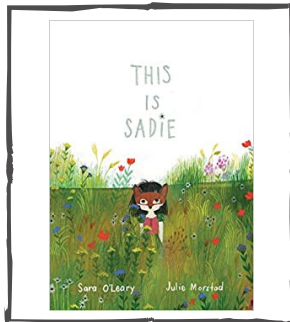
COCONUT



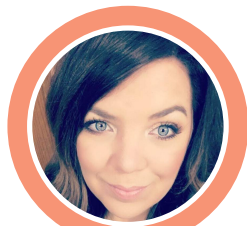
"There's nothing better than seeing hamsters out and about."



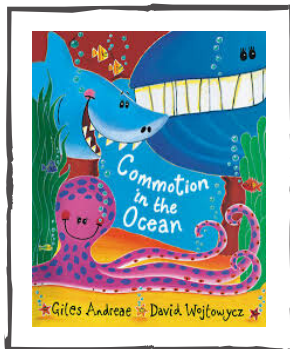
ANNA



"I love how Sadie uses her imagination!"



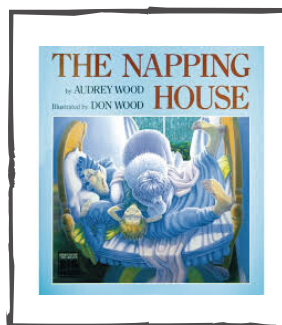
MICHELLE



"I like this book because summertime makes me think of the warm beach! Commotion in the Ocean is silly and funny! The pictures in the book are also really pretty!"



CARRIE



"I like The Napping House because it's really silly and, of course, they're napping!"



CINNAMON



"What's a book?"

Don't forget: You can place books on hold and pick them up curbside at the library!

