

# *FCSS Family Fun Bag Guide*



## Early Childhood Matters

*In partnership with the Early Childhood Matters Coalition! The Coalition is made up of local agencies and community members connecting resources and programming to Edson and Area with families and their early years children.*

*Check them out on Facebook ["Early Childhood Matters- Edson & Area Coalition"](#)*

*You will see a variety of information from various agencies in our community of programs they have on-going or up-coming! All contact info is provided but feel free to reach out to Sarah at [sarahm@edson.ca](mailto:sarahm@edson.ca) if you have any questions.*

Please take these guides as just that-guides. We encourage you to follow your child's lead and let them explore with the materials in the bag! Each activity has an "end product" but this doesn't mean that everyone's "end product" will be the same.

Activities are designed so some parent assistance may be needed- remember to **praise** your child while you work together!

Encourage- but don't pressure them to develop new skills (i.e. holding a crayon properly, holding scissors, cutting materials themselves), children will become more confident in new skills if we allow them the opportunity to practice them.

Remember-Communicate and engage with your child through all the activities. Doing so will keep them involved for longer, get them thinking, problem solving, and helps builds a connection with you!

***\*Activities are grouped by age- scroll to find your age group!\****

## Parent Activity

### **Wish Bracelet**

#### *Materials*

- Beads
- Thread
- Wish card

#### *You will need*

- A wish

**Make a wish. This is a quick 5 minute craft. Take the 5 minutes to yourself and enjoy a small self-care activity. Think of your goals for yourself. You can also make a bracelet and gift it to someone who you think may need a wish.**

### **Colouring**

#### *Materials*

- Colouring Page

#### *You will need*

- Markers/ pencil crayons/ etc.

### **Community programming resources**

- Including the Newest Community Directory!

# Activities for Ages Birth to 12 Months

## DIY Teethers

### Materials

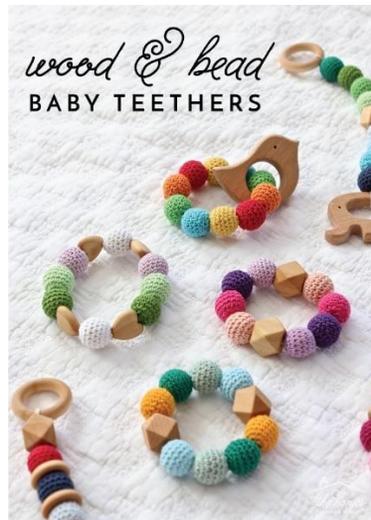
- Teether beads (10)
- Thread
- Needle

This is a fun activity for parents to make and fun for baby to play with! Always practice **CAUTION** while babies are playing with any type of teether, this has potential small parts, please remember to watch babies closely.

Teethers are great to help babies get some comfort and relief while they are teething. Babies also develop their grasp and hand- eye (hand to mouth) coordination which will later help with using feeding utensils.

For the tutorial, please follow this link <https://thehomesihavemade.com/2017/09/diy-wood-and-bead-baby-teethers/>

**\*\* ensure you use the SQUARE KNOT to ensure it is tied safely at close. \*\***



## Mess-free Painting

### Materials

- Paint (3) (use extra paint from next activity)
- Large Ziplock

- Paper

#### *You will need*

- Painters tape

Enjoy this simple painting technique with no need for bath-time after! On the paper, scoop the paint out. Do not mix, just leave it as a few blobs. Next, put the paper into the ziplock bag and seal it. Using tape, tape down the bag onto the floor so it doesn't move (if you don't have tape, just hold the bag in place). Lay baby down in tummy time position, sit them down on the floor, or lay them on their back (they can use their feet) and let them move the paint around! As they get older or have the ability to stand, you can attach it into a short window or wall! Squish it, talk about the colours, what colour is the paint making, what are they seeing/ feeling.



### **Wooden match/ memory game**

#### *Materials*

- Paint (Leave enough for previous activity)
- Paint brush
- Wooden cards (4)

Design what you would like to make your match game about. Shapes, colours, animals, etc. Paint your design onto the wooden pieces. You can paint 4 different, 2 matching, same colour or all different. Depends what you are wanting out of this game. Double side the cards if you wish!

To play, lay the cards up right for baby and let them explore on their own. When they pick up a piece say what see, "Blue Triangle, you have a blue triangle. Repeat for every piece. Even the youngest of babies will be picking up this vocabulary. Repetition is key for speech and language development.

*Thank-you to Edson mom Lisa for this great idea!*

## Activities for Ages 1 and 2 years

### Q-tip Painting

#### *Materials*

- Q-tips (10)
- Dot booklet
- Paint

This is a fun activity for your child to work on their fine motor development. Children can develop their pincer and palmer grasp while painting. All you need to do for this activity is set up your area with all the material and let children dip the Q-tip into paint and encourage them to dot into the circles that are on each page. Are they just wanting to spread it around like a paint brush? That's fine! Let them explore the materials and maybe on the next sheet they dot. Encourage and model how to do it on each page but remember not to do it for them!



### Material Match

#### *Materials*

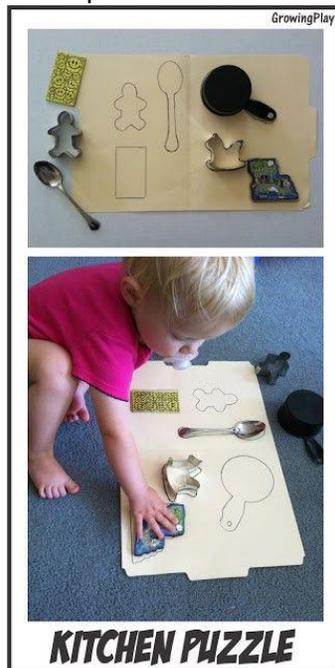
- Long paper
- Marker

#### *You will need*

- Kitchen utensils or household objects

Find 5-6 items that are unique shapes. Trace them for your toddler onto a page. They can also practice tracing as well- just be present to guide them. After, give the items to your toddler and

show them how to match each item to its shape. Talk about size and unique characteristics that can help guide them to the correct answer. This activity builds children's problem-solving skills, memory and concentration as well as helps learn identification skills.



## Caterpillar Counting

### Materials

- Coloured paper (2)
- Marker
- Pompoms

### You will need

- Scissors
- Glue

Break out the scissors to cut one of the coloured papers into strips. To work on cutting skills, draw a line for your toddler to follow and encourage them to cut along the line. Together, draw 1 large circle for a head and a varying number of circles. You can start with 1 circle for the body of the caterpillar and work your way up! Once done, glue on pom-poms into each circle and remember to count each time!

This activity develops skills like, cutting (hand-eye coordination, fine motor, coordination), math (counting, adding, patterns and more!) and don't forget about all that role modelling your doing while interacting with them!



## Popsicle Stick Puppet Story

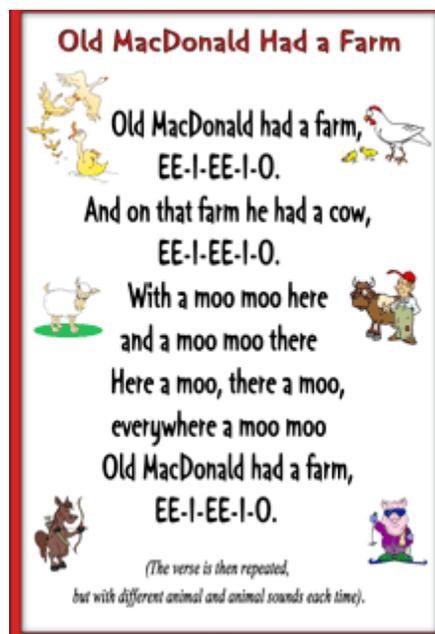
### Materials

- Popsicle sticks
- Story Print out (Old MacDonald had a farm)

### You will need

- Glue
- Crayons or markers

Children love to sing, rhyme and listen to stories. Colour, cut and glue each story character onto a popsicle stick. Once completed sing the song using each character. You can create a puppet theatre to continue the play of the story! This story is so fun, toddler enjoying making animal sounds and through songs an interactive play is a great way to recognize animals and identify and match each sound. After singing a few times, ask your child to make the sound, or identify the animal before continuing the song!



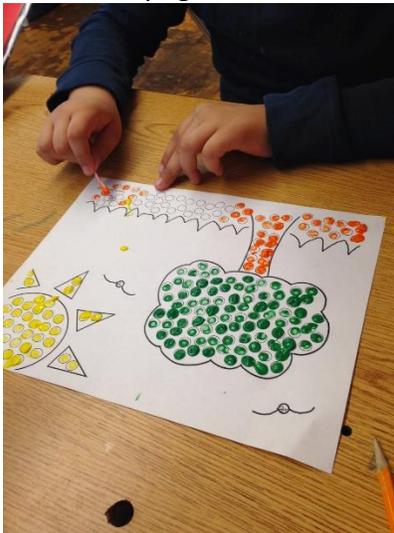
## Activities for Ages 3 and 4 years

### Q-tip Painting

#### Materials

- Q-tips (10)
- Dot booklet
- Paint

This is a fun activity for your child to work on their fine motor development. Children can develop their pincer and palmer grasp while painting. All you need to do for this activity is set up your area with all the material and let children dip the Q-tip into paint and encourage them to dot into the circles that are on each page. Are they just wanting to spread it around like a paint brush? That's fine! Let them explore the materials and maybe on the next sheet they dot. Encourage and model how to do it on each page but remember not to do it for them!



### Material Match

#### Materials

- Long paper
- Marker

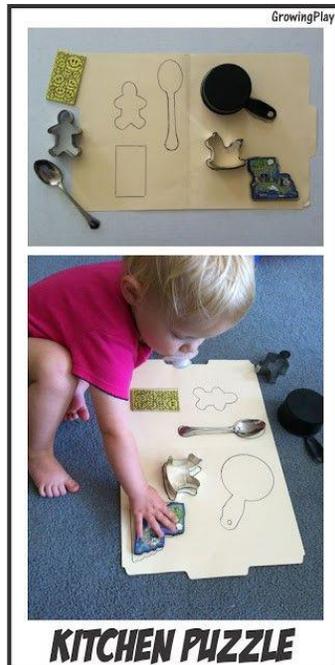
#### You will need

- Kitchen utensils or household objects

Find 5-6 items that are unique shapes. Show your child how to trace each item onto a page.. After, give the items to your child and instruct them to match each item to its shape. Talk about

size and unique characteristics that can help guide them to the correct answer. This activity builds children's problem-solving skills, memory and concentration as well as helps learn identification skills. If your child is having difficulty with a piece, don't give them the answer right away, help them problem solve, "Have you tried turning it?", "Hmm, looks like it has a big round piece, does any item you have have a big round piece?"

For more challenge. Do the tracing for your child and have them hunt for the objects around the house giving them clues to where it might be!



## Popsicle Stick Puppet Story

### Materials

- Popsicle sticks
- Story Print out (The 3 Little Pigs)

### You will need

- Glue
- Crayons or markers

Children love to sing, rhyme and listen to stories. Colour, cut and glue each story character onto a popsicle stick. Once completed sing the song using each character. You can create a puppet theatre to continue the play of the story! This story is so fun, encourage your child to help act out each part of the story as they learn it. Get them to help you blow out the houses and run away to another house! Once you have read the story a few times, see if your child can tell the story to you- even their own version is great! Doing this is great for memory, learning storytelling patterns and techniques, creativity, imagination a confidence.

## The Three Little Pigs

### Setting (When, who, where)

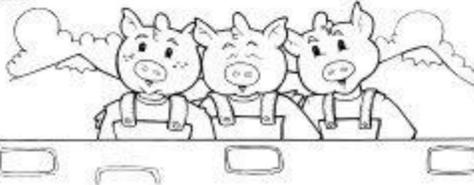
Once upon a time, there were three little pigs who wanted to live in their own homes. Together they went looking at houses.

### Beginning Event (What starts the story?)

The first little pig saw a house of straw. He thought that it would be very easy and quick to build. So he did.

The second little pig saw a house of sticks and he thought, "That's for me!" It, too, was easy to build. In no time at all, the two little pigs had built their homes. They were then free to play, sing and dance together.

The last little pig built a house of bricks. It took a long time to build, but he knew that it was very strong. It would keep him safe.



### Problem (What makes the story exciting?)

The first little pig saw a wolf coming towards him, so he ran into his house. The wolf followed him and blew the house down. Luckily, the first little pig made it to the second little pig's house. The wolf followed him again. This time he blew a bit harder and the stick house blew down too.

The pigs escaped just in time. Now they all hid inside the brick house. But again the wolf followed them. He tried to blow the brick house down but he couldn't.

### Resolution (How is the problem solved?)

The wolf decided to go down the chimney. Luckily the pigs were ready for him. They had a pot of boiling water in the fireplace. When the wolf came down he made a big splash and that was the end of him.

### Conclusion (How does the story end?)

Soon afterwards, the pigs built two more brick houses. They all lived happily ever after.

## Counting Raining Hearts

### Materials

- White paper
- Blue paper
- Heart stickers (10)

### You will need

- Glue

Start this activity by cutting out the blue paper into a cloud shape. You can have one big cloud or multiple ones. Glue the clouds onto the white paper at the top. On the rest of the page write

numbers- at your child's developmental level- 1-10, by 5's, 10's, 20's, etc. On the back of each heart write matching numbers for each one written on the page. Once done, your child can start matching. Once they find a match, they can peel the sticker pack off (fine-motor development) and stick it onto the matching number!

This is a fun activity for your child to work on their fine motor development. Children can learn and practice their cutting skills, or they can development their fine motor by peeling stickers. Talk about shapes, colours and sizes to incorporate math development and vocabulary!



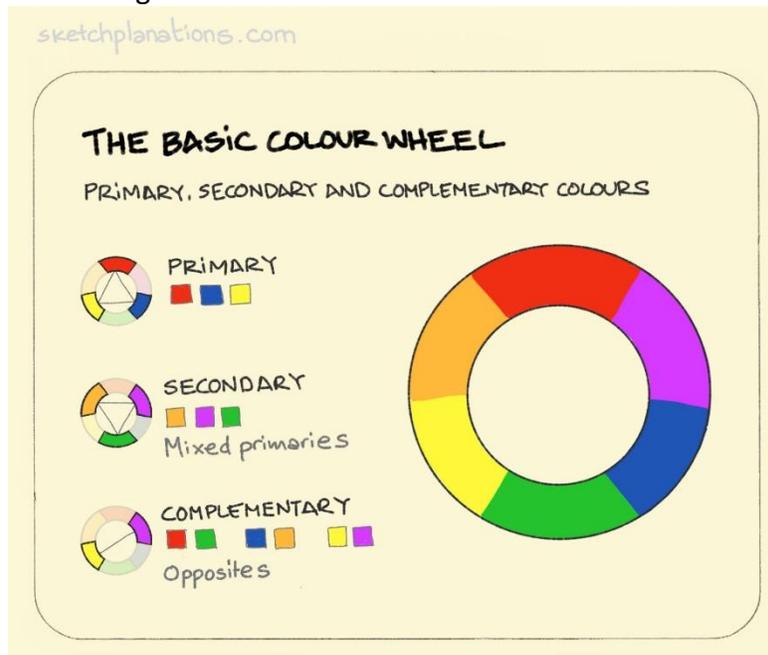
# Activities for Ages 5 and 6 years

## Q-tip Painting

### Materials

- Q-tips (10)
- Dot booklet
- Paint

This is a fun activity for your child to work on their fine motor development. Children can develop their pincer and palmer grasp while painting. All you need to do for this activity is set up your area with all the material and let children dip the Q-tip into paint and encourage them to dot into the circles that are on each page. To challenge your child, encourage them to plan what colours they are going to use before they start, where they will put it and why. You can also challenge them teaching them how to mix colours- see below for colour mixing chart!)



## Water Colour Snowflake

### Materials

- Circle templates
- Sharpie
- Paint brush
- Markers (2)

### You will need

- Water

This tutorial explains this activity best! <https://www.kitchentableclassroom.com/the-easiest-way-to-draw-a-snowflake/> it has a step by step guide.

This activity is so easy to recreate and adapt to many different pictures! And talk about an easy clean up!!



## Bird Feeder Sun Catcher

### *Materials*

- Bird seed
- Jute rope
- Shape mould

### *You will need*

- Water

Here is another fun and simple activity! Help feed the birds and other critters. All you need to do it put your bird seed into your shape mould, fill it with water then stir. Fold the Jute rope into a loop and place the ends into your mould to make a loop to hang. Place it in the freezer and wait! Once it is frozen, pop it out of the mould and find a great spot you think animals will visit. Once hanging up the ice will catch light and create a beautiful sun catcher. I recommend hanging it close to a window where you can watch to see who visits! You can make a couple feeders using the bird seed as you don't have to use it all. You can also look up other fruits and safe ingredients they might lie to eat to add to your feeder.



## **Popsicle Stick Puppet Story**

### *Materials*

- Popsicle sticks
- Story Print out (Goldy Lock and the Three Bears)

### *You will need*

- Glue
- Crayons or markers

Children love to sing, rhyme and listen to stories. Colour, cut and glue each story character onto a popsicle stick. Once completed sing the song using each character. You can create a puppet theatre to continue the play of the story! This story is so fun, encourage your child to help act out each part of the story as they learn it. Once you have read the story a few times, see if your child can tell the story to you- even their own version is great! Doing this is great for memory, learning storytelling patterns and techniques, creativity, imagination a confidence.

*See story below*

## The Story of Goldilocks and the Three Bears

Once upon a time, there was a little girl named Goldilocks. She went for a walk in the forest. Pretty soon, she came upon a house. She knocked and, when no one answered, she walked right in.

At the table in the kitchen, there were three bowls of porridge. Goldilocks was hungry. She tasted the porridge from the first bowl.

"This porridge is too hot!" she exclaimed.

So, she tasted the porridge from the second bowl.

"This porridge is too cold," she said

So, she tasted the last bowl of porridge.

"Ahhh, this porridge is just right," she said happily and she ate it all up.

After she'd eaten the three bears' breakfasts she decided she was feeling a little tired. So, she walked into the living room where she saw three chairs. Goldilocks sat in the first chair to rest her feet.

"This chair is too big!" she exclaimed.

So she sat in the second chair.

"This chair is too big, too!" she whined.

So she tried the last and smallest chair.

"Ahhh, this chair is just right," she sighed. But just as she settled down into the chair to rest, it broke into pieces!

Goldilocks was very tired by this time, so she went upstairs to the bedroom. She lay down in the first bed, but it was too hard. Then she lay in the second bed, but it was too soft. Then she lay down in the third bed and it was just right. Goldilocks fell asleep.

As she was sleeping, the three bears came home.

"Someone's been eating my porridge," growled the Papa bear.

"Someone's been eating my porridge," said the Mama bear.

"Someone's been eating my porridge and they ate it all up!" cried the Baby bear.

"Someone's been sitting in my chair," growled the Papa bear.

"Someone's been sitting in my chair," said the Mama bear.

"Someone's been sitting in my chair and they've broken it all to pieces," cried the Baby bear.

They decided to look around some more and when they got upstairs to the bedroom, Papa bear growled, "Someone's been sleeping in my bed,"

"Someone's been sleeping in my bed, too" said the Mama bear

"Someone's been sleeping in my bed and she's still there!" exclaimed Baby bear.

Just then, Goldilocks woke up and saw the three bears. She screamed, "Help!" And she jumped up and ran out of the room. Goldilocks ran down the stairs, opened the door, and ran away into the forest. And she never returned to the home of the three bears.

Watch out for next months bags!

THANK YOU! Enjoy!