

Life Size Me

(Gross Motor-Art)

Using large sheets of butcher paper or rolled paper, lay them out onto the floor along with markers or crayons. (Avoid the use of pencils because there is a risk of tripping or falling during this activity, you don't want to put a child's eye out.) Have the child lay down onto the butcher paper while another child or the teacher traces the child's outline onto the paper. After they are done, Provide the children with paint, markers, or crayons to decorate their clone with. Use the opportunity to talk about healthy body concepts.



Love Pictures

(Art-Language)

Have children draw a picture of what love means to them, or a picture of love. After they have finished, have them dictate to you what love means to them.



Feely Box

(Sensory-Language)

Get out a feely box if you already have one, or make a new one by sealing up a cardboard Box with packing tape, and then cutting a hole onto the side of the box for children to stick their arms through. Cover up the opening with a small piece of cloth.

Fill the box with a variety of sensory items, such as sandpaper, Pine Cones, Cotton Balls, A damp sponge, Twigs or leave branches, Silly putty, A bag of slime, or whatever other sensory items you may have at your disposal.

Use the opportunity to talk about how all different things feel different to their body. Talk about which touches they liked best on their skin, and which ones they didn't.

Saying "No!"

(Language-Science)

Provide your children with a tape recorder and blank tape. Have the children practice different resistance methods into the tape recorder and play it back so they can listen to themselves.

