

# At-home preschool activities with common household items

- **Spice container stack:** pull out those plastic spice containers and see how high you can stack them. Count them as you stack to throw in some math work.
- **Silverware sort:** Have your student help you sort the dishwasher by placing the silverware in the appropriate spot, facing the correct way. Works on sorting and motor planning skills.
- **Grab the sidewalk chalk** and have your student head outdoors. If you have a wooden fence or brick wall, have them drawing upright on the surface. This gives great feedback and will work on wrist strength. If you don't have an upright canvas, the sidewalk will do just fine.
- **Bubble blowing!** Working on blowing bubbles to improve mouth strength and ability to sustain breath.
- **Tape Pull Up:** use masking, paints, or washi tape to put small (2-4in) pieces on your table, wall, or other flat surface. Encourage students to use their pincer grasp to pull the tape off of the surface. Add difficulty by writing numbers, shapes, or letters on the tape at random and having them search for certain letters/numbers/shapes to remove.
- **Chip clip squeeze:** Work on grip strength by having your student put chip clips on the edges of a Tupperware container. Depending on your chip clips, you may also be able to work on color identification. Count the clips as they are placed.
- **Spaghetti lacing:** use spaghetti noodles and cheerios to work on lacing skills. If you have fruit loops, you can also work on color identification or patterning.
- **Sensory Bin:** Use any extra rice, cooked noodles, uncooked noodles, cereal, flour, beans... basically anything you wouldn't want thrown all over your floor and put it in an open container with spoons and cups for free play
- **Ripping:** let all of those flyers that would usually end up in recycling have a new purpose! Just let your student tear them up. Bonus: after your done, you could use them to create recycled paper or just glue the pieces to make a collage.
- **Hair tie stretch:** Dig up all those hairties that have fallen under the sofa and get a container that is slightly larger than the hair tie (spice bottle, cup, sauce jar. This will vary based on your hair tie). Have your student stretch the hair tie and place it around the container.
- **Shaving Cream Bath:** Enjoy a nice sensory activity by letting your student play with shaving cream in the bathtub. Bonus: when you're done, just wash it down the drain!
- **Sink whisking:** Fill your sink halfway and add dish soap. Give your student a whisk and let them go to town. This WILL get messy, but it'll make tons of bubbles and work on arm strength.
- **Towel Folding:** Work on motor planning by having your student help fold your small dish towels (which will need to be washed and dried after you clean up from the sink whisking).
- **Outside chalk obstacle course:** Take the sidewalk chalk and set up a gross motor path. Ideas include: jumping, leaping, hopping, bear crawl, crab walk, spin, run, backwards walk, sideways walk, squat, jumping jacks, giant steps, tiptoe steps, following a wiggly line, wide steps, marching, stomping, pushing something heavy, kicking, lunges
- **Go Noodle!** If you haven't been in a preschool room lately, you may not be aware of the joys of Koo Koo Kanga Roo or MouseTube. Yes, it's screen time, but it's physical, indoor recess screen time with catchy tunes. Accessible via the gonoodle website or youtube
- **Cosmic Kids Yoga:** again, screentime. Follow along with some great stories as you are guided through different yoga poses. Very kid friendly and honestly a little challenging for adults. Each yoga session follows a different theme such as Frozen, Moana, or Pokemon.
- **Books!** Yes, possibly the same one over and over. Work on language development by asking questions ranging from "Can you touch the X?" to "What do you think will happen next?" depending on your student's ability level.
- **Hide and seek:** Hide different items around your house and have your student search for them