

USING RECYCLED BOTTLES TO MAKE

HOME-MADE RATTLES



WHAT YOU WILL NEED:



UNCOOKED RICE



FOOD COLOURING



SMALL PLASTIC BOTTLES



SUPER GLUE



FUNNEL

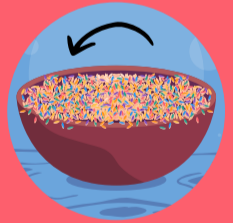


OTHER SMALL ITEMS

STEP 1: DYE THE RICE



Put some rice (about 1/2 cup per bottle) into a small bowl and cover with water. Add a few drops of food colouring and stir. Leave for a couple of minutes. Strain out the water and allow coloured rice to dry on paper towel in the sun. Leave overnight to make sure the coloured rice is completely dry.



STEP 2: GATHER THE BOTTLES



Ensure drink bottles are clean and dry. Remove any labels on the bottles so that you can see through the bottles when placing coloured materials like rice in them. Different bottle shapes and sizes makes different sounds for the little one!



STEP 3: MAKE THE RATTLE



Using the funnel, add your selection of materials to the bottle. You can put in as little or as much as you like. **FOR ADULTS ONLY**, place a small amount of super glue inside lid and allow to dry completely. If doing this with small children always supervise as it contains small parts.



MESS FREE PAINTING WITH YOUR CHILD

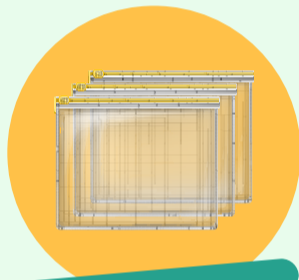
A FUN AND SENSORY PLAY ACTIVITY



WHAT YOU WILL NEED:



WASHABLE PAINT



ZIPLOCK BAG

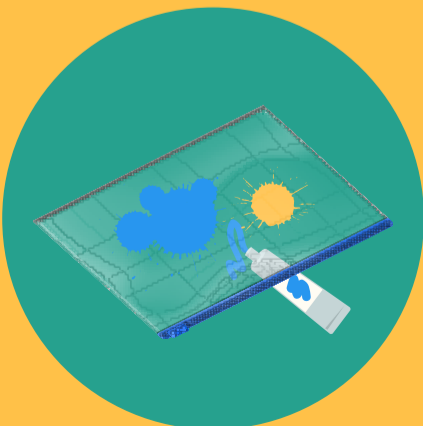


MASKING TAPE

STEP 1: SELECT DIFFERENT PAINT COMBINATIONS

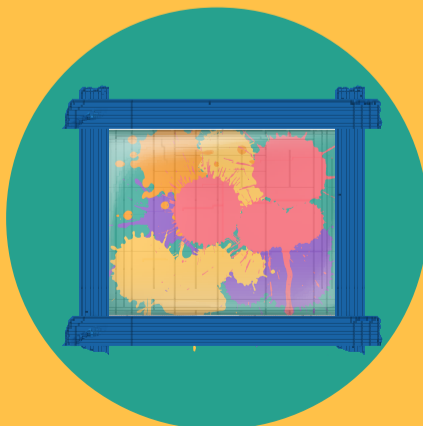
Squeeze and squirt different colors (you can try multiple different combinations each time) of washable paint into a ziplock bag.

Seal the bag tightly.



STEP 2: TAPE ZIPLOCK BAG TO A SURFACE

Tape the bag securely to a window, the floor or your toddlers' table with masking tape. This just takes couple of minutes and is completely mess and fuss-free!



STEP 3: DEMO AND EXPLORE TOGETHER

Show your child what they can do with it. Spread the paint around and make little marks on the outside of the bag with his/her hand or finger, or move it around, make shapes etc. Then let your child follow you, explore and play with it on their own for hours of creative sensory fun!

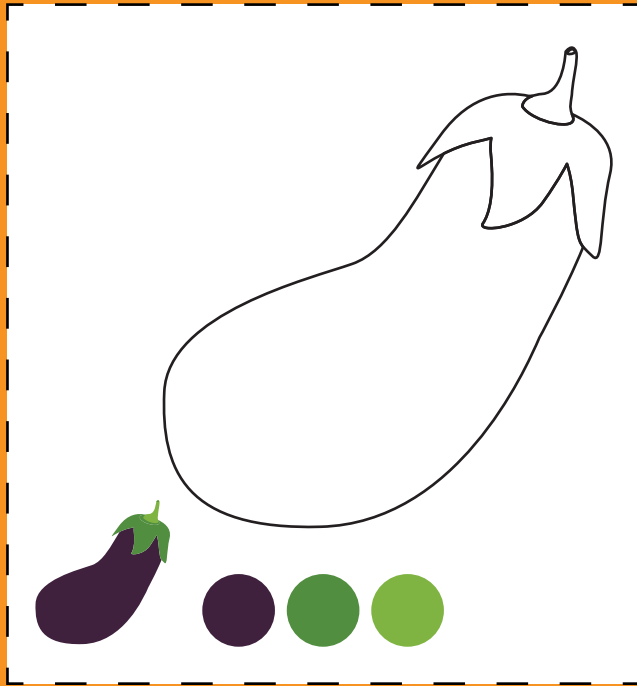


COLOURING VEGETABLES

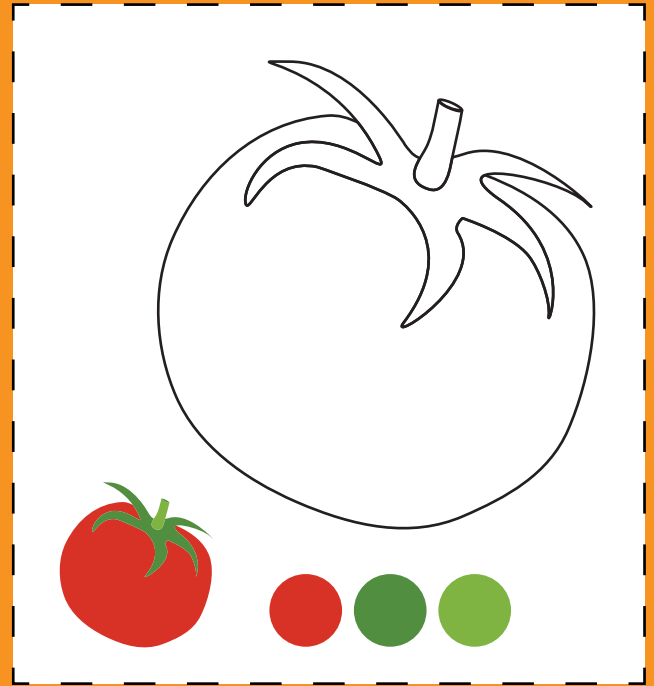
Have some colouring fun with your toddler through these exercises.

Guide your little one to colour following the suggested colour palette and hone their fine motor and word association skills in the process!

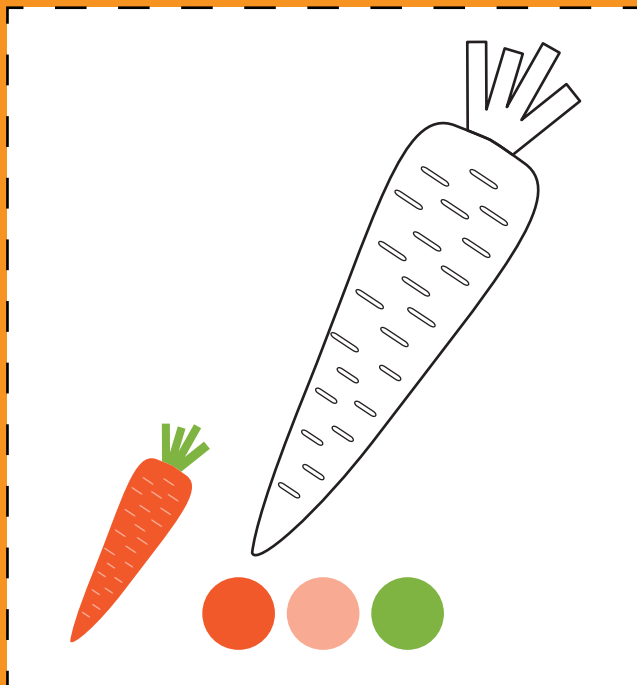
Eggplant



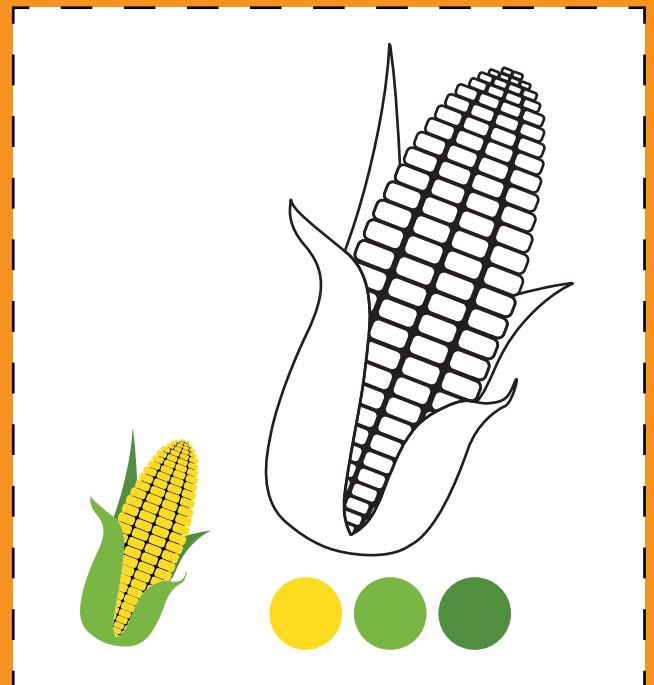
Tomato



Carrot



Corn



BUILD A PLAYHOUSE

Cardboard boxes are easy finds at home so put them into good use with this fun project: Build a playhouse with your kids, for your kids! It is an easy DIY that can be a great bonding activity and will keep your kid entertained for hours to come.

For some extra fun, consider letting your child paint and decorating it. Let their imagination develop and grow with a cardboard box and some materials.

It can be a little house or hideaway, a fort or just a cosy nook. Let your child take the lead and help foster their creativity!



WHAT YOU WILL NEED:



CARDBOARD BOXES



SCISSORS



TAPE



STATIONERY

STEP 1:



Start with an empty cardboard box. Position it on its side so that the opening is facing you.



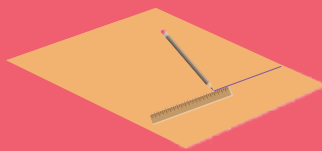
STEP 2:



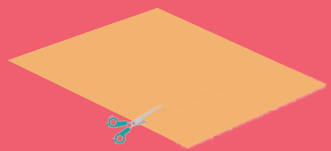
Cut off the top of the box and save the piece for later. Add tape to secure the back and bottom flaps to the sides of the box.



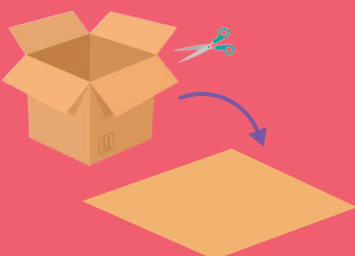
STEP 3:



Take the extra piece from step 1 and cut off around 1/4 to create the steepness of the roof. If you would like a flatter roof, cut it until it's at the desired height.



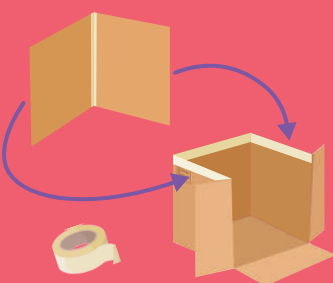
STEP 4:



From another cardboard box, cut out another roof piece that is the same size as the first. Tape the two pieces of cardboard together on one side to form the roof.



STEP 5:



Tape the sides of the roof to the cardboard playhouse and it's done! Let your child decorate and furnish with their favourite colours and toys!

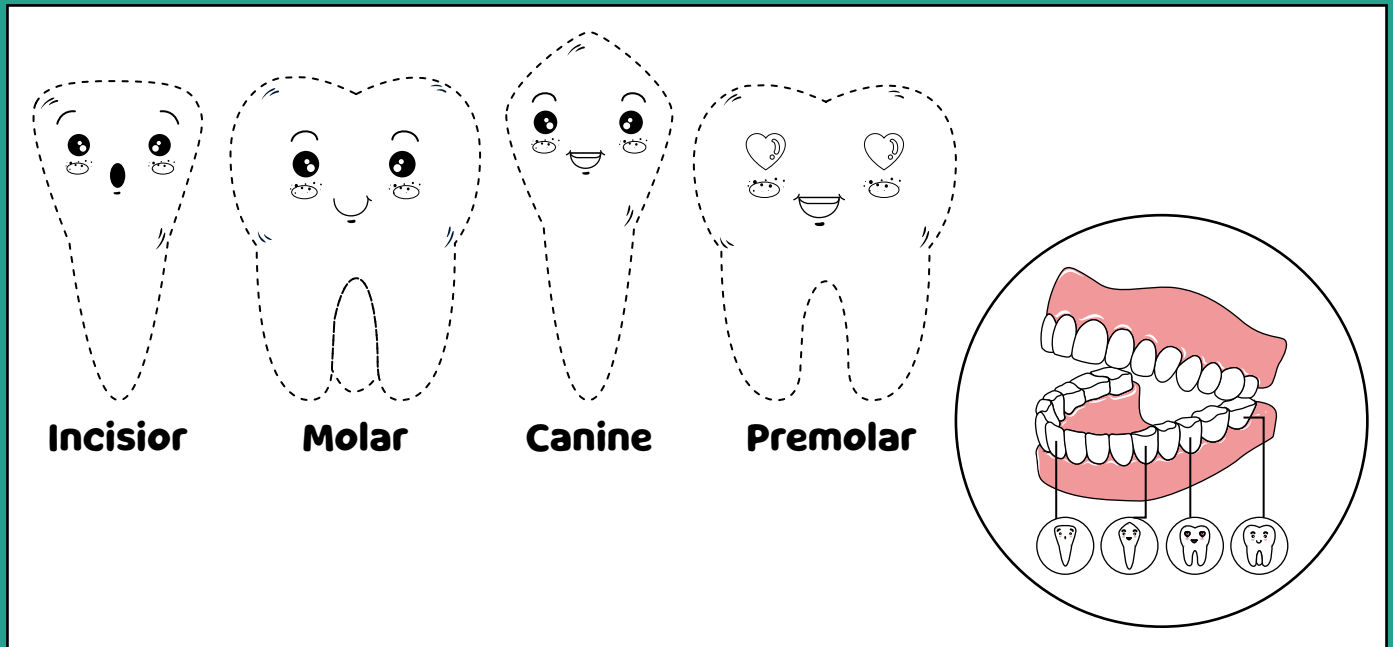


TRACE AND COLOUR

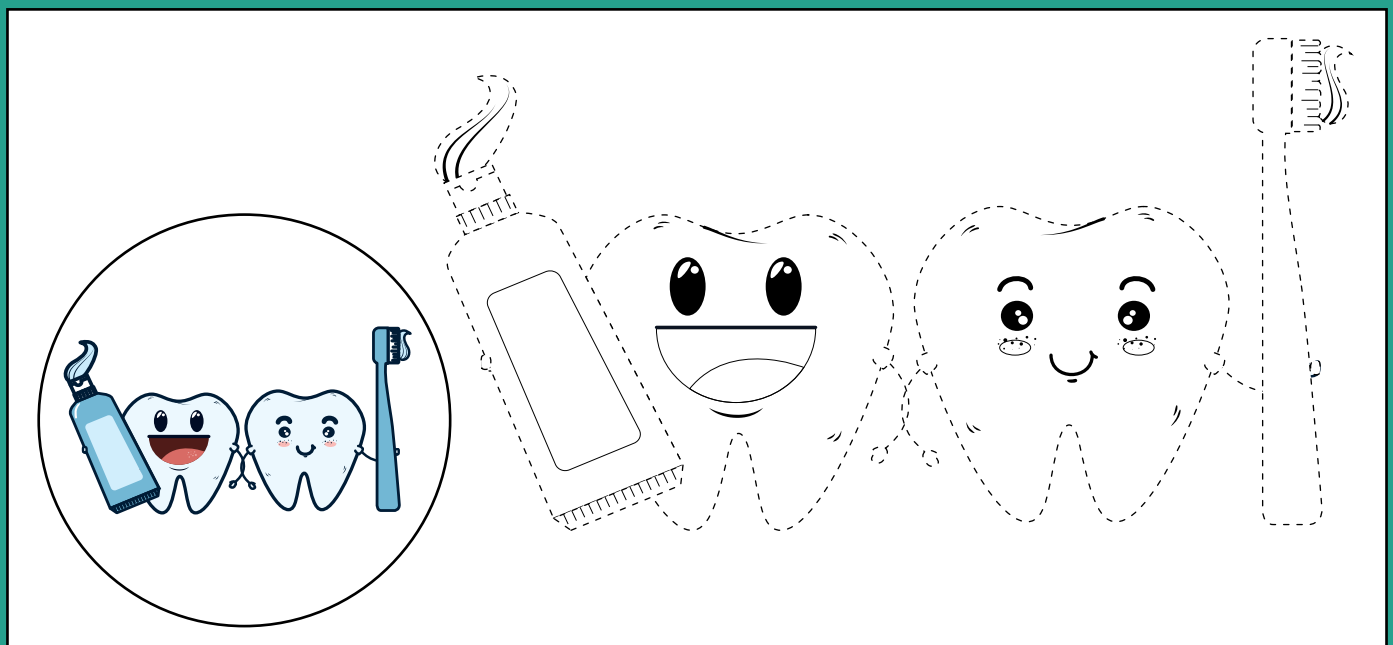
Early education on dental health is an essential first step to life-long healthy teeth. Help your toddler understand the importance of dental care with this simple Trace and Colour exercise! Have some colour pencils ready and you are good to go.

Let your toddler trace the pictures and colour them in! These pictures will serve as a useful guide in learning. Explain to your little one the different types of teeth; highlight healthy dental practices like brushing, guide your little one to protect those pearly whites!

Different Kinds of Teeth



Remember to Brush Your Teeth Twice a Day



DO-IT-YOURSELF PLAYDOH

Making home-made playdough with your toddler is so much fun. It's also easy to do!

Dough playing allows sensory seeking children to squish, squash, pound and gloop the playdough. One can create shapes, alphabets and even numbers using the stretchy dough, leading to hours of activity fun.

Ingredients

1 Cup Flour

1/3 Cup Salt

1/3-1/2 Cup Water

2-3 Drops Food Coloring

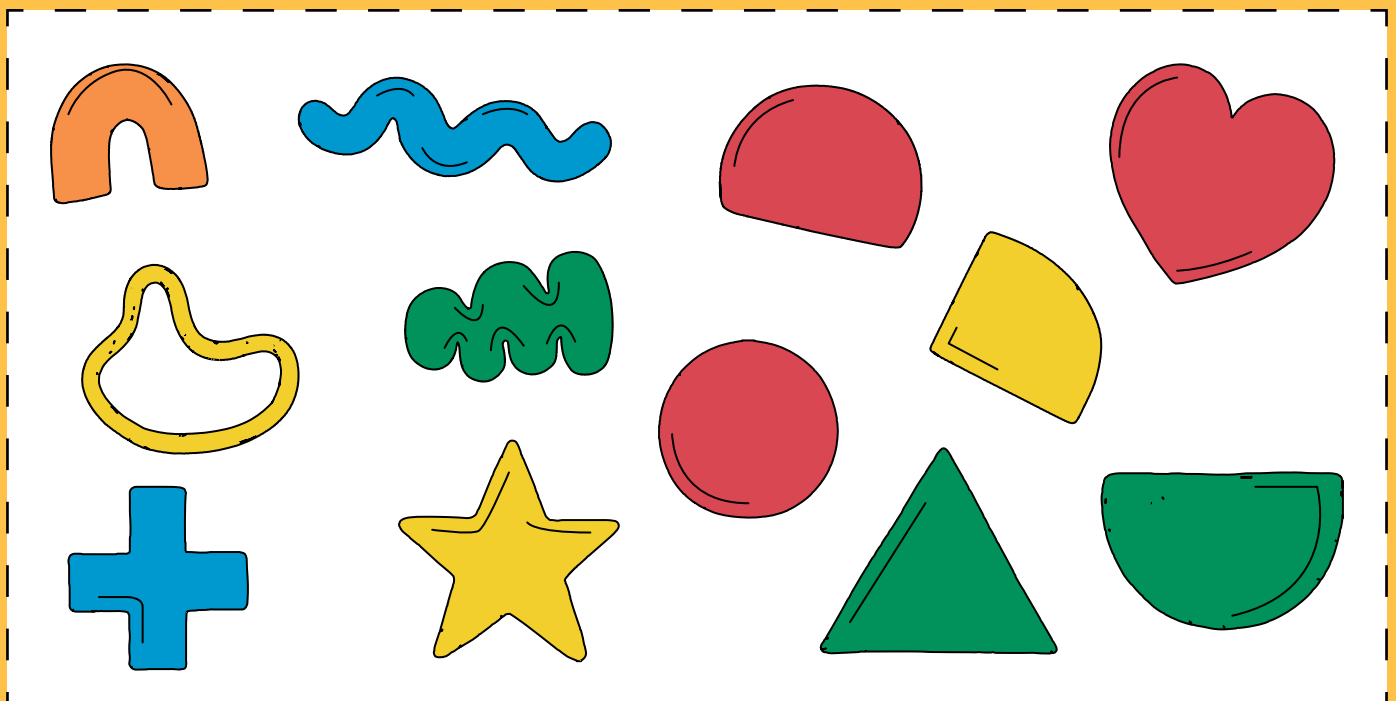
3-5 Drops Liquid Detergent

or Vegetable Oil

Instructions

1. Mix the flour and salt in a large bowl.
2. In a separate bowl, mix all the liquid ingredients.
3. Next, slowly add the liquid mixture to the dry mixture and then knead them both together.
4. Add more water by teaspoon if necessary for a proper consistency.
5. Store the playdough in an air tight container in the refrigerator.

Have fun!



COLOUR THE PATTERN

Colour your way to the Snowman by guiding your little one to follow the pattern on his scarf (green , red , green , red and so on).

When you have completed colouring , take turns to throw a dice and move along the squares on the scarf. Whoever reaches the Snowman first wins for the day !



SCOOPING SOFT TOYS INTO CONTAINERS

Scooping and pouring is a great way for toddlers' to work on hand-eye coordination, fine motor skills and finger muscles. Activate their thinking skills too with this fun and easy activity!

The materials needed are easily available. All you need is a big bowl of miniature soft toys and some containers of various sizes. Let your toddler fill the containers to their hearts' content. Be creative, inject some learning and excitement by introducing new objectives. For instance, fill the containers in order of sizes, or work in numbers by counting scoops together. Play, explore and have fun!























MATCHING FRUITS





















Guide your little one with this fun and interactive exercise which strengthens problem-solving skills.

Use a pencil or pen and draw a line to find and match their favourite fruit. After the match has been made, increase the interactivity of the exercise by calling out the fruit's name together so your child gets to reinforce learning whilst also exercising his or her fine motor skills at the same time. Start with the fruit that is most familiar and match your way through !

MATCH HALVES

MATCH HALVES

STEPPING ON BUBBLE WRAP

Lay the bubble wrap on the floor, tape it down. Have your little one run, stomp, jump, and hop across it with enough force so their feet pops the bubbles. Alternately, let them use their hands or fists.

Popping is the motivation to continue and leads to increased leg or arm strength as the result! Besides improving the fine motor skills, this activity is also highly sensory, allowing your child to feel various textures such as squishy and bubbles and hearing of the popping noise which often sparks giggles!



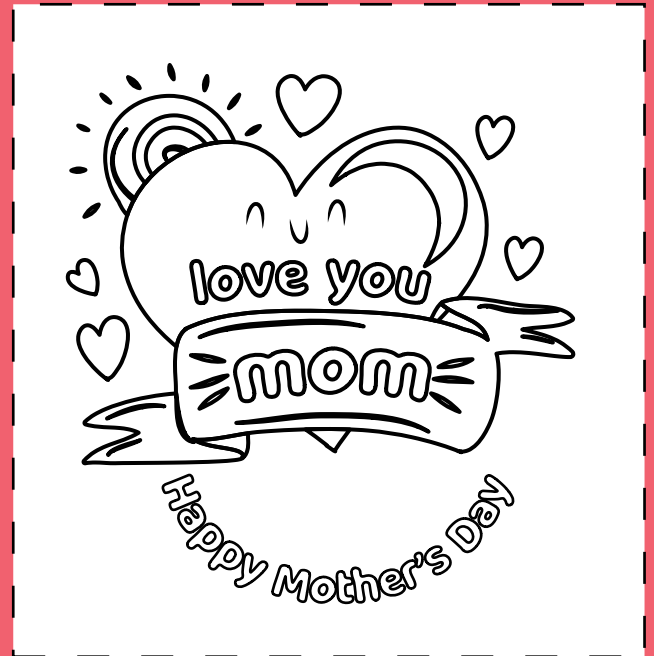
COLOURING WITH DIFFERENT MATERIALS

Colouring is a great, fuss-free activity that can keep you and your toddlers entertained and develop their fine motor skills. It's a quiet, therapeutic activity which encourages creativity and self-expression. A neat way to build their focus and concentration skills too!

Father's Day Card



Mother's Day Card



Birthday Card



Holiday Card

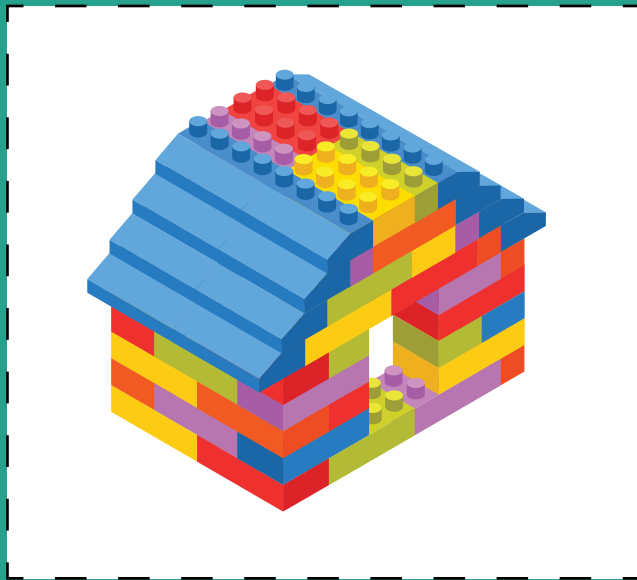


PLAYING WITH JUMBO BLOCKS

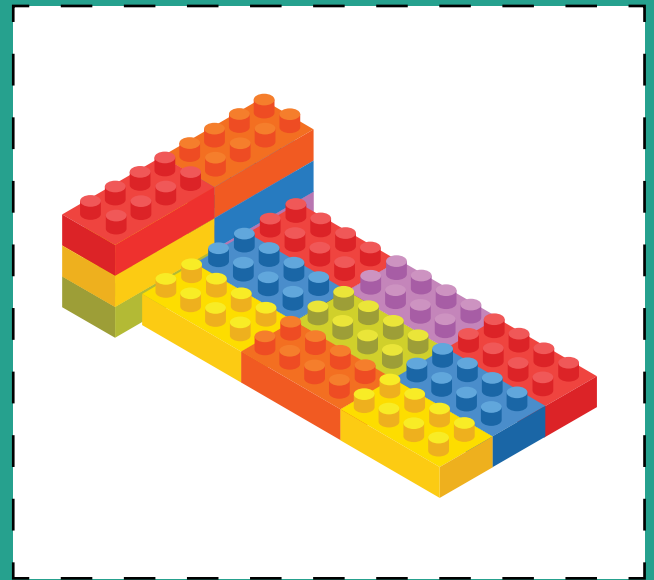
Jumbo blocks are plenty of fun, building blocks are even better. Blocks are simple yet universal toys that offer opportunities for learning and entertainment. Shifting and stacking the bigger blocks can develop your toddler's gross motor skills while smaller blocks requiring more precise motions improves fine motor skills. As your child manoeuvres the blocks and crafts their build, it can also enhance their problem solving skills as they figure out solutions step-by-step.

Build a tower or an animal, or anything to your child's imagination. Take a look at some ideas below to jumpstart your creative spurt!

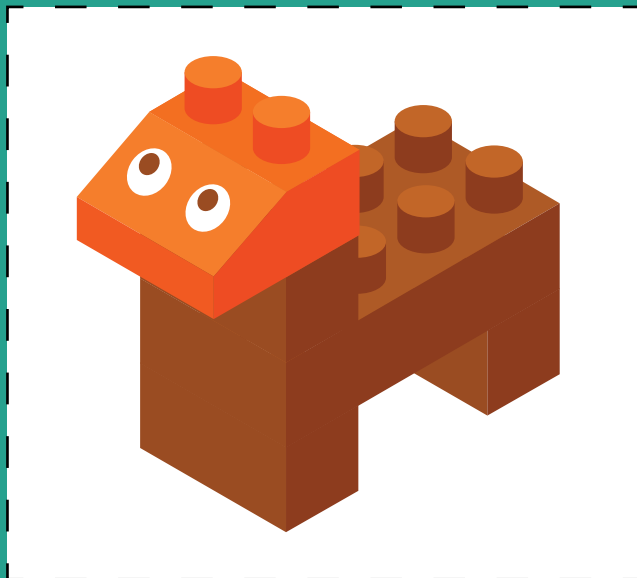
House



Bed



Animal



Trees

