



SUMMER ACTIVITY BOOK



Fun · Learning · Connection

English Edition

30+ Activities for Ages 2–10



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ARTS & CRAFTS

Create, paint, and imagine — every child is an artist.

#1 Handprint Butterfly

🕒 20 min 🧒 Ages 2–6

You Need:

- Washable paint (2–3 colors)
- White paper
- Googly eyes (optional)
- Marker



Steps:

1. Pour paint onto a plate. Press both hands into different colors.
2. Press both hands onto paper with thumbs touching in the middle — these make the wings!
3. Let dry, then draw a body between the handprints with a marker.
4. Add antennae, eyes, and any details you like.

💡 **Tip:** Do it together! Make a family butterfly garden by hanging all prints on a wall.

🧠 **Learns:** Fine motor skills, creativity, color mixing

#2 Rainbow Paper Plate

🕒 25 min 🧒 Ages 2–8

You Need:

- Paper plate
- Watercolors or markers
- Cotton balls
- Glue
- Yellow paper



Steps:

1. Paint the plate with rainbow stripes: red, orange, yellow, green, blue, purple.
2. While it dries, glue cotton balls around the bottom edge to make clouds.
3. Curl a thin yellow strip for a sun ray and glue to one corner.
4. Hang on the window for a cheerful summer display!

💡 **Tip:** Talk about the colors as you go. Ask: what else is that color?

🧠 **Learns:** Color recognition, sequencing, creative expression

#3 Rock Painting

🕒 30 min 🧒 Ages 3–10

You Need:

- Smooth rocks collected outside
- Acrylic paint
- Brushes
- Sealant spray (optional)

Steps:

1. Go on a rock hunt — look for smooth, flat stones.
2. Wash and dry the rocks completely.
3. Paint your design: faces, animals, inspirational words, patterns.
4. Let dry 30 minutes. Seal with spray if leaving outdoors.
5. Hide your rocks around the neighborhood for others to find — kindness rocks!

💡 **Tip:** *This doubles as a kindness activity! Great conversation starter about community.*

🧠 **Learns:** Creativity, fine motor, community kindness





SCIENCE EXPERIMENTS



Wonder, observe, and discover — little scientists in action!

#4 Baking Soda Volcano

🕒 30 min 🧒 Ages 3–10



You Need:

- Baking soda (½ cup)
- White vinegar (1 cup)
- Dish soap (a few drops)
- Red food coloring
- A bowl or tray



Steps:

1. Place a small cup in the center of a tray.
2. Add baking soda, dish soap, and red food coloring to the cup.
3. Build 'lava rock' sides with clay or crumpled foil if you like.
4. When ready — pour in the vinegar and watch the eruption!
5. Try again with different amounts. More vinegar = bigger eruption!



Tip: Ask: why does it bubble? The acid and base create a gas called CO_2 !



Learns: Chemistry basics, cause & effect, scientific method



#5 Seed in a Bag

🕒 15 min + daily observation 🧒 Ages 2–8



You Need:

- A clear zip-lock bag
- Bean or lentil seeds (2–3)
- Wet paper towel
- Tape
- Sunny window



Steps:

1. Wet a paper towel and fold it to fit inside the bag.
2. Place seeds against the side of the bag on top of the towel.
3. Seal the bag and tape it to a sunny window.
4. Check every day! Draw what you see: root, stem, leaves.
5. After sprouting (5–7 days), plant in soil and keep growing!



Tip: Keep a daily seed journal — draw the seed each day to track growth.

 **Learns:** Biology, observation, patience, journaling

#6 Sink or Float

 20 min  Ages 2–7

You Need:

- A large bowl of water
- 10 household objects (coin, sponge, leaf, rock, pencil, etc.)
- Paper to record results

Steps:

1. Fill a bowl with water and set it on a towel.
2. Gather 10 objects from around the house.
3. Before each one: ask — sink or float? Make a prediction!
4. Drop the object in and see what happens.
5. Record on paper: make two columns — Sink / Float.

 **Tip:** Introduce the words: *density and buoyancy*. Keep it fun!

 **Learns:** Physics, prediction, classification, scientific vocabulary



#7 Walking Water Rainbow

 20 min + 2 hour wait  Ages 4–10

You Need:

- 7 clear glasses
- Water
- Red, yellow, blue food coloring
- Paper towels

Steps:

1. Set up 7 glasses. Fill glasses 1, 3, 5, 7 with water.
2. Color glass 1 red, 3 yellow, 5 blue, 7 red.
3. Fold paper towels lengthwise and drape between each glass.
4. Watch over 1–2 hours as water travels up into the empty glasses!
5. Orange, green, and purple appear where colors mix.

 **Tip:** Check back every 30 minutes and document what you see.

 **Learns:** Capillary action, color theory, patience



OUTDOOR ADVENTURES

The world outside is the best classroom of all.

#8 Nature Binoculars

🕒 15 min to make + exploration 🧒 Ages 3–8

You Need:

- 2 toilet paper rolls
- Tape or rubber band
- String or yarn (24 inches)
- Stickers or markers to decorate



Steps:

1. Decorate both rolls with stickers, markers, or paint.
2. Tape the two rolls side by side.
3. Punch a hole on each outer side and thread string through for a neck strap.
4. Head outside! Challenge: find 5 birds, 3 insects, and 2 flowers.

💡 **Tip:** Print a simple nature checklist to bring along. How many can they spot?

🧠 **Learns:** Observation, nature literacy, gross motor

#9 Bug Hunt Journal

🕒 45 min 🧒 Ages 3–10

You Need:

- Blank notebook or paper
- Pencil and crayons
- Magnifying glass (optional)
- Old spoon for turning soil



Steps:

1. Go outside with a notebook and pencil.
2. Lift rocks, look under leaves — find as many bugs as you can.
3. For each one: draw it, name it, count its legs.
4. Note: where did you find it? Fast or slow?
5. Count how many different species you found!

💡 **Tip:** Is it an insect? (6 legs) A spider? (8 legs) Use the free iNaturalist app!

🧠 **Learns:** Biology, writing, observation, classification

#10 Mud Kitchen

 45+ min  Ages 2–7

 **You Need:**

- Soil or dirt area
- Water (hose or cups)
- Old pots, spoons, cups
- Leaves, flowers, rocks, sticks

 Steps:

1. Find a corner of the yard or use a bin with soil.
2. Set out old kitchen tools: pots, pans, spoons, cups.
3. Add water and let children mix and 'cook' with natural ingredients.
4. Prompt: make a soup! A cake! A magic potion!
5. No yard? Use a large bin with potting soil and water.

 **Tip:** *Mud play is therapeutic! It builds sensory processing and imaginative play. Don't worry about the mess.*

 Learns: Sensory processing, imaginative play, nature connection

#11 Outdoor Scavenger Hunt

 45 min Ages 3–10

 You Need:

- Printed or drawn checklist
- Pencil
- Small bag for collecting
- Magnifying glass (optional)



 Steps:

1. Print or draw a checklist: something round, something yellow, something alive, etc.
2. Head outside — backyard, park, or neighborhood walk.
3. Check off items as you find them. Photograph or collect when safe.
4. Award a 'Nature Explorer' badge for completing the hunt.
5. Make it harder for older kids: find by category (texture, color, size).

 Tip: Make your own checklist together the night before — great literacy activity!

 Learns: Observation, classification, nature literacy, physical activity

READING & LITERACY

Open a book, open a world.

#12 Story Stones

🕒 30 min to make + play 🧒 Ages 3–8

You Need:

- 5–10 smooth stones
- Acrylic paint or paint markers
- Sealant spray
- A bag or box



Steps:

1. Paint a simple image on each stone: sun, house, child, tree, animal, cloud.
2. Let dry and seal with spray.
3. Place all stones in a bag. Each person draws one stone.
4. Take turns adding the stone to a growing story: 'One day... then... suddenly...'
5. Try again — the same stones can make a totally different story!

💡 **Tip:** *There's no wrong story! Every version is valid and worth celebrating.*

🧠 **Learns:** Storytelling, vocabulary, sequencing, creativity

#13 Rex and Friends Read-Aloud Routine

🕒 30 min 🧒 Ages 2–8

You Need:

- book (Recommended: Rex and Friends: Two Homes, One Heart or Rex's First Day of School)
- Cozy spot
- Optional: plush companion (Recommended: Rex)



Steps:

1. Choose a book and a special reading spot — indoors, outside, in a fort!
2. Before reading: look at the cover. Ask: what do you think will happen?
3. Read aloud slowly, using different voices for each character.
4. After: ask 3 questions — What happened? How did Rex feel? What would YOU do?
5. Let the child retell the story in their own words.

💡 **Tip:** *After reading, act out the story! Role-play builds deep comprehension.*

🧠 **Learns:** Reading comprehension, emotional literacy, vocabulary

#14 Alphabet Nature Walk

🕒 30 min 🧒 Ages 3–7

You Need:

- Notebook
- Pencil
- Crayons
- Nature around you



Steps:

1. Go outside with a notebook open to a blank page.
2. Work through the alphabet: find something that starts with A (acorn), B (branch), C (cloud)...
3. Draw or write each item next to its letter.
4. Challenge: photograph each item and make an alphabet book later.
5. Celebrate every letter found — some will be tricky!

💡 **Tip:** Focus on sounds, not spelling — this is phonics in action outdoors!

🧠 **Learns:** Phonics, vocabulary, observation, nature connection

#15 Backyard Book Hunt

🕒 20 min 🧒 Ages 3–8

You Need:

- 3–5 favorite books
- Index cards
- Pencil
- Small treats (stickers, etc.)



Steps:

1. Write simple clues on index cards leading from one spot to the next.
2. Place a book at each clue location.
3. Start the child at the first clue and let them work through the trail.
4. The child follows clues to find all the books.
5. The prize: read a book together right there!

💡 **Tip:** Include Rex and Friends books! Each clue can be an emotion or theme.

🧠 **Learns:** Reading motivation, comprehension, following instructions



MOVEMENT & SENSORY



Bodies moving, brains blooming!

#16 Feelings Toss Game

🕒 20 min 🧒 Ages 3–8



You Need:

- 6 paper cups
- Marker
- Small balls or rolled socks
- Tape to mark the floor



Steps:

1. Write a feeling on each cup: Happy, Sad, Angry, Scared, Surprised, Silly.
2. Or draw a face on each cup instead of words.
3. Line up the cups. Mark a throwing line with tape.
4. Call out a feeling — the child tosses the ball into that cup.
5. When they make it: ask 'Tell me about a time you felt that way!'



Tip: This combines movement with emotional literacy — two skills at once!



Learns: Emotional literacy, gross motor, focus

#17 Sensory Discovery Box

🕒 30 min 🧒 Ages 1–6



You Need:

- A large container or tub
- Filling: rice, dry pasta, sand, or beans
- Hidden treasures: small toys, coins, buttons
- Cups, spoons, funnels



Steps:

1. Fill a container halfway with your chosen filling.
2. Bury small objects at different depths.
3. Let children dig with hands, spoons, and funnels to find treasures.
4. Challenge older ones: find only soft / round / a certain color items.
5. Add water for wet sensory play on hot days!



Tip: Great for children with texture anxiety — introduce slowly.



Learns: Sensory processing, fine motor, classification

#18 Animal Yoga Adventure

🕒 20 min 🧒 Ages 2–8

You Need:

- Open floor space
- Animal cards (draw or print)
- Soft music (optional)

Steps:

1. Cat: on all fours, arch and round your back. Meow!
2. Dog: downward dog pose. Wag your tail!
3. Tree: stand on one foot, arms as branches. Sway in the wind!
4. Snake: lie flat, slowly push upper body up. Sssss.
5. Butterfly: sit, feet together, flap knees like wings.
6. Finish with sleeping bear — lie still and breathe deeply.

💡 **Tip:** End with 'sleeping bear' — perfect for nap transition and calming big feelings.

🧠 **Learns:** Body awareness, balance, self-regulation, mindfulness

#19 Homemade Instruments

🕒 25 min 🧒 Ages 2–8

You Need:

- Empty plastic bottles with lids
- Dry rice, beans, or pasta
- Rubber bands of different sizes
- Empty boxes (tissue, cereal)
- Tape



Steps:

1. Maracas: fill a sealed bottle with rice or beans. Shake to the beat!
2. Guitar: stretch rubber bands over an open box. Strum and pluck.
3. Drum: flip a sturdy box upside down and tap with hands or pencils.
4. Form a family band and play along to a favorite song.
5. Challenge: compose your own summer song together!

💡 **Tip:** Music activates more areas of the brain simultaneously than any other activity.

🧠 **Learns:** Music, rhythm, creativity, auditory processing

♻️ RECYCLED CRAFTS ♻️

One person's recycling is a child's masterpiece.

#20 Cardboard Box Rocket

🕒 45 min 🧒 Ages 3–9

🛒 You Need:

- Large cardboard box
- Paper towel tubes (2–3)
- Aluminum foil
- Red/orange tissue paper
- Tape and glue
- Paint or markers

📋 Steps:

1. Paint the box your rocket color. Let dry.
2. Make a cardboard cone and attach to the top as a nose.
3. Attach paper towel tubes to the lower corners as engines.
4. Wrap tubes in foil for a metallic look.
5. Stuff the engine bottoms with tissue paper as fire.
6. Decorate with stars, windows, and your family name. Blast off!

💡 **Tip:** Ask: *where are we flying? Build the story together — an imaginary destination!*

🧠 **Learns:** Engineering, imaginative play, creative problem-solving



#21 Egg Carton Flowers

🕒 25 min 🧒 Ages 3–8

🛒 You Need:

- Empty egg carton
- Scissors
- Paint or markers
- Green pipe cleaners or straws
- Buttons or beads for centers

📋 Steps:

1. Cut out the individual cups from the egg carton.
2. Cut the edges to make petals.
3. Paint in bright colors — yellow, red, orange, purple.
4. While wet, press a button or bead into the center.
5. Push a pipe cleaner or straw through the bottom as a stem.



6. Make a full bouquet and give it to someone you love!

💡 **Tip:** A ready-made gift! Making something by hand develops generosity and pride.

🧠 **Learns:** Fine motor, creativity, environmental awareness, generosity

#22 Paper Roll Animals

🕒 30 min 🧒 Ages 3–8

You Need:

- Toilet paper or paper towel rolls
- Paint
- Googly eyes
- Pipe cleaners
- Construction paper
- Glue or tape



Steps:

1. Choose your animal: caterpillar, owl, butterfly, lion, elephant.
2. Paint the roll with the base color. Let dry.
3. Add details with paint, paper, or markers.
4. Caterpillar: connect multiple small rolls, add antennae.
5. Owl: paint brown, cut paper triangles for ears and feathers.
6. Lion: paint yellow, cut paper strips for a mane.

💡 **Tip:** Make the Rex and Friends characters! Zorvix, Brody, Rex — bring the books to life!

🧠 **Learns:** Fine motor, storytelling, recycling awareness

#23 Cardboard City

🕒 1–2 hours (multi-day project!) 🧒 Ages 4–10

You Need:

- Various cardboard boxes (cereal, shoes, tissue)
- Paint and markers
- Tape and scissors
- Fabric scraps, foil, yarn
- Toy cars and people (optional)



Steps:

1. Collect boxes over several days.
2. Design your city plan on a large piece of cardboard.
3. Cut windows and doors, paint boxes as buildings.

4. Add streets, parks (green paper), a river (foil).
5. Add trees (rolls + green paper tops), traffic lights.
6. Let children expand it daily — it's a living project!

 **Tip:** *This is a multi-day project that grows with your child's imagination.*

 **Learns:** Engineering, spatial reasoning, community concepts, sustained focus

⚡ QUICK ACTIVITIES (5–15 MIN) ⚡

When you only have a few minutes — these make them count!

#24 Mirror Drawing

🕒 10 min 🧒 Ages 3–10

You Need:

- Paper
- Markers or crayons

Steps:

1. Sit across from your child at a table.
2. One person draws a slow, simple line or shape.
3. The other mirrors it exactly at the same time.
4. Switch leaders every minute.
5. Try it with eyes closed for extra laughs!

💡 **Tip:** Eye contact + synchronized movement builds deep connection and attunement.

🧠 **Learns:** Coordination, connection, focus, nonverbal communication



#25 Emotion Charades

🕒 10 min 🧒 Ages 3–10

You Need:

- Cards with emotion words or drawn faces

Steps:

1. Write or draw one emotion per card: happy, sad, angry, confused, proud.
2. Take turns picking a card and acting the emotion — no words!
3. Others guess the emotion.
4. When guessed: share a time you felt that way.

💡 **Tip:** Great for children who struggle to verbalize feelings — this makes it safe and fun.

🧠 **Learns:** Emotional literacy, empathy, facial recognition



#26 Number Water Balloons

🕒 15 min 🧒 Ages 3–8

You Need:

- Water balloons
- Permanent marker
- Outdoor space

Steps:

1. Fill water balloons ahead of time.
2. Write a number on each balloon (1–10 for young, 10–50 for older).
3. Call out a number — the child runs and grabs it.
4. Variation: call a math fact — 'Find the answer to 3 + 4!'
5. Let them throw at a target for the grand finale!



💡 **Tip:** Outdoor math on a hot day = instant motivation. No worksheets!

🧠 **Learns:** Number recognition, math facts, gross motor

#27 No-Bake Energy Balls

🕒 20 min 🧒 Ages 3–10

You Need:

- 1 cup oats
- ½ cup peanut or sunflower butter
- ⅓ cup honey
- ½ cup chocolate chips
- Optional: coconut, raisins, seeds



Steps:

1. Measure all ingredients together. Talk about fractions as you go!
2. Mix everything in a large bowl — let children stir and squish with their hands.
3. Refrigerate 30 minutes until firm.
4. Roll into balls. Count them together!
5. Eat and enjoy. Ask: what's your favorite ingredient?

💡 **Tip:** Cooking together builds math, reading, science, and most importantly: pride!

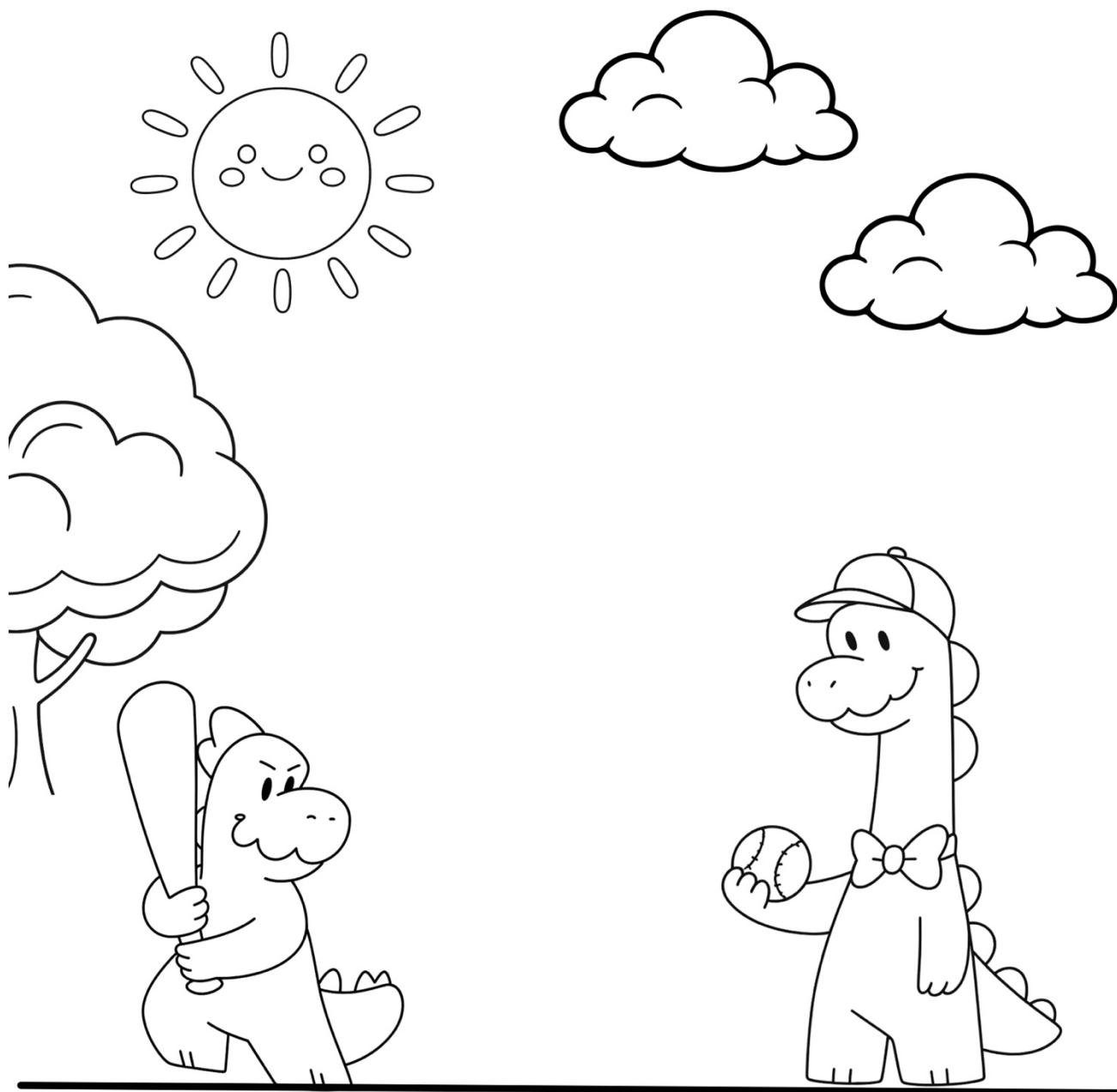
🧠 **Learns:** Math, science, following instructions, fine motor

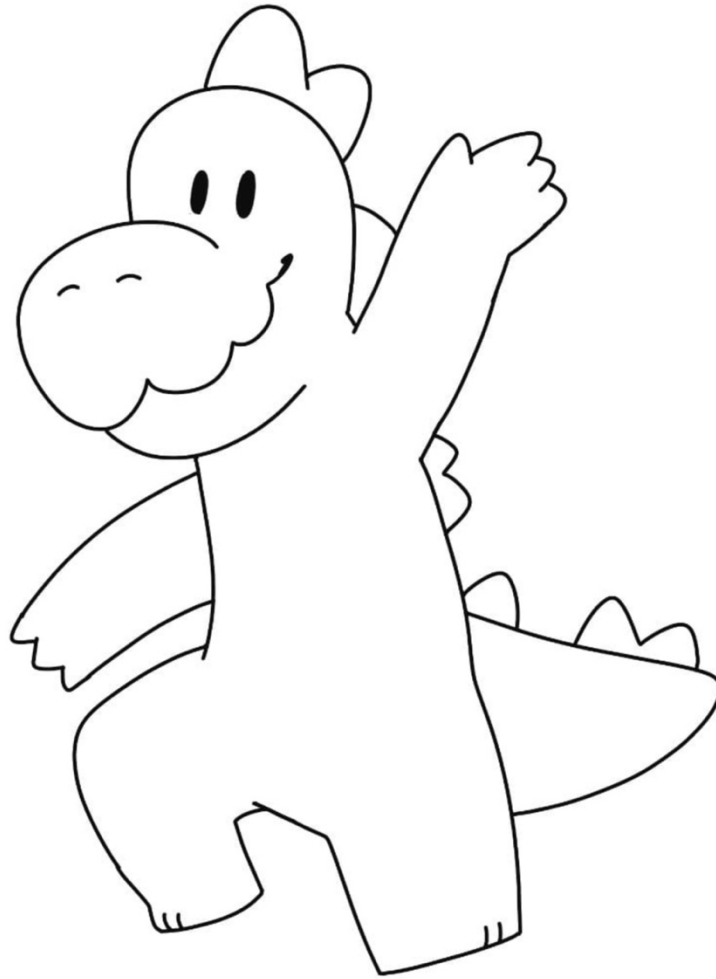


COLORING PAGES



Every page is a masterpiece waiting to happen!





Rex



Rex



Trixie



Brody



***"Every moment playing, creating, and
exploring together is a memory that will last a
lifetime."***

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