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

- 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
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<th>ant</th>
<th>spiderweb</th>
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<td>flying bug</td>
<td>brown leaf</td>
<td>cloud</td>
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<tr>
<td>dandelion</td>
<td>animal footprints</td>
<td>wild berries</td>
<td>pine cone</td>
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</table>
Nature Scavenger Hunt

- flower
- rocks
- water
- green leaf
- tree
- grass
- spiderweb
- bird
- sand or dirt
- cloud
- bug
- ant
- brown leaf
- tree bark
- butterfly
- fern
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.
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

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)*

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<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Type of Activity</th>
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<tbody>
<tr>
<td>Pine Lake Park</td>
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<td>Park &amp; Beach</td>
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<td>Sammamish</td>
<td>Park, Spray-Park, Library</td>
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<td>Issaquah</td>
<td>Park, Beach, Bikes</td>
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<td>Issaquah Community Center Indoor Play</td>
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<td>Squak Valley Park</td>
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<td>Park /Watch the Hang-gliders</td>
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<td>Zoe &amp; the Swamp Monster Trail</td>
<td>Tiger Mountain</td>
<td>Child-Friendly Hike</td>
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<tr>
<td>Tradition Lake Loop &amp; Bus Trail</td>
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<td>Park—off school hours</td>
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<td>Museum of Flight</td>
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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

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<tr>
<th>Parks</th>
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<th>Beaches</th>
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