

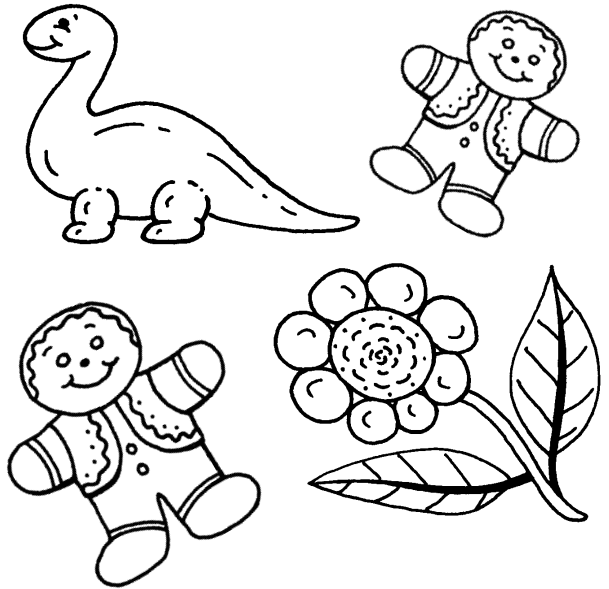
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# Activities for Make-It-Yourself Materials

## Dough Activities

- Dough activities are physically worthwhile for young children. There is a vast array of things they can do with dough. Most toddlers need to strengthen their hands and finger dexterity. What a wonderfully fun way to build motor skills.
- When doing a unit on colors, make up a batch of dough that will last for the entire length of the unit. Seal it in a plastic bag or container. Each morning when the children come into the class, there is a ready-made, enjoyable activity that fits into your weekly theme just waiting for them.
- To add a special touch to any holiday dough, add glitter to the finished product.
- When role-playing in the housekeeping center, use dough to make pretend food. Roll out hot dogs, make hamburgers or sandwiches, mold French fries and cakes, and more.
- Free-play centers with playdough are very enjoyable for the children. Let the students pull, pat, roll, smash, grab, poke, and design whatever their hearts desire. Just set up the center with the dough on a table and a chair for each student plus one for the teacher. Once sitting at the center with the dough, it will not take long before the table is full of “dough” friends.



## Paint Activities

- Soap and salt paints are great for winter art projects since the paints can give the illusion of snow and winter sparkle.
- Using soap and salt paint on dark paper creates a very dramatic look. Such dark paper is ideal for units on winter, black/white contrast, and hot and cold comparisons.
- The textures of soap and salt paints can be used for a sensory art project regardless of theme. The textures are very different from other paints and ideal for those who are sensitive to touch discernment.
- Remember, tempera paint can always be added to any homemade paint.



# Sample Schedules (cont.)

## Children 3–5 Schedule

8:00–8:45	Outdoor play
8:45–9:00	Toileting/cleanup
9:00–9:30	Circle time
9:30–10:15	Free choice
10:15–10:30	Snack
10:30–11:00	Fine motor activity: art
11:00–11:15	Story time
11:15–11:30	Music and movement
11:30–12:00	Outdoor play
12:00–12:15	Toileting/cleanup
12:15–12:45	Lunch
12:45–1:00	Toileting/cleanup and quiet story
1:00–3:00	Nap
3:00–3:15	Wake up and toileting
3:15–3:30	Snack time
3:30–4:30	Outdoor play
4:30–5:00	Circle time activity
5:00–5:45	Free choice art activity
5:45–6:00	Clean up
6:00	Dismissal

Most centers offer a “before care” opportunity for those families who need early care. This usually begins around 6:30 A.M. You can use the following schedule to help plan for these early risers.

6:30-8:00	free choice, toileting, and breakfast or snack for those who request it
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**Note:** During your before-care time, provide opportunities for quiet choices so the children can ease into the day. Choices can include these options:

- puzzles
- coloring sheets
- paper and crayons
- art items such as scissors, glue, scraps of paper, and glitter
- watercolors
- one-inch (2.5 cm) blocks
- play dough

It is also recommended that you play soft music in the background for the early birds’ arrival. When children are tired and must separate from parents at this early hour, it is sometimes difficult for them to adjust. If the environment is inviting, this makes separation easier.