

Summer Activities for Monday

On the Move

Outside Yoga

Enjoy the fun of creating yoga poses with your child. Yoga is a great inside or outside activity. Doing yoga can help kids unwind, build concentration & focus, and obtain physical activity at the same time.

Materials:

- Outside Area or Inside Area with Open Space

Instructions:

Slide Pose

1. Have your child sit with their knees bent.
2. Then have them bring their arms behind them as they slowly straighten their legs and lift their hips.

Kite Pose

1. Have your child stand tall and bring their arms up in the air with their palms together.
2. First have them stretch to the right side and hold the pose for eight counts.
3. Switch to the left side of their body and hold the pose for eight counts.

Bird Pose

1. Have your child stand on their tiptoes.
2. Have them flap their arms like wings and imagine they are flying.

Adventures Online

Sandbox Search

Can you find the items in the sand? As your child dig for items that begins with a letter sound ask or show him/her items around the house that begins with the same sound.

<https://pbskids.org/sesame/games/abbys-sandbox-search/>

Sensory Time

Pouring Station

Transferring, filling and pouring is hard work but also a great way to cool off in the summer.

Materials:

- Large bin
- Assortment of containers
- Water

Instructions:

1. Fill some of the containers with water and leave some empty.
2. Place containers in the large bin.
3. Have your child pour the water from one container to another.
4. Talk to your child about an empty & full container and have your child fill an empty container with water.

Story Time

Beach Day!

Follow Sam, Pam, Will & Jill on their adventure to the beach!

Read Aloud: <https://www.youtube.com/watch?v=xwfA0FfAt7E>

Arts and Creativity

Mister Sun!

Sing along and encourage Mister Sun to come out and PLAY!

Mister Sun

Oh Mr. Sun, Sun

Mr. Golden Sun

Please shine down on me

Oh Mr. Sun, Sun

Mr. Golden Sun

Hiding behind a tree

These little children are asking you to please come out, so we can play with you

Oh Mr. Sun, Sun Mr. Golden Sun, please shine down on me.