

# WHITESIDE COUNTY PARENTS AS TEACHERS



Parent/Child Activities for ALL P.A.T. Families

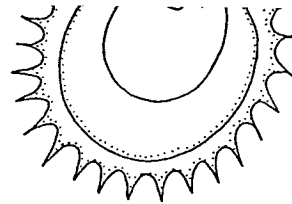
## "Special Day CELEBRATIONS"

Celebrations make ordinary days meaningful and fun. Join us as we celebrate summer with story and play time. Each celebration will feature a theme and book. Families attending will receive a copy of the book to take home. \*\*All activities will be cancelled if it rains.

*June*

### CELEBRATION #1 - "Sun Day"

Date: Thursday, June 15  
Time: 10 - 11 a.m.  
Place: Sinnissippi Park - Sterling



### CELEBRATION #2 - "Lazy Bones Day"

Date: Tuesday, June 20  
Time: 10 - 11 a.m.  
Place: Kelly Park - Morrison

Date: Wednesday, June 21  
Time: 10 - 11 a.m.  
Place: Heritage Park - Erie



### CELEBRATION #3 - "Smell the Breezes Day"

Date: Wednesday, June 28  
Time: 10 - 11 a.m.  
Place: Jaycee Park - Prophetstown

Date: Thursday, June 29  
Time: 10 - 11 a.m.  
Place: Lions Shelter, Centennial Park - Rock Falls



T H E

# Well-Centered CHILD

May 2000

## 50 Easy Ways To Have Fun With Your Child This Summer

1. Brush liquid starch or white glue on dark-colored paper. Blow dandelion seeds at the paper to see what kinds of patterns you can form.
2. Does your child have a favorite story-book character? Make up a story in which that same character does the same everyday things your child does. What would Red Riding Hood buy at the grocery store? What would the Three Little Pigs like to do at the playground?
3. Finger paint with shaving cream on a cookie sheet.
4. If your child finds a feather when you're out for a walk, get out the watercolor paint box. After washing the feather, you can use the quill end for writing or drawing by dipping it in a slightly wet paint square.
5. Have your child flatten a slice of bread with a rolling pin, spread the bread with cream cheese and jam, and then roll it up like a jellyroll for a snack.
6. Put some flour, water, and a few drops of food coloring in a plastic bag with a zip lock top. Press the air out and then tape it shut. Children like to squeeze the bag and watch the color spread through the mixture.
7. Summer is for picnics. Be sure to have at least one, even if it's just enjoying a sandwich together on the back steps.
8. Play "I'm thinking of someone you know." Give your child one clue at a time about a family member or friend until he or she guesses who it is.
9. Make a summertime snowman by mixing 2 cups of powdered soap (not detergent) with water. Add only 1 tablespoon of water at a time, stirring and squeezing after each addition until the mixture can be easily shaped. Your snowman will harden if left to dry.
10. Visit a local zoo. Before you go, play a game with your child of pretending to walk and sound like the animals you will see. When you're at the zoo, have your child look closely to find new ideas for pretending when you get home.
11. Have your child search for the very smallest leaf, stone, shell, or acorn she can find. Then have her look for the largest ones. Save them. She may find even smaller or larger ones later on during the summer.
12. Teach your child a game or song you and your friends liked when you were young.
13. Play a game where one of you gives an answer and the other person makes up a question to fit it. For example, one person says, "The answer is *green*." The other person might respond, "The question is *What color is the grass?*"
14. Go barefoot together in a puddle of warm, clean rainwater.
15. Use water and a small brush to "paint" items you collect on a nature walk. Watch the colors change when rocks, shells, and leaves turn from dry to wet and back again.
16. Find out which is hotter on a sunny day. A leaf? The sidewalk? A plastic toy?
17. Make an instant puppet by drawing a face on a wooden spoon, a peg type clothespin, a cardboard tube, or a thumb.
18. Play "Catch the Spot" by pointing a flashlight at the floor or ground and moving it from place to place.
19. Make an instant toy train: Cut the bottom of an egg carton in half lengthwise. Stick a cardboard tube over an end cup for a smokestack.
20. Pretend together. If you were an ant... a bird... a squirrel... where would you go? What would you do at night? What would you eat for breakfast?
21. Help your child give his or her dolls a bath outdoors on a sunny day. Set out a small tub of water, a bar of soap, and a few towels.
22. Off to play in the sand? Pack your imaginations-and some of these household items: a spray bottle of water to dampen the sand, cookie cutters, a plastic funnel, old spoons, gelatin molds, and old muffin tins.
23. Play a simple counting game. How many feet are in this room? How many noses? Ears? Hands?

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24. Point out the sky at different times of day. Talk about the colors you see.
25. Heat up a can of your child's favorite soup. Boil some alphabet pasta and create your own alphabet soup.
26. When you're having an especially rushed and busy day, take a few minutes to sit down and rock your child. You'll both feel better.
27. Join your child in drawing on the sidewalk with chalk. Suggest tracing around things...a hand or foot, a leaf, a toy. Then "erase" your drawings with water and a paintbrush.
28. Save empty food containers and play store together.
29. Mix equal parts of white glue and liquid starch to make homemade silly putty.
30. Put family pictures in an album.
31. Freeze a single blueberry or strawberry in ice cubes. Serve your child water with a special ice cubes instead of sugary drinks when he's thirsty.
32. Don't forget to make mud pies this summer. Start saving aluminum foil pans!
33. Get up early and watch a sunrise with your child.
34. Scribble in time to music on big sheets of paper. When the music changes, switch to a new color crayon.
35. Tell your child something you honestly like about him or her.
36. Buy a tube of refrigerated biscuits. You and your child can shape the dough into squares, circles, and triangles before baking.
37. For a relaxing activity, have your child help you mix together two cups of cornstarch and one cup of water in a large bowl or plastic tub. Then run your fingers through the mixture. It's like playing with clean, cool mud with a constantly changing texture.
38. Take an informal tour of the school your child will attend next fall. Swing on the swings, and, if possible, peek into the classrooms.
39. Show your child something in your home that's made of wood. Then go on a hunt together to see how many things you can find that are made of wood. On another day, play the same game with metal, plastic, or cloth.
40. Help your child make a funny hat by cutting a head-sized hole in one side of a cereal box.
41. Plant some radishes. They'll thrive almost anywhere, even in a window box, and will grow from seed to vegetable in a month.
42. Ask your child to find out what his shadow does when he runs. What does it do when he jumps? What about when he walks into the shade?
43. Cut an apple in half from side to side to find the star formed by the seeds.
44. Make a volcano in a sandbox. Have your child create a mountain with a cup buried in the top. Add a few spoonfuls of baking soda and pour in some vinegar.
45. Rainy days are good days to make forts using chairs, couch cushions, sheets and blankets.
46. Have your child tell you a story. Write it down, and maybe even act it out together.
47. Painting with ice cubes is a nice, messy outdoor art activity. First, help your child add food coloring to water in ice cube trays. Make lots of different colors. Then, insert Popsicle sticks and freeze. Your child can paint on paper with the frozen cubes and watch the colors blend as the cubes melt.
48. Summer is a good time to start a collection. Whether it's postcards, shells, or pebbles, be sure to find a special place for your child to display summer collections.
49. Take a mini-field trip with your child while you're out doing errands. Spend some time visiting a florist, a pet shop, a bakery, the train station, or the post office. Plan to do nothing else but enjoy the sights with your child and talk about what interests her.
50. This is the only summer your child will be exactly the age he or she is right now. Be sure to savor it. Don't forget to let your child hear out loud those words that are in your heart:

"I love you!"

