

## Community Helpers Activities for Wednesday

### On the Move

#### Construction Site

Take on the role of a construction worker through dramatic play. (an outdoor activity)

Materials:

- Dirt, pebbles or rocks, loose grass or sand
- Building blocks or small boxes taped closed
- Dump trucks or any toy vehicles

Instructions:

1. Create a construction site using natural materials such as dirt, sand, rocks, grass, etc. (be creative!)
2. Have your child build a structure using the building blocks
3. Simulate "bulldozing" by instructing your child to knock down their structure using the dump truck or any toy cars.
4. Repeat this process or instruct your child to build something new during each turn.

### Adventures Online

#### Alphabet Occupations

What do you want to be when you grow up?

<https://www.youtube.com/watch?v=r6Oxqyd5qUw>

As you watch the video provide your child with more information about the different occupations.

### Sensory Time

#### Trash Pickup

It's trash day. Can we pick up all the trash before the truck gets here?

Materials:

- Scrap paper
- 2 bins
- Cups, spoons, scoops, or a small bowl.

Instructions:

1. Let your child help you wad paper up into balls and place into one bin.
2. Give them the cups, spoons scoops and/or small bowls.
3. Let them scoop the "trash" from one bin to another.

### Story Time

#### People In Our Town

Check out this E-book about Community Helpers in your town.

### Arts and Creativity

#### I'm a Baker!

Your child can pretend to be a baker with simple household items.

Materials (any or all of these will do!):

- Muffin tins, cake pans, pie tins, etc
- Rolling pin
- Bowl
- Wooden spoon
- Whisk
- Cookie sheet
- Apron

Instructions:

1. Gather the suggested materials on your kitchen floor or a low table.
2. Tell your child that bakers are helpers! They make food for us to eat.
3. Let them play and explore with the materials.
4. Play along with them, pretending to make delicious treats! Talk about what they are making and what they are doing.