



**Early Childhood Education**  
**Sunny Days Summer Packet**

**Issaquah School District**



## Outdoor Preschool Summer Activity Checklist

On days when the weather is fantastic, take advantage of it and head outside with your preschoolers! The following are suggestions for outdoor preschool summer activities from

[www.the-preschool-professor.com](http://www.the-preschool-professor.com)

- Go to a local farmer's market -- pick out fresh fruits and veggies.
- Tour the local playgrounds & Beaches - try a new one each week.
- Go for a walk or bike/tricycle ride.
- Set up an outdoor obstacle course.
- Fill a wading pool and let the kids splash around—Run through sprinklers
- Pick berries and make homemade jam.
- Go on a bug hunt.
- Draw with sidewalk chalk.
- Create a treasure map and help the children dig up "buried treasure".
- Fly a kite.
- Take books outside and read under the shade of a tree.
- Play a game of tag.
- Create a lemonade stand & bake-sale
- Plant a garden
- Play with shadows on a bright, sunny day.
- Set up a tent in the backyard.
- Find local festivals to visit
- Visit local tourist attractions
- Go on a nature hike & scavenger hunt – make a collage from your collection
- Play hopscotch & jump rope
- Play games with a parachute/sheet-
- Blow bubbles together.
- Have a water balloon fight.






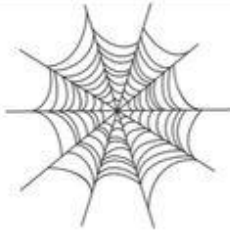




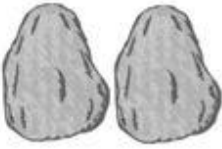











## Indoor Preschool Summer Activity Checklist

Of course, there will be days when the weather doesn't cooperate, and you are forced to be inside. Try these ideas for indoor summer fun:

- Create a craft box for creating summer art projects
- Take a trip to the local library – visit a library story-time
- Try a rainy day walk
- Make sock puppets and put on a puppet show.
- Visit local museums
- Play a board game
- Find a local indoor pool that has "Open Swim" hours.
- Create an indoor scavenger hunt
- Look through photo albums and remember fun times.
- Create a Photo Album or Scrapbook together
- Go see a matinee movie in the theater
- Play with play dough.
- Build an indoor fort with chairs, sofas, blankets, and pillows
- Cozy up in a favorite place and read favorite books.
- Bake Crazy Cookies together – play with various ingredients, make predictions

# Scavenger Hunt- Nature Walk

Can you find all 20?

 <p>bird</p>	 <p>tree roots</p>	 <p>ant</p>	 <p>spiderweb</p>
 <p>green leaf</p>	 <p>acorn</p>	 <p>flower</p>	 <p>log</p>
 <p>two similar rocks</p>	 <p>mushroom</p>	 <p>squirrel</p>	 <p>tall grass</p>
 <p>stick that looks like a letter 'y'</p>	 <p>flying bug</p>	 <p>brown leaf</p>	 <p>cloud</p>
 <p>dandelion</p>	 <p>animal footprints</p>	 <p>wild berries</p>	 <p>pine cone</p>

[www.thebirdfeednyc.com](http://www.thebirdfeednyc.com)



# Nature Scavenger Hunt



# City Scavenger Hunt



**bicycle**



**fire hydrant**



**door**



**tall building**



**tree**



**wheel**



**brick**



**pigeon**



**sidewalk crack**



**cloud**



**dog**



**flag**



**mailbox**



**flower pot**



**sign**



**bench**



## Colored Puffy Paint

- 3+ cups of shaving cream (foam not gel)
- 1 cup flour
- 1 cup white glue, such as Elmer's
- Food coloring or paint
- Ziploc-style sandwich bags
- Sturdy paper or board (poster board, tag board, cardboard, watercolor paper, or paper plates)

### DIRECTIONS:

**1. Mix the shaving cream, flour and glue together** in a large bowl without over mixing. (You want to keep the air bubbles in the shaving cream.)

**2. Divide the white puffy paint mixture between 3 to 4 small bowls and add a few squirts of food coloring or paint** to each bowl, stirring in, but again being careful not to over mix.

**3. Using Paintbrushes, Hands, Cotton Swabs, explore and create on a sturdy surface**

**4. Let dry overnight.** You'll notice the foam paint gets even puffier over time then sets, but is still puffy to the touch even after it dries.



# backyard CAR WASH



## MATERIALS:

- Outdoor space**
- A large Bowl or Bucket**
- Dish Soap or Hand Soap**
- Wash Cloths**
- Sponges**
- Dish Towels**
- Squirt Bottles**
- Dirty Outdoor Toys**

## WHAT TO DO:

- Fill the Bowl or Bucket with a few teaspoons of soap and fill with water until bubbles form
- Grab a wash cloth, sponge, and start scrubbing
- Use a squirt bottle to get in those tight spots
- After Washing is completed, use dry towels to wipe down toys
- Leave upside down outside to dry



## Under Cover

### Materials Needed:

**Large Blanket or Sheet**

## What to do:

1. Have your child wrap themselves in the blanket with just their face exposed
2. Then say you are going to play a guessing game
3. Ask your child questions about what they are wearing under the blanket
  - For Example: “Do you have buttons on your shirt? Do you have shoes on your feet? Are your socks green?”
4. After listening to your child’s answers, remove the blanket and go over the answers
5. Feel free to change places with your child and take turns
6. Mix it up by hiding objects in the blanket and guess what has been hidden



## What is Missing?

Materials Needed:

- Various Colored Boxes, Cans, or Containers
- Collection of items with similar theme



### What to Do:

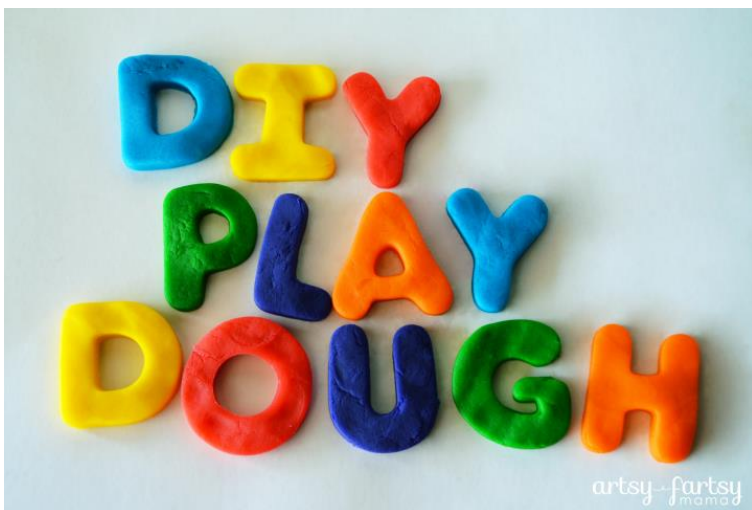
- Show your child each item (unusual items are interesting and introduce new vocabulary words-transportation, animals, food, game board pieces, etc.)
- Talk about and describe each item
- Place all items in a row
- Ask your child to cover or close their eyes
- Remove one item while their eyes are closed
- Say “1-2-3, look and see, something is not there that used to be! What is missing?”
- Your child will guess what’s missing
- Take turns and model for your child
- Vary the number of objects in each row starting as low as 2 and building that number based on success



## Water Balloon Piñata

It's time to bust out the water balloon fun! The more water balloons, the better!

Fill with water using a funnel or water-balloon nozzle. Hang from a sturdy string in an outdoor water-friendly space.



## Do-It-Yourself Playdough

Have your children help measure, pour, and knead their very own playdough.

What You Need:

- 1 cup Water
- 1 Tablespoon Vegetable Oil
- ½ cup Salt
- 1 Tablespoon Cream of Tartar
- Various Colors of Food Coloring
- 1 cup Flour

Saucepan

Combine water, oil, salt, cream of tartar, and food coloring in a saucepan and heat until warm

Remove from heat and then add flour

Stir until well mixed then move to a clean, floured surface

Knead until smooth

Store in an airtight container or Ziploc freezer bag

*\*Note: Cream of Tartar works to help preserve the dough for up to 6 months*



## Paint with Water

### What You Need:

- Paintbrushes
- Rollers
- Sponges
- Small Containers
- Water
- Outdoor Water-Friendly Space

Provide children with materials to use to paint different designs on dry sidewalks and rocks.

### Ways to Extend the Activity:

Discuss predictions and what they observe as the water dries. Use counting to see how long it takes for the water to dry. Draw outlines of different shapes and images with sidewalk chalk and have children paint within the lines.



## Name Hopscotch

### What You Need:

- Chalk
- Bean Bag (make one with an old sock and dried beans)
- Outdoor Space

### What to Do:

1. Draw a hopscotch grid or circles with sidewalk chalk
2. Write a letter from your child's name on each square
3. Have your child throw the bean bag and hop on that square
4. Practice letter-recognition by first telling, then asking the child the name of the letter they landed on
5. Have them hop across the grid stating the letters as they hop on each one



**Local Summer Suggestions for Young Children – A Local Parent’s List of Family Favorites**  
**(Feel free to add to the list, or make a regional list for your area)**

Name	Location	Type of Activity	Free
Pine Lake Park	Sammamish	Park & Beach	X
Sammamish Commons Park	Sammamish	Park, Spray-Park, Library	X
Lake Sammamish State Park (Discover Pass)	Issaquah	Park, Beach, Bikes	
Issaquah Community Center Indoor Play	Issaquah	Indoor Play	
Veteran’s Memorial Field	Issaquah	Park	X
Squak Valley Park	Issaquah	Park /Watch the Hang-gliders	X
Zoe & the Swamp Monster Trail	Tiger Mountain	Child-Friendly Hike	X
Tradition Lake Loop & Bus Trail	Tiger Mountain	Child-Friendly Hike	X
Meadowcrest Elementary Park Playground	Renton	Park—off school hours	X
Gene Coulon Beach Park	Renton	Park & Beach	X
Henry Moses Aquatic Center	Renton	Water Park	
Lake Boren Park	Newcastle	Park	X
Newcastle Beach Park	Bellevue	Park & Beach	X
Crossroads Park – Upper & Lower	Bellevue	Park, Spray-Park, kids bikes	X
Kidsquest Museum	Bellevue	Children’s Museum	
Luther Burbank Park	Mercer Island	Park, Bikes, Walking, Beach	X
St. Edward’s State Park (Discover Pass)	Kenmore	Park, Bikes, Hiking	
Discovery Park, Alki Beach, Golden Gardens	Seattle Area	Beach & Tidepools	X
International Fountain & Ride the Monorail	Seattle Center	Water, Music	
Pacific Science Center	Seattle Center	Museum	
Museum of Flight	Seattle	Museum	



Meadowcrest Park - Renton



Luther Burbank – Mercer Island



Tiger Mountain



St. Edward’s State Park - Kenmore



## Family Summer Planning

*Involve your children in Summer Planning, for weekends or weekdays depending on childcare needs over the summer break.*

**Use the template below to track summer activities. Add your own local favorites. Have older children rank activities based on their preferences:**

0 = I don't like this activity and do not want to do this over summer break

1 = This is not one of my favorite activities, but I will go if I have to

2 = This is an activity that I like to do

3 = This is an activity I definitely want to do this summer

<b>Parks</b>	<b>0-3</b>	<b>Beaches</b>	<b>0-3</b>	<b>Hikes</b>	<b>0-3</b>	<b>Amusement</b>	<b>0-3</b>
Grass Lawn		Idylwood		Rattlesnake		Lake Union –MOHAI	
St. Edwards		Newcastle		Poo Poo Point		Fremont Exploration	
Lincoln Park		Coulon		Denny Creek		Seattle Center	
Kelsey Creek		Alki		Franklin Falls		Museum of Flight	
Botanical Gardens		Meydenbauer		Twin Falls		Woodland Zoo	
Crossroads		Vasa		Little Si		Cougar Mt. Zoo	
Spiritridge Park		Luther Burbank		Coal Creek		Pt. Defiance Zoo	
Volunteer Park		Lake Sammamish		Tiger Mt		Aquarium	
Meadowcrest				UW Arboretum		Remlinger Farms	
						Fox Hollow Farms	
						Children's Museum	
						Bellevue Square	
						Movie Theater	
						Outdoor Night Movie	
						Wild Waves	
						Bike Ride	
						Pottery Decorating	
						Indoor Trampoline	
						Family Fun Center	