

# *FCSS Family Fun Bag Guide*



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!\****

**If you are missing anything in your bag or have any questions comments or want to share photos, call/text Sarah at 780-712-3500**

## Parent Activity

### Cross Words

#### *Materials*

- Cross word print out
- Pixar Self-care tips (also can be used with the children)

#### *You will need*

- Some time to enjoy (preferably) by your self

### De-escalation Techniques

#### *Materials*

- Print out

Take a few minutes to practice some self care and put your mind to work (in a different way). Cross words and puzzles are a great tool to improve memory, keep your focus on one task, and relax your body. Use the fun Pixar self-care tips for yourself as a reminder of the little things you can do for YOU!

Use these helpful de-escalation tips to keep your self in control while your child have a meltdown. Pin this to your fridge or bulletin board to help remind you what strategy might work when kids are feeling overwhelmed.

Visit this link for an in depth look at all the techniques, why they work and when to use them!

<https://hes-extraordinary.com/de-escalation-techniques>

## Activities for Ages Birth to 12 Months

### Fairy Light Jars

#### Materials

- Fairy Lights
- Plastic container

#### You will need

- A dark(ish) room

Time to experiment with light! Turn on the fairy lights and close them into the container. In a dark(ish) space pass them to baby (or hold it). For younger babies, their eyes can follow the lights and they can practice reaching out, grabbing and wiggling. For the older babies, they are using different grasping techniques to hold the container, and play with the clasp to try and open it. They may be interested on how the lights glow. Try turning them off and pass it back to baby to see their reactions. Talk about the lights, “bright”, “light”. Use the container as a tool as well for language development “open/closed”, “on/off” (learning opposites).



### Balloon kicks

#### Materials

- Balloon (2)
- String

Blow up the balloons and tie one end to the balloon and the other end around your babies ankles. *Please tie them loosely to ensure safety!* Do the same with the second balloon. Now watch as baby kicks, wiggles and stares at the contrasting colours. If baby is more mobile they may be crawling or walking around with the balloons. Talk to them about how the balloons go with them. Do they bounce? Do they float? Watch for their cues if they like it or not and don't force them to continue. You can always come back later and try again!

For added fun, you can use helium balloons so the balloons stay floating while they kick around. You can also loosely tie it to arms instead of feet. Don't want to tie it on? Play keep up with the balloon above your baby and let them watch where the balloon goes!



## Exploring Warm and Cold

### Materials

- Freezer stick

### You will need

- Water Bottle or container
- Warm water

Freeze the ice stick that is included in the bag. Once frozen (or half frozen), fill up a water bottle or small container with warm water. During play time, put these items out for maybe to explore! That's all you really need to do! See what they do with the items. Talk to them about what they may be experiencing. For even the youngest babies, you can run the warm container and the cold stick over different parts of their bodies- remembering to say "cold" or "warm" or identifying where you are putting it. What is their reaction?

## Contrasting Cards (Ages 0-6 M)

### Materials

- Black and White cards
- Paper (black and white)

### You will need

- Scissors
- glue

Cut out each card and put it on the contrasting background colour. During tummy time set the cards out in front of baby for them to look at. Try setting the same photo (white dog and black dog) beside each other. Babies eyes are still developing, so they can see things best in strong contrasting colours like black and white easiest!



## Jell-O Play (Ages 7-12 M)

### Materials

- Jell-O

### You will need

- Water
- Bowl or tray

Make the jell-o as per directions on the box. On a highchair tray, container or bowl add in the creepy crawlies and jell-o mixture. Let set, then play!

Time to get messy! This activity uses all of the senses; taste (let your baby taste it), smell (it smells sweet, like raspberry), touch (slimy, squishy, jiggly), hearing (squish, squish!), sight (red colour, jiggly)! And that's only the Jell-o! Add in some fun toys (that can be easily cleaned) and baby can experience some added sensations.

## Activities for Ages 1 and 2 years

### Rainbow Sorting

#### *Materials*

- ½ page Paper (Red, blue, yellow and green)
- Coloured popsicle sticks (3 each colour)
- File folder

#### *You will need*

- Scissors
- glue

This is a fun activity for your child to work on their fine motor development, colour recognition, matching and identification skills. Cut out pockets of each colour and glue the edges together. Once dry, glue the back onto the file folder. Your child can match the popsicle sticks with each colour pocket by sliding them in!



## Stamping Fish

### *Materials*

- paint
- fish cut out
- paper tube

### *You will need*

- Paper plate

All you have to do for this fun activity is pour some paint onto a paper plate and dip the paper tube into the paint then stamp on to the fish! The tube makes a fun design. Try bending the tube in different ways or even making cuts into it. It shows up on the paper as different fun designs! Using different tools to create art give children the opportunity to be creative and practice their problem solving skills.



## Calm Down Jars

### *Materials*

- Glitter bottle
- Printable

### *You will need*

- Clear Water bottle

Calm down jars give children the ability to focus on something while they are experiencing big feelings. This tool is helpful when kids are feeling overwhelmed or even overloaded by sensory things. To make these jars you just need a clean clear water bottle. Fill with water (if not already) and add in the glitter bottle. Seal the lid by taping it closed or hot gluing. Give it a shake and let the glitter slowly fall to the bottom.



## Scrubbing Shells

### *Materials*

- Sea shells
- Scrub brush

### *You will need*

- Water
- Soap (optional)

Let your child practice their washing skills. Toddlers love helping and love cleaning just as much! They don't see it as a boring chore like we do! Embrace this and let them practice with cleaning tools on different objects. Shells are great because they are delicate, so they have to learn to be gentle as well!

## Activities for Ages 3 and 4 years

### Chomping Fish

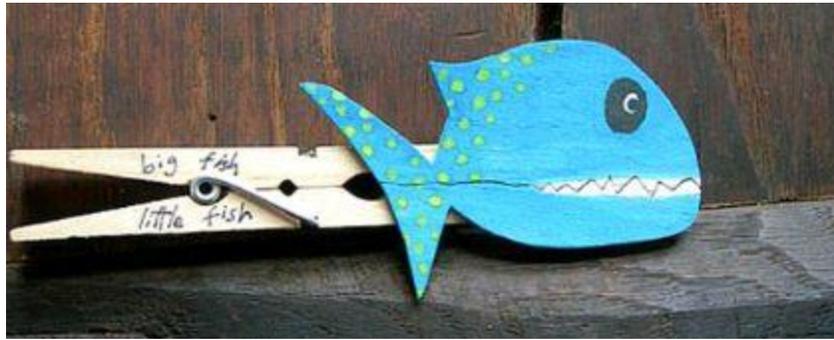
### *Materials*

- Clothes pins (3)
- Fish cut out (3)

### *You will need*

- Glue
- Pencil crayons or markers

This is such an easy and fun activity. Colour in all the fish how ever you desire! Cut them out then cut them in half. Glue each half onto one side of the clothes pin (feel free to mix and match too). Then you have your chopping fish!



## Calm Down Jars

### *Materials*

- Glitter bottle
- Printable

### *You will need*

- Clear Water bottle

Calm down jars give children the ability to focus on something while they are experiencing big feelings. This tool is helpful when kids are feeling overwhelmed or even overloaded by sensory things. To make these jars you just need a clean clear water bottle. Fill with water (if not already) and add in the glitter bottle. Seal the lid by taping it closed or hot gluing. Give it a shake and let the glitter slowly fall to the bottom.



## Salt Water Painting

### *Materials*

- Paint (blue)
- Paint brush
- Canvas

### *You will need*

- Salt (about a teaspoon)
- Small bowl

Scoop the paint out into the small bowl, add in some water to make a “water colour” type paint. Paint all over the canvas. Feel free to add in more colours to your ocean or mix in a bit of the green paint as well! While the paint is still wet, sprinkle salt over top and watch what happens. It makes a fun ocean effect on your canvas! You can leave you picture as is or add in some other ocean animals. You may need to spread the salt around a bit so there isn't big clumps.



## Seashell Friends

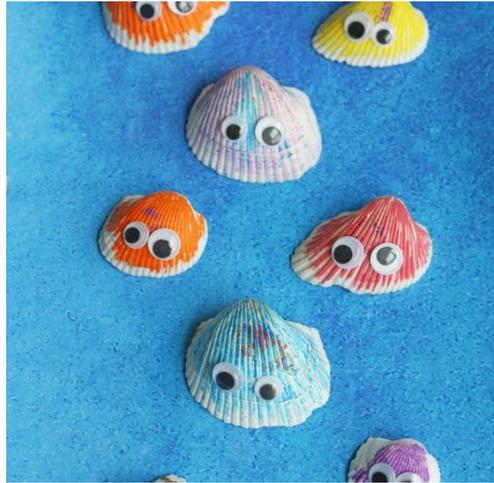
### *Materials*

- Seashells
- Paint brush
- Eyes
- paint

### *You will need*

- glue

Paint all of your seashells (you should have green and some leftover blue) and let dry. Once dry, glue on the eyes! This cute little craft gives seashells some fun and look great on a shelf! For some added fun, try adding the salt from the previous craft onto the shells and see what happens. Give your shells names and ask your child what they think they did before they came to your house. Creating characters allows kids to use their imagination and think outside the box. Ask open ended questions to push the conversation further!



## Activities for Ages 5 and 6 years

### Gratitude Journal

#### *Materials*

- Gratitude Journal
- Thin markers (2)
- Note pad

Journaling is a tool used to express feelings, outlet for stress, remember the joys in life, make plans for the future and so much more. Though you may think journaling is for older folk, its really for all ages! Children can express themselves through drawing, colours and words (sometimes with help from parents). Do the journal together and use it as an opportunity to get to know your child more. If you have more then one child, set some special time aside to work on this one on one. Building a connection together in this busy world is so important for children's overall growth and development. Use the extra note pad for extra thoughts, pictures and ideas that may not be included in the journal. Enjoy your time together!

## Egg Carton Turtles

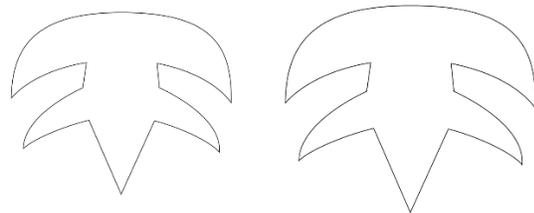
### Materials

- Egg cartons (3 holes)
- Green paint
- Green pom pom (3)
- Eyes
- Green paper

### You will need

- White Glue

Cut out the egg cartons so there are 3 individual shells. Paint each shell and let dry. Once dry, glue the pompom on as a head and add eyes to the head. Set aside to dry again. While drying, cut out a shape similar to the picture below using the green paper to make the turtles body. Glue on the body to the bottom of the shell. This craft teaches patience, there are multiple steps and waiting times. Teaching children to slow down and appreciate each step and the importance of waiting will help them problem solve patiently in the future.



## Salt Water Painting

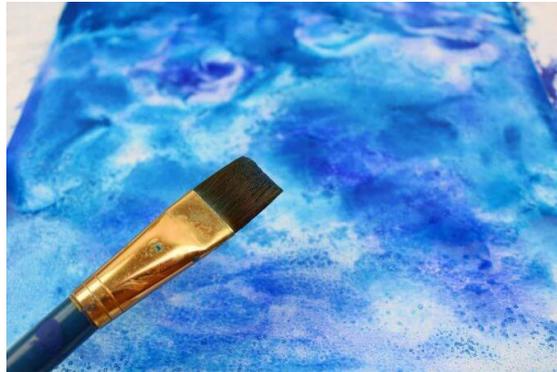
### Materials

- Paint (blue)
- Paint brush
- Canvas

### You will need

- Salt (about a teaspoon)
- Small bowl

Scoop the paint out into the small bowl, add in some water to make a “water colour” type paint. Paint all over the canvas. Feel free to add in more colours to your ocean or mix in a bit of the green paint as well! While the paint is still wet, sprinkle salt over top and watch what happens. It makes a fun ocean effect on your canvas! You can leave you picture as is or add in some other ocean animals. You may need to spread the salt around a bit so there isn't big clumps.



## Seashell Line Detail Drawing

### Materials

- Seashells (2)
- Fine markers (2)

Get creative and design a beautiful seashell! Try some intricate and detailed colouring on these tiny canvases! Follow the designs of the shell or create your own design. Doing a detailed work like this isn't just about the beautiful end product, its about how your body and mind relax while doing it. Art is a form of self-care which is important at all ages, though its not a big project, taking 5 minutes to relax and create a design can boost your child's mood and help reset them throughout the day.



*Watch out for next months bags!*

*\*THE FINAL EDITION\**

*THANK YOU, enjoy!*