

# BETA IN A BAG

**Age Group: 2+**

The younger you engage with this activity, the more creative and deep sea your fish may look.

If you have a ***FABULOUS FISH*** and would like to share, please send a photo to [usarmy.riley.imcom-central.mbx.dfmwr-cyss@mail.mil](mailto:usarmy.riley.imcom-central.mbx.dfmwr-cyss@mail.mil)



## Supplies:

- 1 egg cup (cut out of an egg carton)
- 1 pipe cleaner
- 2 small pom poms
- 2 tiny pom poms
- Paint
- Tissue paper
- Glue
- Scissors

## Instructions:

1. Trim egg cup if necessary.
2. Paint or color egg cup desired color (we used paint that matched our tissue paper, but rainbow fish are cool, so make it your own!).
3. Allow paint to dry.
4. Cut 1 large square of tissue paper, and 2 smaller squares of tissue paper.
5. Figure out where the back of your fish body is. Hold the larger square of tissue paper by the center and scrunch up somewhat. Glue the scrunched center piece to the inside of the egg cup at the back slot.
6. Repeat with the smaller two pieces, gluing inside the side slots.
7. Glue two larger pom poms to front of fish for eyes. Glue two smaller pom poms to large pom poms as pupils.
8. Cut down pipe cleaner if necessary. Twist into a circle and glue to fish front.

***You now have a completed Beta Fish! Enjoy your Beta!***

## Resources :

Recommended books for young readers: [Rainbow Fish](#) by Marcus Pfister & [One Fish, Two Fish, Red Fish, Blue Fish](#) by Dr. Seuss.

# Posture Walk

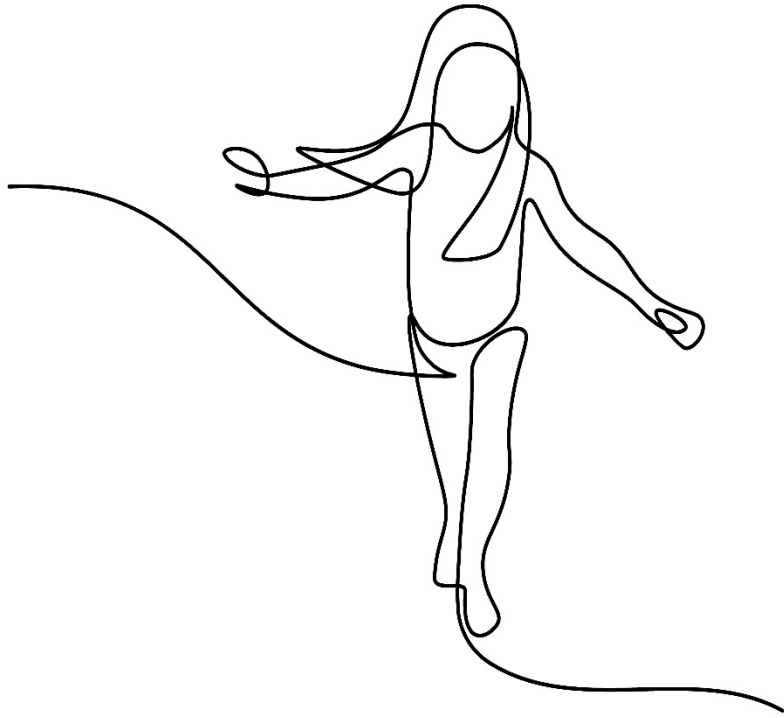
**Age Group: 4+**

If smaller ones are going but get frustrated with the book on the head have them be the one who counts the drops or picks the oops-I-dropped-the-book-action.

Here's great way to practice and teach great healthy posture and have fun doing it. Get a board book, your family or friends, bundle up, and head outside. (Dr. Seuss books are a great size and weight for this activity). Book balanced on head, shoulders back, suck in your stomach and walk. (sucking in your stomach helps you hold that good posture and is great for the back!)

## **Choose your path and choose your rules. Here are some suggestions:**

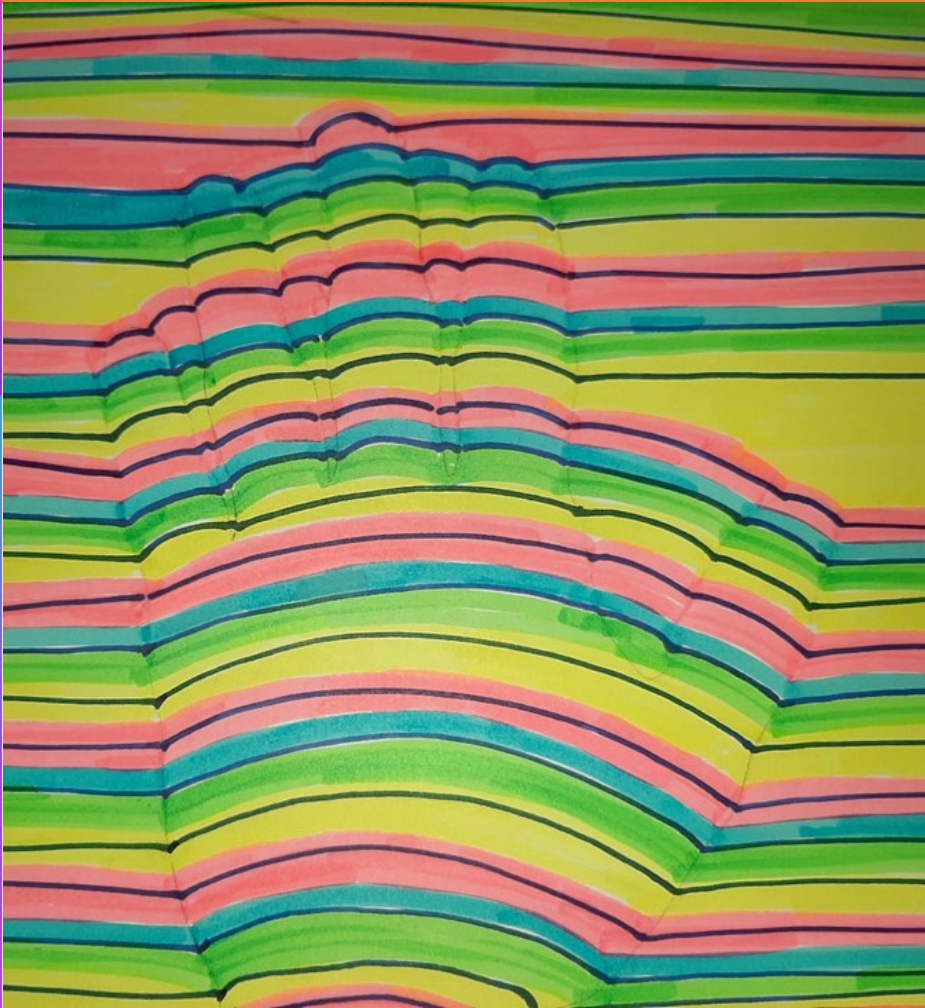
- Book on head and walk to preset spots (ex: walk to the next stop sign, walk to that tree, walk for the count of 25) once you reach the goal take the book off your head and read page 1. Set the next goal, repeat, read page 2. Continue on until the book is read.
- Book on head and walk to preset spots then do something silly for 10 seconds. Let the kids pick, they love this. But be ready to act like a monkey or a bear or Tarzan. Turnabout, however is fair play...at the next stop the kids must sing their ABC's in their most dramatic way, announce to the world what an awesome parent you are, give you a huge hug declaring their love for the best parent in the world etc...
- Book on head and walk as fast as possible to the preset spot but if you drop it on the way – 10 jumping jacks each time you drop the book until you get to “the spot”. Continue on to the next stop but if you drop the book run in place with knees high for 30 seconds each time you drop. Next section of the walk, 20 toe touches when the book is dropped etc
- Book on head and walk – who can get the farthest without it dropping? Who can win the walk with the fewest drops? If the child is the one with the most drops they read the book aloud to the others at the end of the walk. If the child is the one with the fewest drops they get to read the book aloud to the others at the end of the walk. Either way if the child is able to read they get to...win, win, win reading, exercise and healthy posture wrapped into one.





# 3D Hand Drawing

Age Group: 4+



## Supplies:

- Pencil
- Markers
- 8.5 x 11 sheet of paper

## Instructions:

1. Place your piece of paper landscape view.
2. Using a pencil **lightly** trace your hand and a bit of your wrist on a sheet of paper, towards the center of the paper.
3. Take a marker and draw spaced-out, straight lines across the sheet of paper to the outline of your hand. Curve/arch the lines inside the hand. Then go back to spaced-out, straight lines on the other side of the hand.
4. Select a new marker color and follow underneath each of the previous drawn lines.
5. Continue with the other colors to make a pattern until the page is completely full.

**Enjoy your 3D hand!**

# MAKE AN OPTICAL ILLUSION

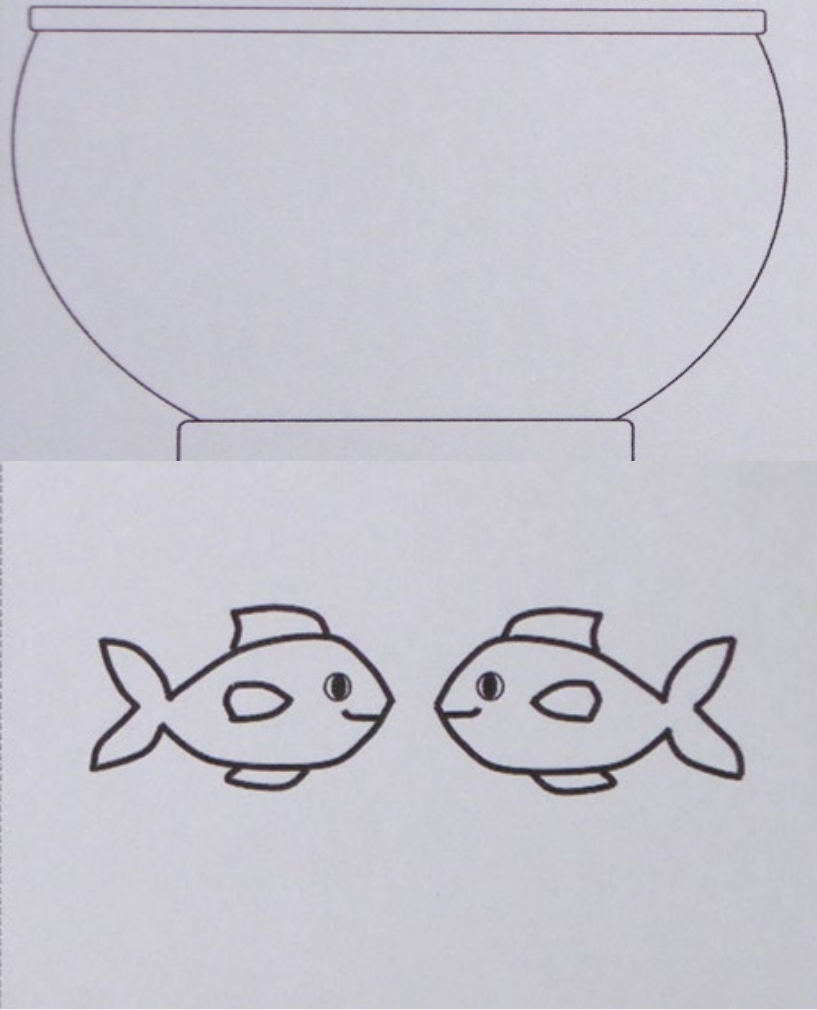
## TURN TWO PICTURES INTO ONE!

### SUPPLIES:

- White cardboard
- Crayons and markers
- Scissors
- 1 pencil
- Glue/clear tape

### INSTRUCTIONS:

1. Cut out two squares from a sheet of white cardboard.
2. You can draw anything, but part of the picture needs to be on one square of card and the other part on the second piece of card. It can be a bit tricky to get the positioning right, so keep it simple.
3. Glue or tape a pencil between the two pictures.
4. Hold the pencil between your palms and rub your hands to make the picture spin around. The fish should look like they are inside the bowl!





# SLIME

AGE  
GROUP: 2+



## SUPPLIES:

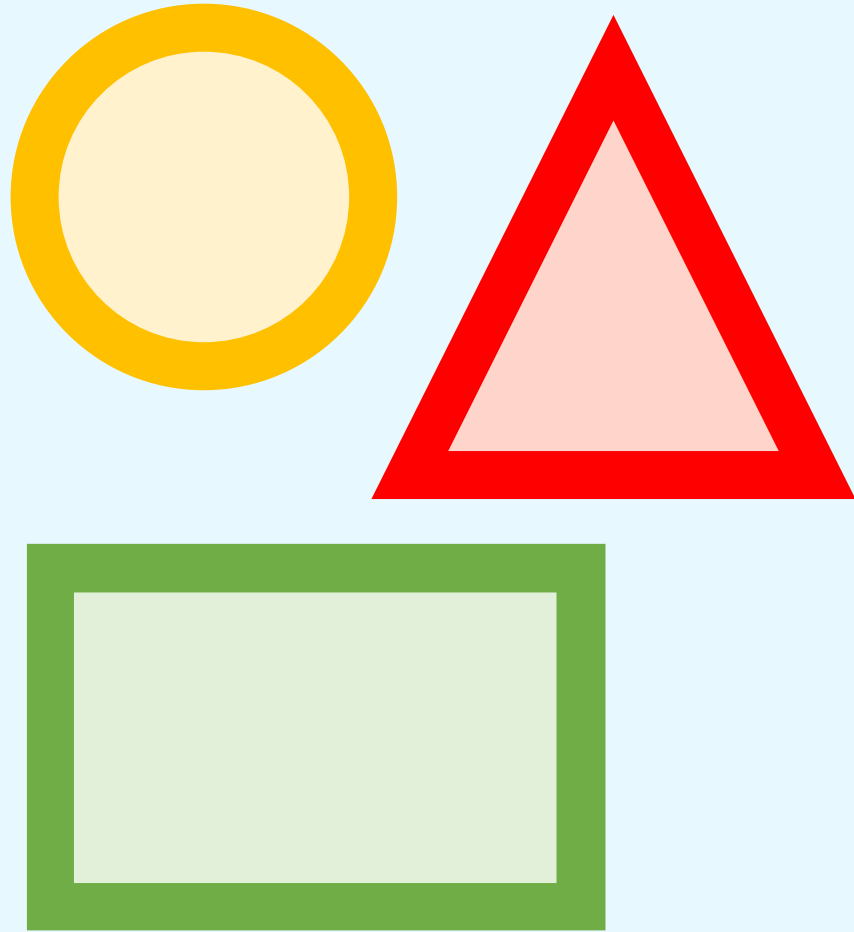
- ½ TBSP of Baking Soda
- 4 fl oz. Elmer's white school glue
- 1 TBSP contact solution
- Food coloring

## INSTRUCTIONS:

1. Mix together and have fun!

# SHAPE SORTING

**AGE GROUP:**  
**2+**



## **SUPPLIES:**

- **MASKING TAPE**
- **MISCELLANEOUS ITEMS FOUND AROUND THE HOUSE**

## **INSTRUCTIONS:**

1. **USE MASKING TAPE ON THE FLOOR TO “DRAW” SHAPES.**
2. **FIND ITEMS AROUND THE HOUSE THAT MATCH THE SHAPES YOU DREW AND PLACE THEM IN THE MIDDLE, NOT IN A SHAPE.**
3. **LET THE CHILD SORT THE ITEMS AND PLACE THEM IN THE SHAPES.**



# Painting with Water

Age Group:  
1+



## Supplies:

- Construction paper
- Paint brush
- Small bowl
- Water

## Instructions:

1. Lay out construction paper, a small bowl with water and a paint brush.
2. Encourage the child to use the water as paint on the paper

# Pom Pom Tube Drop

Age Group:  
1+



## Supplies:

- Empty paper towel or toilet paper rolls
- Tape
- Pom poms or cotton balls

## Instructions:

1. Collect empty paper towel rolls or toilet paper rolls, and pom-poms or cotton balls.
2. Tape the tubes to the wall at different angles.
3. Encourage the child to drop the pom-poms/cotton balls down the tubes.
4. See if you can get multiple tubes together and have the pom-pom go through those tubes.



# Oil/Water Sensory Bag

Age Group:  
1+



## Supplies:

- 1 gallon size freezer bag
- Food coloring
- $\frac{1}{4}$  cup baby oil
- Duct tape
- $\frac{1}{4}$  cup water

## Instructions:

1. To reduce the risk of bursting, place tape over the 3 closed sides of the bag.
2. Place tape on half of the bag and fold it over to the other side.
3. Place  $\frac{1}{4}$  cup baby oil in the bag.
4. Then add a drip of food coloring.
5. Now place  $\frac{1}{4}$  cup of water in the bag.
6. Seal the bag pushing out most of the air.
7. Tape up the open edge of the bag and play!

# Superhero Handprints

Age Group: 1+

## Supplies:

### Ninja Turtle Cards:

- Light green cardstock
- Colored glitter foam paper-red and blue shown
- Googly eyes

### Batman Card:

- Black and white cardstock
- Your choice of hand color of cardstock for face and fingers
- Black Sharpie

### Spiderman Card:

- Red, black and white cardstock
- Black sharpie



## Ninja Turtle Card

1. First fold your green cardstock in half. Trace your handprint with the wrist portion over your folded green cardstock.
2. Cut out your handprint and round the top part of the card (head of the Ninja Turtle)
3. Once you have your handprint cut out, you can now trace your foam glitter paper for the bandana. Place your foam glitter paper under your handprint to mark on your paper the size you'll need. Then cut out your bandana in a straight line and add your triangle cut out on the right side.
4. Glue on your googly eyes and add your smile.

## Batman Card

1. To make the Batman card – trace your hand the same way as the directions for the ninja turtle.
2. Fold the color of your choice of cardstock and trace the hand so the folded part is by the wrist. Cut out and “smooth the top” when cutting where the top of the head would be.
3. Measure the size of your handprint top to make a Batman mask. We measured the top of the handprint and drew out the pointy parts of his mask and the pointy nose. Then glued it down and trimmed/cut around the sides of the handprint to fit.
4. Now cut out 2 identically sized eyes with white cardstock and add on top. You can draw one eye and then use it to trace the other one.
5. Now draw on your mouth.

## Spiderman Card

1. Fold the red cardstock over and trace the hand so the folded part is by the wrist. Cut out and smooth the top when cutting where the top of the head would be.
2. Now cut out the eyes from black paper and make 2 the same size, then trace on your white paper and make 2 other white versions slightly smaller. Glue your black on first and then the white on top.
3. Draw your spider webs with a black marker or sharpie. For the top of his head the webs swoop down whereas the bottom they swoop up. You can find a picture of a Spiderman toy and use that as your guide too!
4. Now add your message inside!



# Salt Painting

Age Group: 1+



## Supplies:

- Black paper (Heavier paper like card stock works great. It can be any color but black gives a great contrast.)
- White glue
- Salt
- Water-colors (you could even use diluted food coloring)

## Instructions:

1. The first step is to draw your design with your glue. Designs can be outlined first in pencil or just freehanded. Pictures can provide inspiration if needed to get the artistic juices flowing.
2. After the gluing is done, sprinkle salt all over the wet glue. Dump off excess.
3. Now for the really fun part! Take a paintbrush, get it wet with liquid watercolor paint and begin painting over the salt covered glue! It's almost like magic how as soon as that paintbrush touches the salt, the color just transfers from the brush to the salt.



# Handprint Butterflies



## Supplies:

- 1 sheet construction paper (ANY COLOR)
- 1 pipe cleaner (ANY COLOR)
- 1 popsicle stick
- 4 pom poms (1/2 INCH)
- 1 pom pom (1 INCH)
- 2 googly eyes (3/16 INCH)
- Scissors
- Pencil
- Markers
- Tacky glue

## Instructions:

1. Fold the piece of construction paper in half
2. Continue using the tacky glue to first attach the larger pom pom, then the smaller pom poms to the popsicle stick. Leave about 2 inches of the popsicle stick empty so you'll be able to hold the butterfly as a puppet
3. Place your hand on the folded edge of the paper so there's about 2 inches between the fold and the end of the thumb. (So that the fold in the paper is in the middle of the palm.) Trace an outline around the hand print. Cut the hand print out.
4. Open the paper handprint and color a pattern on both sides of the butterflies using markers or pencil crayons. Optional: Keep the design symmetrical, just like a real butterfly
5. Cut a pipe cleaner to be approximately 4 inches long. Bend the pipe cleaner in half and make a V.
6. Add a glob of tacky glue to one end of the popsicle stick
7. Attach the paper wings

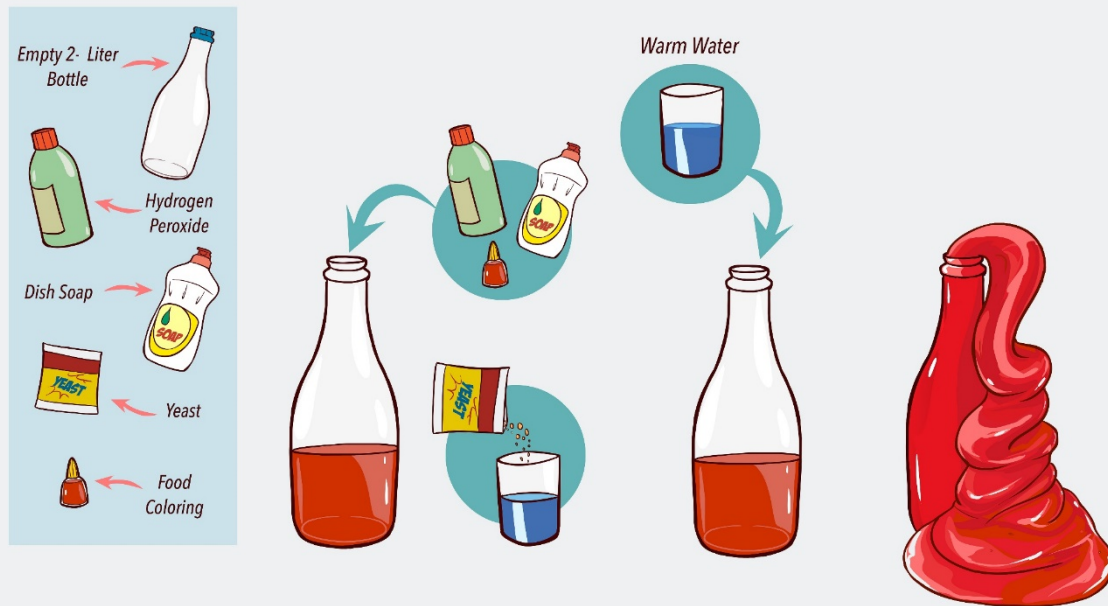


# Elephant Toothpaste

Age Group: 5+

## ELEPHANT TOOTHPASTE

*Science Experiment*

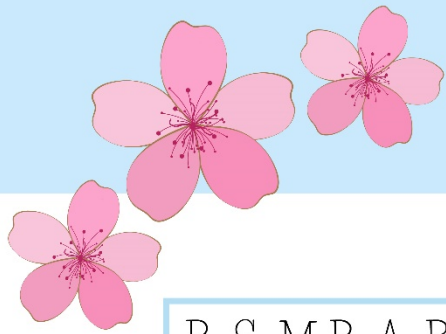


## Supplies:

- Hydrogen Peroxide (1/2 cup)
- Food Coloring (drops)
- Dish Soap (1/4 cup)
- Water or soda bottle
- Yeast
- Water
- Plastic bottle,
- Safety goggles if available

## Instructions:

1. Pour  $\frac{1}{2}$  cup hydrogen peroxide, a few drops of food coloring, and  $\frac{1}{4}$  cup of dish soap into a bottle.
2. Mix a little warm water and yeast together in a separate container.
3. Pour the yeast and warm water mixture into the peroxide mix.

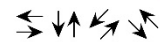


Word Search

# Hello Spring

# Word Search Challenge

P S M R A B B I T F B A U K  
J A A T A P R I L F L E R Z  
W C E N G R E E N D K T B R  
V B U T T E R F L Y Q I N A  
T O Q B B N S Y B N Q N B I  
S M E O K H Y E U T U A N N  
T P A C I P T S A O T K H Q  
N S P R I N G G O S S R Z M  
X P C R O C U S M Q O X G E  
Y R O B I N P S N A B N R L  
U M B R E L L A J Y I B A T  
Z Q P K W O M I I D C U S P  
Y Y R R A I N B O W T D S S  
K S L Q P B B L O S S O M W



APRIL	RAIN	CROCUS	GRASS
UMBRELLA	SPRING	RABBIT	BUTTERFLY
BLOSSOM	SEASON	GREEN	RAINBOW
ROBIN	SUN	BUD	MELT

**Age Group: 10+**

**Supplies:**

- 2 copies of word search

**Instructions:**

1. Sit with parent and see who can complete the word search the fastest.



# DIY Anti-Stress Lavender Putty



**Age Group: 10+**

## Supplies:

- 1 cup flour
- ½ cup salt
- 3TBSP cream of tartar
- 1Tbsp oil (almond, canola, or coconut)
- ½ cup boiling water
- 10-20 drops lavender essential oil
- Glitter (optional)

## Instructions:

1. Combine flour, salt, cream of tartar, and oil in a large bowl.
2. Add boiling water and stir to combine
3. If adding glitter, start with 2Tbsp and add up to ¼ c; You may need to add more water.
4. If not adding glitter, you may need to add more flour if the mixture is too sticky to handle.
5. Once you've reached the desired consistency (by adding more water or flour as needed) add in 10 drops of lavender essential oil and stir to combine. If you would like a stronger scent, add 10 or more drops.

# One Sentence Story

Age  
Group: 5+



## Supplies:

- Paper
- Pen or pencil

## Instructions:

1. Each person gets a piece of paper.
2. Write one sentence to begin a story.
3. Each person will pass their paper to the person beside them and add onto the story, until everyone has written one line in each story.
4. Afterwards, take turns reading the stories to one another.



# Craft Stick Flag



## Supplies (per flag):

- 10 Jumbo Craft sticks
- Tacky or wood glue
- Scissors- household to cut craft sticks
- Sponge brush
- White star stickers
- Red, White & Blue craft paint

## Instructions:

1. Cut with household scissors:
  - 3 craft sticks to 3 inches
  - 2 craft sticks to 3 ½ inches
2. Paint-one side of each of the following:
  - 3 regular size craft sticks- Red
  - 2 regular size craft sticks- White
  - 3 three inch craft sticks- Blue
3. After the paint on the sticks is dry. Alternate red and white sticks laying them horizontally with the painted side facing down.
4. Glue the unpainted 3.5 sticks vertically, 2 inches from each end of the horizontal red and white sticks.
5. Let the glue dry.
6. Turn the glued sticks over and glue the 3 inch, blue sticks to the left corner of the red and white sticks.
7. Add white star stickers on the blue sticks.
8. You can add a magnet to the back to put on the refrigerator, make a ribbon loop and add it your holiday ornaments. Or glue a ribbon on the back of several and make a banner/garland