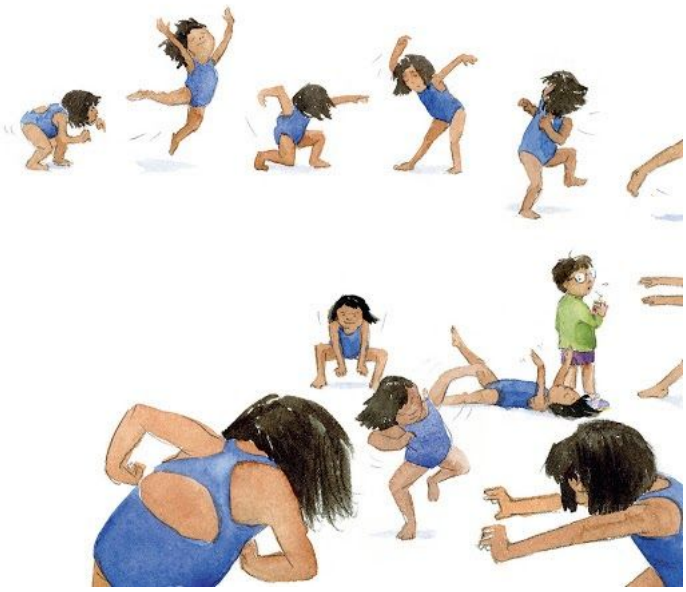
Executive Office on Early Learning
STATE OF HAWAII

EOEL Favorites

An Activity List for Parents of Young Children



BIG MOVEMENTS

Thyra Heder

- Dance & Sing Together!
  - Play various types of music from different eras and cultures.
  - Scarfs, party streamers, ribbon, etc. make great implements to dance with.
  - Create musical instruments using items around the house or outside.

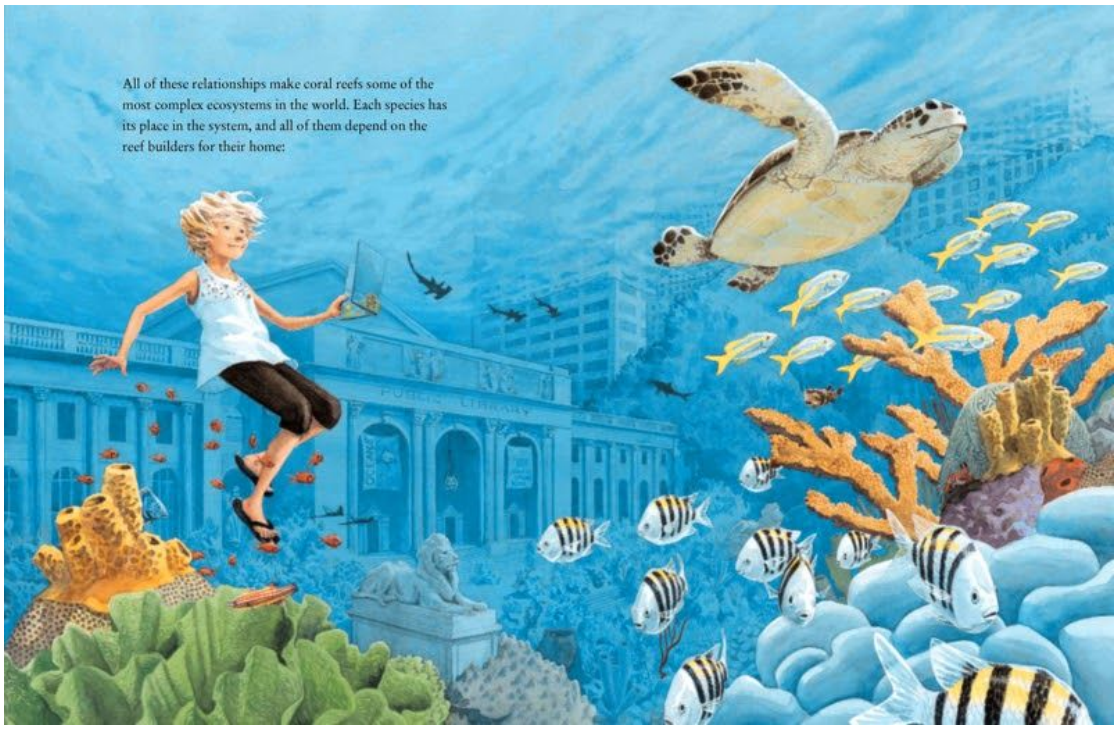
- If you have a driveway go outside and use chalk to draw
  - Have your child tell you a story about their drawing.
  - Help them to label their pictures.
  - What do your children notice about the different textures they're drawing on?

- Make paper airplanes and fly them at targets

- Get physical!
    - Play Tag
    - Play Hide-and-Seek
    - Play indoor volleyball or soccer with balloons
    - Wrestle (gently)
    - Have a pillow-fight or a sock-fight
    - Run a relay in the yard or driveway

- Perform!
    - Create your own story and act it out in front of family audience members.
    - Make puppets out of toilet paper rolls (draw characters, cut out photos) and tell a story.
    - Have your child make admission tickets/invitations, serve popcorn.

- Make your own water table using a large bucket or basin. Add funnels, containers of various sizes, etc.



Coral Reefs

Quiet Activities

Zen Shorts

- Write a letter to a friend, teacher or family member.
    - Tell them about what you are doing at home.
    - Include a drawing or a photo.
- Look at photos and reminisce.
    - Talk about what was happening and how it felt.
    - Ask you children to share what they remember.
    - Write a story (or a book!) about the event. Children can dictate their contribution to you. Share it with relatives.

- Create things with recyclable materials.
    - Create carnival or arcade games.
    - Make mazes or ramps.

- Send or leave messages of appreciation or that convey “I love you!”
    - Smiley faces
    - Written messages
    - Drawings
    - Hugs

- Shadow Play
    - At night, tell shadow stories on the wall.
    - In the daytime, look for shadows--What do you notice?

- Enjoy exploring natural surroundings if there is a nearby outdoor environment (day and night time).
    - Go for a walk.
    - Pick up treasures….leaves, seeds, rocks, coral, bits of plastic… Sort them, count them, make a collage picture with them…
    - Every day, notice changes to the SAME geographic or natural feature, the mountain range behind your house or the moon.
    - Share your observations...how is it different or the same? Express your curiosities.
    - Do an observational drawing (draw what you see) of something that interests you.

- Keep a daily journal
    - Every day, draw a picture of something you did.
    - Have a family member write your words, sentence, or story about it.

- Make lei
    - String flowers from your yard (plumeria and puakenikeni are in bloom!)
    - Twist ti leaves
    - Knot kukui leaf stems together
    - Does a neighbor have flowers you could ask them to pick?

- Play board games, guessing games, and card games.
    - Games promote logical reasoning and problem-solving skills.
    - Pencil-Paper Games: Tic-Tac-Toe, Pictionary
    - Card games: Go Fish, Concentration, Speed

- Build tents with blankets or sheets, pillow and cardboard boxes
    - Play games in your tent.
    - Read stories.
    - Sing songs.
    - Nap.

- Sketch and draw on blank sheets of paper….alone, or together as a family

- Cozy-up and read to your children.

- Listen to an audio-book *together*, and pause to discuss the story as it unfolds.

Daily Life

Happy Harvest · If You Plant a Seed

- Meals:
    - Prepare snacks and meals together.
    - Choose and read a recipe.
    - Eat some*where* new…picnic in the living room or in your blanket tent!
    - Wash the dishes together.

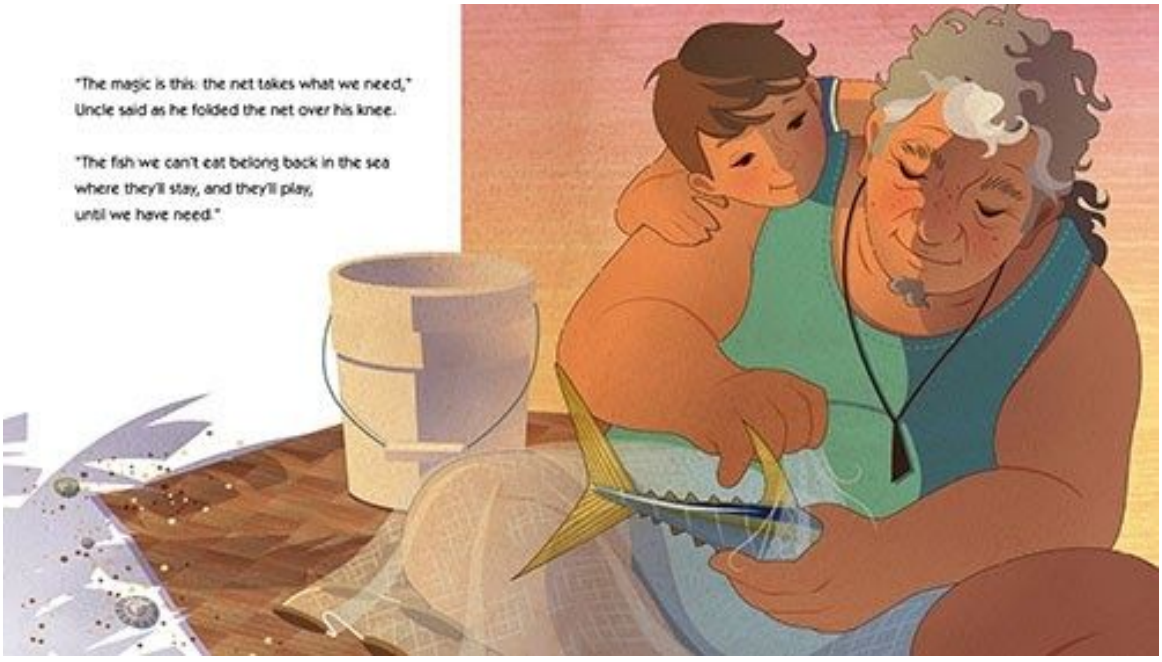
- Help with household chores when appropriate (laundry, cleaning, organizing, discarding, etc.) Children love to help with REAL jobs around the house!

- Wash the family vehicle(s) together, weather permitting.
- Help take inventory of household items (i.e. in refrigerator, food pantry, laundry area, etc).

- Together think of an altruistic activity to help out your neighborhood or community. Ask your child what might be a concern, how they can help, plan what needs to be done and implement it.

- Grow plants!
    - Watch for daily changes, how long does it take to start growing?
    - Draw pictures of the changes you see.
    - Use seeds from things you have eaten at home (tomatoes, cucumbers, papaya, avocado)
    - Cut off a branch of a ti plant and put it in a bucket of water to root and sprout
    - Try to sprout sweet potatoes from potato pieces or put the top of a carrot in water

- Make a conscious effort to practice gratitude daily:
    - Begin/continue a gratitude journal:
        - What are you grateful for?
        - What are your gifts?
        - How do we show gratitude/kindness to others?
    - Leave notes for your ‘ohana each day to let them know what they do that you appreciate/are grateful for.
    - See idea above that shares messages of appreciation.



Uncle's Magic Thrownet