

## USING HOUSEHOLD SUPPLIES TO CREATE NEW ACTIVITIES

Use this checklist to spark some ideas for some cheap (free?!) and easy ways to create new projects, games, or activities to help you and your children keep things fresh and minimize some stress in the home.

### FIND SOME ITEMS IN THE KITCHEN

- Give your **coffee creamer bottle** a good rinse-out, remove the label, and use the small opening at the top to place cotton balls or add pom-pom balls to the container. **Bonus:** your child can practice opening and closing twist-off containers by unscrewing the top themselves... they just might need a little demo or help from you.
- Grab some clean, empty **ice cube trays** and together learn about the properties of water; use it as a shape or color sorter; place a little toy inside, add some water, and freeze the toy in place, then use little tools or utensils to make it an archaeological dig and rescue their toys again!
- **Coffee grounds** anyone?! Dry out your used coffee grounds and make a sensory bin with the fresh aroma for you and the fine granules of a sensory experience for your child.
- Done with your child's favorite **cereal box**? Cut out some triangles and other shapes out from the bright and colorful front of the box as puzzle pieces for your child to put back together!
- Place shapes, magnets, or color a picture using a **cookie sheet** surface, propped up against a wall. Vertical surfaces are great to promote a change in visual planes, fine motor skill development, and working differently against gravity.
- See what you can come up with using: **straws, tongs, cupcake pans, or baking pans**



### USING ITEMS FROM THE PLAY ROOM

- Create an obstacle course using **child size chairs or tables**: give directions to crawl under, climb over, or move around some of these items. Remember: you might need to provide some more assistance or demonstrate what some of these words mean, as prepositions are a later-developing skill or concept.
- Together, place **couch cushions, blankets, or pillows** on the floor to make a fun obstacle course.
- **Stuffed animal** relay races or I-spy!
- Practice good hygiene by starting with a pet bath or car wash! Use some **toy animals or cars** (only pick ones that can get wet!)

### TRY SOME ITEMS FROM THE BATHROOM

- Create a quick and easy paint station using make-up supplies, such as **cotton balls or Q-tips**. Either use these item separately, or bundle some together with tape for a fun, new paintbrush.
- Have a clean or empty **spray bottle and face cloth**? Make cleaning time a family activity - you might have to go back over their work, but at least you're getting to incorporate your child into a regular household activity and teaching them to be a responsible part of a team! This also provides some good practice with finger isolation, fine motor strength and coordination, time to connect with you, and sensory input for your child!
- **Empty and cleaned bottles** from shampoo or lotion, twist-top containers from creams or make-up wipes, etc. are a great way to encourage bilateral coordination (using both hands together) by: squeezing, filling with water (in bottle) or with other small toys/items (in twist-top container), shake, fill with a little soap to squeeze out and make bubbles, fill with paint to squeeze at art station etc.