

# *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

### Lemonade Break

#### *Materials*

- Lemonade mix
- Re-usable ice cubes

#### *You will need*

- Some time to enjoy (preferably) by your self

### Gratitude Scavenger Hunt

#### *Materials*

- Print out

Take a few minutes to practice some self care and put your mind to work (in a different way). Mix yourself up this tasty lemonade summer drink and work through the gratitude scavenger hunt. Taking just a few minutes each day to focus on yourself is a simple way to practice self care. What else do you do for you and ONLY you? Enjoy this lemonade, and don't share! Take this as a reminder that you are doing a great job!

**All Bags have a new book included! Take this opportunity to read with your child. When children read, re-reread (x million) books they are learning so much! They are learning the process of HOW to read a book; left to right, down the page, to the next page, turn the page, how to turn the page. They are listening for cues when you are reading; different tones/expressions in your voice, when you slow down, when you stop (is the page turning now?). They are watching how you read and can begin to mimic you in their reading and play.**

**Reading is SO fun and important at all ages!**

## Activities for Ages Birth to 12 Months

### Sensory Bags

#### Materials

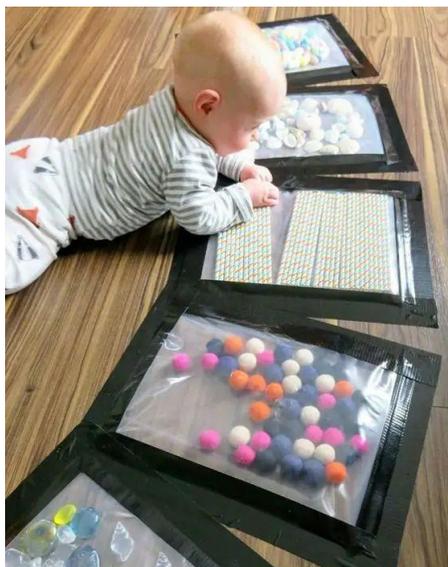
- Zip lock bags
- Roll of tape
- Straws (lots)
- Glow sticks (5)
- Pompoms (lots)
- Glitter/ sequins (2)

#### You will need

- A dark(ish) room
- A floor/wall to tape them down on

Fill each bag with a different sensory item, there should be one bag left, find something in your home that you think would be fun! Seal the bags then tape them to the floor or the wall.

For really young babies, tape the bags to the floor in front of the for tummy time play. They can reach out to touch, look at the colours and different materials. You can also keep these out of the bag and play with each of them individually (**closely supervised**). Is baby a little older? Working on crawling/ scooting? Place the bags in different spots around the room so baby can try to move to get to the fun new thing! If baby is standing already, you can even put them at eye level on a wall for them to experience!



## Bubble Fun

### Materials

- Bubbles

Infants learn through all their senses throughout the day. Bubbles are great for vision, touch, hearing (POP!) possibly even taste (if it pops on their mouth). Bubbles are great indoors or outside. They are great for eye coordination as babies can watch where they float to by following it. Bubbles are also great for motor development. Babies kick, wiggle, reach, roll and grab at the bubbles engaging many parts of their body in the play.

## Scarf Play

### Materials

- Scarf (1)
- Paper Tube

### You will need

- Assorted items below

Below are some play ideas you can do with a simple scarf. You can also use face cloths, pieces of clothing, socks, etc. and they have the same effect!

- Peek- a-boo (great for wee little ones)
- Caressing the scarf across different parts of their body
- Tying the scarves to the activity centre to hang



Wipes container....Can use the paper tubes here as well to stuff and pull out.



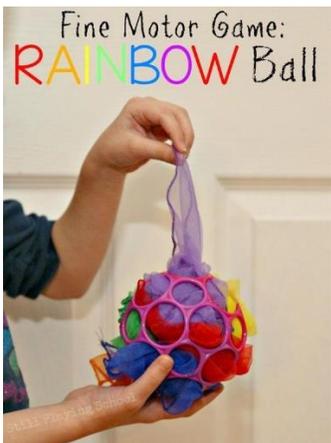
Water Bottles (doesn't have to be on a wall)



Kleenex box



Whisk



Ball



Laying baby in them. (Fun to do in clean laundry as well! Think of all the sensory they are experiencing)

## Baby Sign Language (Ages 0-6 M)

### Materials

- Baby Sign Language booklet

Baby sign language is a respected way of teaching infants how to communicate before they can verbalize their needs and wants. Many parents and speech and language therapists acknowledge that Baby sign language is a great way to meet the needs of your baby, making them happier because their needs were met more easily. Here is a little guidebook to get you started, but if you want to learn more about Baby sign visit,

<https://www.babysignlanguage.com/>

they have lots of printables and helpful videos and information!



## Stacking Cups (Ages 7-12 M)

### Materials

- Plastic Cups

Build, knock down, repeat. Set up different towers and show baby that they can knock them down! From this simple little games babies are learning about object permanence, problem solving, cause-and-effect, fine motor, gross motor and working together!



## Activities for Ages 1 and 2 years

### Stickers

#### *Materials*

- Stickers
- Print out snail

#### *You will need*

- Crayons (optional)

Fill the snails shell up with stickers. You can colour it too! This is a fun activity for your child to work on their fine motor development, colour recognition, matching and identification skills. Identify the characters and objects on their stickers!

### Baking Muffins

#### *Materials*

- Muffin mix

#### *You will need*

- Water
- Bowl
- spoons

Try out baking with your toddler. Cooking/baking together is one of the most memorable and teachable moment for children! They are practicing so many skills, listening, following instructions (yours) and recipes, patience, creativity and the list goes on!

Send me a photo ([sarahm@edson.ca](mailto:sarahm@edson.ca)) of how your muffins turned out, or post it on our FB oage!

### Creative Crafting

#### *Materials*

- Glue
- Construction paper (2)
- Crayons (4)

#### *You will need*

- scissors

Want an easy craft that always goes off as a big hit! Have the above supplies on hand and put them out for play. See what your child does with them. Each day I'm sure will be different! These staples give your toddler practice in hand-eye coordination, fine motor development, pre-writing skills, problem solving and most of all creativity! The open-endedness of these materials allow for creative thinking to take place and let's the explore their imaginations.

## Painting

### *Materials*

- Paint sticks
- Print outs

No water and clean up needed for this painting craft! Toddlers can explore this fun way to paint by seeing the ease and smooth way they can drag the stick around their page! Just make sure to set boundaries of where/when they can use them!

## Activities for Ages 3 and 4 years

### Feed the Shark

#### *Materials*

- Paper plate (white)
- Ball
- Popsicle stick
- Glue
- Shark cut out

Cut out the mouth on the little shark and do the about the same size hole in the plate (middle-ish). Glue down the shark making sure the holes are lined up. Glue on the popsicle stick to the back of the plate. Let dry. Once dry, put the ball on and while holding the stick roll the ball around until you "feed the shark" the ball! Watch as your child practices their hand-eye coordination, patience, problem solving and critical thinking skills!

## Balloon Hit

### *Materials*

- Paper plate (yellow)
- Balloon

It's the classic game of keep up the balloon! But with a little twist, you can only use the paper plate to hit the balloon. Get moving to chase down the balloon. For added fun, THE FLOOR IS LAVA! Stay on the furniture and certainly do not let the balloon fall!

## Creative Crafting

### *Materials*

- Glue
- Construction paper (2)
- Crayons (4)

### *You will need*

- scissors

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## Clay Sculptures

### *Materials*

- Modelling Clay

Get creative and make some fun creatures, characters and shapes. Modelling clay is a great way to gain hand dexterity as it is a little harder to mold than playdough. Creating characters allows kids to use their imagination and think outside the box. Ask open ended questions to push the conversation further!

## Stickers

### *Materials*

- Stickers
- Print out snail

### *You will need*

- Crayons (optional)

Fill the snails shell up with stickers. You can colour it too! This is a fun activity for your child to work on their fine motor development, colour recognition, matching and identification skills. Identify the characters and objects on their stickers!

## Activities for Ages 5 and 6 years

### Feed the Shark

#### *Materials*

- Paper plate (white)
- Ball
- Popsicle stick
- Glue
- Shark cut out

Cut out the mouth on the little shark and do the about the same size hole in the plate (middle-ish). Glue down the shark making sure the holes are lined up. Glue on the popsicle stick to the back of the plate. Let dry. Once dry, put the ball on and while holding the stick roll the ball around until you “feed the shark” the ball! Watch as your child practices their hand-eye coordination, patience, problem solving and critical thinking skills!

### Balloon Hit

#### *Materials*

- Paper plate (yellow)
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## Symmetry Drawing

### Materials

- Crayons
- Print out (2)

Practice drawing by using the symmetry technique. Looking for details in pictures to try to recreate it and do it backwards takes a lot of problem solving, critical thinking and patience.

## Bead Bracelets

### Materials

- Beads
- Pipe cleaners

Get creative and design a beautiful bracelet! Use pipe cleaner to practice hand-eye coordination. See if your child can make a pattern with their beads. What is a pattern? Talk about it! Making patterns is a math skills they will use throughout life, simple and fun practices make patterning fun. Take it out in the real world, where else do they see patterns?

## Paper Rainbow

### Materials

- Canvas
- Construction paper (rainbow colours)
- glue

I love rainbows! Create a rainbow by tearing paper (work on that fine motor) or by cutting small pieces (scissors skills) of each colour. Glue down in any shape of rainbow you want! You can do the classic arch, or have fun and create your own.

*This is our final Family Fun Bag. We hope you enjoyed the program! Please watch out for a survey to give your feedback!*

*\*THE FINAL EDITION\**

*THANK YOU, enjoy!*