

It's a Good Day Extension Activities – April 2021

Parents, did you know that reading, singing, talking, making crafts, cooking, and playing games together with your kids helps them to develop many different skills that they need to be successful in school and beyond?

Routines can help your child, and you, be successful as well! It can help with anxiety, sleep and more!

Sing routine songs!

You can make up your own words to known songs to make routines fun! Here's a few you might know:

(To the tune of Here we go 'round the Mulberry Bush)

- *This is the way we (pick up toys, brush our teeth.... 3x), pick up toys, pick up toys, every day!*
- *Barney's Clean Up song*
- *Raffi's You brush your teeth song*

Find a link to enjoy some new favourites here: <https://thisreadingmama.com/20-songs-that-add-rhyme-to-your-routine/>

Make a paper doll

Make an outline of a person shape on a piece of paper or light cardboard and cut out. You do not need to be a professional artist for your child to enjoy your artistic talents!!!! Let your child add the features like eyes, nose, mouth... and colour. Talk about, and point to, where the legs... are. This will help your child with understanding body awareness.

Next make some "clothes" for the doll. Find some colourful, glossy flyers, coloured cardstock, white paper, or even material scrap/rags to use for clothes. Using the doll, trace around the body to get an idea of the shape for a shirt, pants, dress... Cut them out. Let your child help design, colour, and cut out as they are able to. Talk about what the different clothing items are and when you need to wear them!

Once the clothes are made, add a small piece of Scotch tape, painting tape, or Velcro dots to the back of the clothes. Let them dress the doll. Keep adding to the wardrobe! Make several dolls and make up stories!

Go for a walk, play at the playground, or dance every day.

Make movement a part of each and every day. It is fun for the whole family!

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