

Plants and Flowers Activities for Wednesday

On the Move

Flower Picking

Find all the flowers hidden in the garden. (Best as an outdoor activity, but can be transformed to fit indoor environments)

Materials:

- Paper (You can recycle old mail or flyers from the newspaper for this activity)
- Popsicle Sticks, Pipe Cleaners, pencils, pens or small sticks from outside
- Any Art Materials (crayons, markers, glitter, pom pom balls, ect)
- Glue or Tape
- (or use your coffee filter flowers from Monday's activities)

Instructions:

1. Cut out several flower shapes from paper (feel free to use a printable pattern or free-hand shapes- they don't have to look perfect, your toddler will love them anyway!).
2. Glue or tape the flowers onto the popsicle sticks/pipe cleaners/pencils/pens.
3. Once dry/constructed, stick the flowers into varied spots in a clear, grassy area.
4. Have your toddler hunt for the flowers within the space.
5. For an indoor activity: place the flowers in varied spots around your home

Adventures Online

Yoga

This pandemic can be stressful for all, including our little ones. It is important to keep our minds and bodies in good shape. Let's do some yoga with Alyssa-Jean Klazek to help our little ones stretch and relax

<https://www.youtube.com/watch?v=0jXrHTGYox4>

This is a great activity to learn imitation and expand language - you can imitate their movements and add words to label what they are doing.

Sensory Time

Kitchen Spices

This is a fun way to introduce the many spices that add flavor to our food that we can find in our kitchen.

Materials:

- An assortment of spices

Instructions:

1. Set out several jars of spices.
2. Remove the lids one at a time and encourage your child to smell them. (you can cover the jar with a thin cloth or a piece of paper napkin if you'd like to keep them from spilling.
3. Ask questions about how they smell. Is it sweet, spicy, yummy or yucky?
4. Talk about where the spices come from. They are the leaves or roots from plants that are dried out and ground up.

Story Time

Let's Take a Walk!

Take a walk and have your child pick a flower.

When you get back home, ask your child to draw a picture of their flower. Then work with them to create a story about their picture. Write down what they say and read it back to them. This teaches them that their words are powerful and have meaning, along with building their creativity.

Arts and Creativity

Flower Garden Song

You can get your child moving and playing with this fun simple song to sing together!

Here is the song that you and your toddler can sing (the tune is "The Farmer In the Dell")

Song:

The Farmer plants the seeds

The Farmer plants the seeds

Hi Ho and Cheery O

The Farmer plants the seeds.

The sun begins to shine

The rain begins to fall

The plants begin to grow and

The flowers smile at us.

Your child can sing along, and "be" the flower! When you sing "the Farmer plants the seeds" you can pretend to be the farmer and have your child crouch down. When you sing "the plants begin to grow," your child can slowly rise to a standing position, and then when the flowers smile at us, your child can jump up and you can smile together!