

# AKA Summer Activity Weekly Guide

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## OVERVIEW:

Young children build school readiness skills through meaningful everyday play and authentic experiences. Use this activity guide for fun summer learning.

BOOK	Shapes for Lunch <a href="https://www.youtube.com/watch?v=YY6YGQy9fEE">https://www.youtube.com/watch?v=YY6YGQy9fEE</a>	
SONG	Sing Along Shapes Song <a href="https://www.youtube.com/watch?v=w6eTDfkyPmo">https://www.youtube.com/watch?v=w6eTDfkyPmo</a>	
GROSS MOTOR	Obstacle Course Challenge Activity 5	
ACTIVITY	Molding Shapes Game 104	
SOCIAL EMOTIONAL SUPPORT	Keep Your Expectations Realistic: It is important for you to know and understand your child's abilities and limitations. When you expect too much or too little from your child it can lead to problems and frustrations for you both. <a href="http://www.cainclusion.org">www.cainclusion.org</a>	

## Obstacle Course Challenge

### Primary Objectives

Social-Emotional 1b, "Follows limits and expectations"

Physical 4, "Demonstrates traveling skills"  
Cognitive 11a, "Attends and engages"

### Materials

Obstacle course design and its directions (See "Let's Design an Obstacle Course!"), boundaries for safe play, obstacles (pillows, ottomans, boxes, balls, pool noodles, etc.)

### Why It's Important

Obstacle courses help children realize all the different ways their bodies can move. Children also learn to follow multistep directions and to take turns.

### When

Outdoor Play/Movement



### What You Do

1. Referring to the obstacle course design you created with your child, gather the obstacles together.
2. Look at the design together and create the obstacle course.
3. Once the course is complete, take turns with your child going through it, following the obstacle course directions your child created. Invite other family members to go through the obstacle course as well.

Now it's time to get moving for the Obstacle Course Challenge!

### Extend this experience

Ask children to use a timer and time themselves.

Ask children to create trophies or medals.

Ask children to add more obstacles to the course once they are ready.

# Molding Shapes

*This is my sun!*



Encourage your child to mold and explore dough while you describe the shapes she makes.

Your child will begin to connect the shapes she feels with her hands with the shape words she hears you say.

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## Why this is important

Molding dough gives your child the experience of learning how three-dimensional shapes are formed. The experiences children gain directly through using their hands and fingers leave a special and lasting understanding of the physical world. Easy art exploration can give your child confidence for later creative expressions.

## What you do

- Give your child opportunities to press and mold soft materials, such as playdough. Help your child dampen a clay or dirt area outside in order to make mud. Explain in advance that this is a messy activity! Let her explore freely without direction.
- Describe what she is doing as she plays. *You've made something flat and round. What a long coil! You pushed your thumb all the way through the middle.*
- Try making playdough using the following recipe:

2 cups flour	1 cup water
1 cup salt	2 tablespoons cooking oil
2 tablespoons cream of tartar	1 tablespoon food coloring

Mix all ingredients together in a saucepan. Cook over low–medium heat, stirring constantly until it forms a ball. Put the ball on a board and knead for 2–3 minutes. Store the dough in an airtight container between play sessions.

### Let's read together!

*Sun Bread*  
by Elisa Kleven

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## Another idea

Renew your child's interest in the game and extend your child's creativity by offering tools to press and shape the dough: popsicle sticks, sea shells, rocks, or pipe cleaners. **Make sure that these items do not go into your child's mouth. Put away things small enough to swallow when you cannot supervise their use, especially if you use this game with children under age 3.**