Activities For All

Bumble Bee Bop

Get Ready:

You need a wide open space either indoors or outside to play. Materials: 5 to 10 cones or flowers you have made out of construction paper or poster board, depending on the size of your group.

Get Set:

Spread the cones/flowers throughout the play space and start with everyone standing at one end of the play space.

Go:

- Once everyone is standing together at the end of the play space, explain that they are all hungry bees looking for food. They must find flowers to find food.
- Participants fly (**run, with arms stretched out**) around the play space from flower to flower, saying, **Buzzzzzzzzzzzz!**
- Once they reach a flower, they have to **stop, touch it**, and **pretend to eat** before flying off to find more flowers.
- Encourage the bees to fly at varying heights (low, medium, high), speeds (slow, fast) and pathways (straight, zigzag, curved).

Extend:

- Play a round as butterflies! Children flap their arms (wings) as the fly from flower to flower.
- Spread the flowers farther afield to increase the distance and amount of physical activity
- Give each child a bag or small basket to carry and place small items (cotton balls or small rocks) by the flowers. Have the children collect an item from each flower they visit. At the end of the play, have them count the number of food items (pollen) they collected.
- Join the play! Be a bug catcher — use a hula hoop to capture bees/butterflies. If you capture a bee/butterfly, simply say **"Gotcha!"** and encourage them to return to play.

Cooperation Soup/Cooperation Salad

Age: 2 years and up

Ingredients

Fruits and vegetables

Directions

Meal and snack preparation can be a good time to encourage cooperation skills.

1. Let everybody help wash the fruits and vegetables.
2. Children can peel things like bananas and use a dull plastic knife to slice soft fruits.
3. Children can tear lettuce and spinach.
4. Let them stir the soup or salad.
5. Everybody gets to eat.

Soup Suggestions: carrots, tomatoes, potatoes, peas

Fruit Salad Suggestions: apples, bananas, oranges, melon

Vegetable Salad Suggestions: lettuce, spinach, tomatoes, celery

CAUTION To be safe, an adult needs to peel and slice other fruits and vegetables.

What children will learn

Nutrition and cooking, social skills

Animal Follow the Leader

Age: 2-5 years

What's needed

None

What to do

This is a follow-the-leader game around the theme of animals.

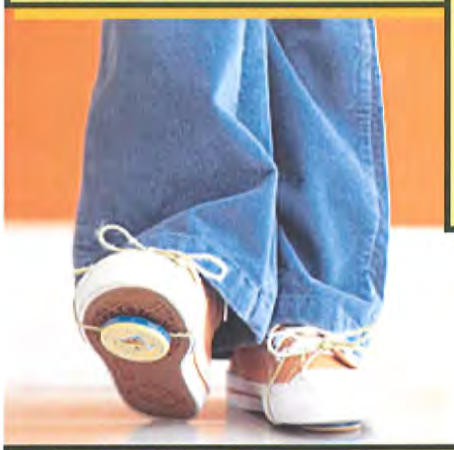
1. Tell children to watch you carefully and to do what you do.
2. Have children copy what you do, for example, roar like a lion, hop like a bunny, tiptoe quietly like a mouse.
3. For younger children, stick with familiar animals and similar large motor activities.
4. For older children, you can use less well-known animals. Try actions that require more physical skill.

What children will learn

Copying skills, understanding of different animals

Tap Dance Fun

Age: 2 years and up



What's needed

Old plastic or metal jar lids
Tape or string
Music

What to do

1. Children can tape or tie old plastic or metal jar lids onto the bottom of their shoes.
2. Then put the music on and dance, with the lids making great noises—indoors or outdoors!
3. Children can tap or clap out rhythms for others to copy.

What children will learn

Small or large motor skills, music and rhythm skills

Freeze Dancing

Age: 2 years and up

What's needed

Music

What to do

1. Play different types of music for short and long periods of time.
2. Stop the music at unpredictable times, asking the children to freeze in the spot and action they are doing when the music stops.
3. Have children suggest actions to do during the music: wiggling, dancing, jumping and so on.

What children will learn

Coordination; physical activity; following directions

The Lion's Lunch

Age: 3 years and up

What's needed

One piece of heavy cardboard or plywood,
23 inches x 36 inches
Markers or paint
Crumbled paper (pink or tan)
Scissors

What to do

1. On the cardboard, draw or paint a large picture of a lion. Cut a hole where the mouth is.
2. Place a strip of masking tape where the children should stand.
3. Place the lion upright a certain distance away (depending on the age and ability of the children).
4. Have the children take turns feeding the lion by trying to throw the balls of crumpled paper through the lion's mouth.
5. Have the children count how many balls the lion "ate."

Variations: Use bean bags instead of crumpled paper.

Have more than one strip of masking tape. The closest one can be for the three-year-olds; the farthest for the older children.

What children will learn

Addition; one-to-one correspondence; eye-hand coordination; large and small muscle skills