

## PUFFY PAINT MOON CRAFT

### Supplies:

- Paper Plate
- Shaving Cream
- Silver Glitter
- White liquid glue
- Sponge
- Circle stickers
- An old bowl and spoon

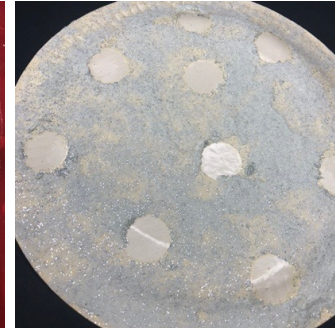
1. Have your child place some circle stickers on the plate in a random pattern

2. Mix puffy paint by mixing equal parts shaving cream and liquid glue. Mix in a generous amount of silver glitter. Mix well in a beating motion to puff up the shaving cream.

3. Apply paint to the paper plate with a sponge. This is the fun and messy part!

4. Let the paint dry completely (may take several days). You'll notice the paint become more puffy as it dries out completely.

5. Peel off the round stickers to represent the moon's craters.



## SENSORY BOTTLES & DEVELOPMENTAL SKILLS

<https://tinyurl.com/y75sskbt>

Sensory bottles are a great learning tool that can be adapted for teaching infants, toddlers, and children new skills. Here are a few ways they can be used to promote developmental skills:

- **Language skills**-work on the concepts of go and stop by having your child shake the bottle until you say stop. Play a version of I Spy by having your child identify objects inside the bottle.
- **Math skills**-have your child identify different colors, shapes, sizes of items inside the bottle. Practice repetitive patterns by having them "shake, shake, stop...shake, shake, stop".
- **Social skills**-take turns using the bottle. Be sure to give your child a warning on how much time they have to play until it is your turn.
- **Science skills**-talk about which items float and which items sink. Describe any sounds the materials inside the bottle make.
- **Sensory-Motor skills**-encourage your child to roll the bottle on the floor then crawl, roll, jump or animal walk after it.
- **Behavior**-use the bottle as a calm down jar. When your child is upset, have him/her shake the bottle and take deep breaths while watching the contents swirl, slow down and eventually settle back to the bottom.

### Make your own Solar System Sensory Bottle

- Empty and clean plastic bottle or jar (Voss water bottles or a peanut butter jar work great)
- Super Glue (to seal the cover on, can also wrap with duct tape)
- Water
- Glitter
- Small plastic stars
- Pom Poms
- Food Coloring or liquid watercolors

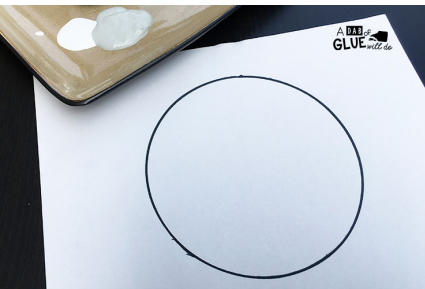


"Behind every young child who believes in him/herself is a parent who believed first."

## Foil Printed Moon Craft

### Supplies:

- Aluminum Foil
- White Paper
- Black Paper
- Marker
- Scissors
- Gray Paint
- White Paint
- Black Paint
- Glue
- Paintbrush



Press foil into the bottom of a measuring cup to create a stamp to dip into paint. Draw a circle on white paper. Have your child stamp with gray paint inside the circle. Let dry then have your child stamp circle with black paint. As the paint is drying create stars with white paint and paintbrush on the black paper. Once all paint is dry, cut out the circle and glue to black paper.

### FUN WAYS TO STRENGTHEN YOUR CHILD'S LANGUAGE AND READING SKILLS

- **Create opportunities to sing to and with your child.** You don't need to have a good signing voice; your child will love it because it's yours.
- **Seek out high-quality rhyming books-**fun books bring laughter and joy to your child and he or she will associate the joy of spending time with you and learning to read.
- **Combing rhyming with rhythmic clapping or movement-**this is helpful for an active child who needs to involve his entire body in the activity.
- **Encourage wordplay using poems, rhymes, or songs-**ask your child what rhymes with their name or make up a silly story about "a cat chasing a fat rat."

### IDEAS FOR MOVEMENT SONGS FOR KIDS TO GET THE WIGGLES OUT!

<https://tinyurl.com/y9m9996w>

<https://tinyurl.com/y9tyj8o9>

## Resilience

is our ability to bounce back from the stresses of life. It's not about avoiding the stress but learning to thrive within the stress. Learn more about the 5 pillars of resilience at:

<https://www.bouncebackproject.org/resilience/>

