

## **Sensory Find**

### **Materials Needed:**

Leaves

Sand

Small toys or other household items

Buckets/pails/boxes

### **Directions:**

Place leaves or sand in a bucket and include items from around the house.

### **Instructions:**

Let children find the items in the bucket while also getting a sensory experience.



## **Welcome to the 7th Annual Parent-Child Play Day 2014**

Welcome children, parents, and caregivers to  
this **free** play event.

These are several hands-on activities  
designed for caregivers and children to play  
together with no cost- low cost everyday  
household items.

The Parent-Child Play Day has been arranged  
by students and faculty in the  
Family Consumer Science department at  
MSU-Mankato.

Please contact [heather.von-bank@mnsu.edu](mailto:heather.von-bank@mnsu.edu)  
or (507) -389-5915 for more information  
about any of the activities you see here!

Thank you for coming and have fun playing  
together!!

## Ping Pong Pow

### Materials:

Chalk  
Different sizes of balls  
Basket, box, or bucket

### Directions:

Make a chalk line on the ground  
Place the basket, boxes, or bucket at various distances from the line.

### Ideas for Play:

Stand behind the chalk line.

Bounce or throw ball into container.



## Noodle Plunge

### Materials Needed:

Various bucket sizes  
Noodles or rice  
Different items or toys to hide  
Cups to hold found items  
Optional blindfold

### Directions

Put noodles and toys in buckets.  
Make a “legend” of items in the bucket for children to find.

### Instructions:

Dig in the buckets and try to find all the different items.

Variations of Noodle Plunge:

Adding more noodles to make it harder  
Try to find all of a certain color or number first  
Make it a race to see who can find all the items in the bucket first  
Putting on a blindfold



## Cloud Dough

### Materials Needed:

8 cups plain flour  
1 cup vegetable oil  
Oil based food coloring (optional)

### Directions:

Mix oil into flour, and then add food coloring if you want to add a little color to the cloud dough.

### Instructions:

Let the kids use different household items to play with in the sand. Measuring cups, spoons, and other safe kitchen items allow kids to use their imagination while playing with the dough. Have fun!



## Monster Toss

### Materials:

Empty tin cans  
Ball  
Paint (optional)

### Directions:

Spray paint the cans. Let them dry for 24-48 hours. Then, paint on monster faces or anything you want.

### Ideas for Play::

Stack up the cans (e.g. a pyramid, bowling pins, as high as you can). Take a step back. Knock them down by rolling, tossing, or kicking the ball. Let them restack the cans however they want. Have fun and be inventive!



## Balloon Tennis

### Materials:

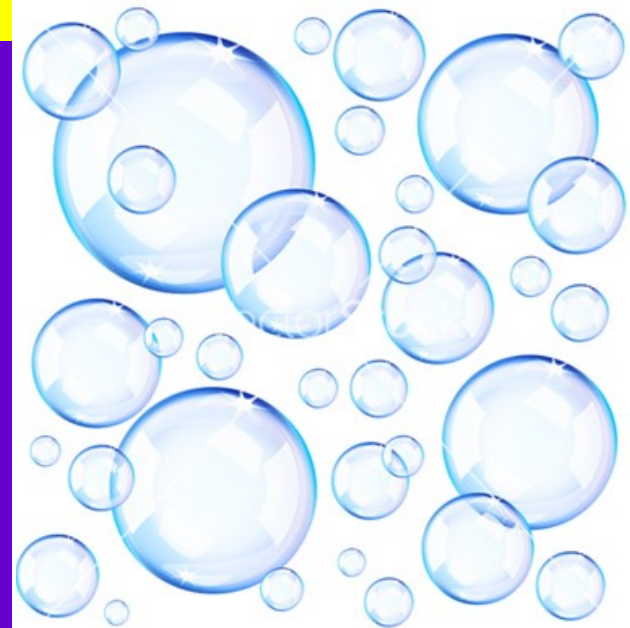
Paper plates/ cut up cardboard  
Craft sticks  
Super glue/ regular glue  
Clear masking tape  
Water balloons/ balloons  
Paint  
String/ rope  
Two chairs/ two trees

### Directions:

1. Take the paper plates (1-2) depending on how thick they are) and decorate them with paint, let dry.
2. Take craft stick and push it through the plate at one end to make a paddle.
3. Once you have the stick where you want it use super glue/regular glue to adhere it to the plate.
4. Reinforce the stick by adding clear masking tape around it (and also to keep two plates together if using two plates).
5. Fill up the water balloons with a little bit of water (depending on how heavy you want it), blow it up.
6. If playing indoors use two chairs to hang the string/rope in between to make a "net" for a place to play. If playing outside find two trees near each other or two chairs to hang the string/ rope in between.

## Instructions for Bubble Palooza

Find an open space to blow your bubbles to give the children room to catch, pop, or chase the bubbles. You can use almost any kitchen materials as a bubble wand, such as, strainers, spatulas, rubber bands, Tupperware with holes cut out of it, hangers, straws, as long as it has some type of hole, it can make bubbles. You can also make your own bubble inventions like bubble pipes, bubble tubes, or bubble snakes. Some materials will create bigger or smaller bubbles, just remind your child not to breath in or drink the bubble solution. Blowing bubbles is a wonderful activity to do with you and your



## Bubble Palooza

### Materials Needed:

Water

Dish soap

1/4 cup corn syrup or 1 tablespoon of glycerin

### Directions for bubble solution

Measure 6 cups of water and pour into one container. Pour 1 cup of dish soap into the water and slowly stir it until the soap is mixed in. Add 1 tablespoon of glycerin or 1/4 cup of corn syrup to the container. Stir the solution until it is mixed.

### Material for bubble wands

Pipe cleaners

Beads or straws (optional)

### Directions for bubble wands:

For each wand, we shaped the top first, you can do any shape or size.

Then, twist the end to keep the shape in place and closed.

Last, you can add beads, straws, or string to the handle of the wand to add another fun element.

## Ways to Play Balloon Tennis

1. Using the set up with either two chairs or two trees with a rope between them, start by have someone stand on either side of the rope. If you have more than two people, you can make teams with even or odd numbers depending on the number you have. Each person playing will have a paddle in his or her hand. With one person starting with the balloon in hand they will hit the balloon to the other side. Once it is on the other side someone from that side will hit it back to the other side. This will go back and forth, trying for the balloon to not touch the ground, but if it does pick it back up and continue playing.

1. Another way to play is by not using the "net" and just hitting the balloon with your paddle up into the air as many times as you can before it hits the ground. This way can be played alone or also with as many as wanted.



## Junkyard Garden

### Materials needed:

Long sheet of paper  
Tarp  
Paint, paint brushes  
Glue  
Construction paper  
Broken toys  
Arts and craft materials  
Household materials (Cups, String, Straws, Toilet paper rolls)

### Directions:

Take a long piece of paper and tape it to the floor or a wall outside. Lay the tarp underneath. Set up the materials “junk” around the space provided.

### Instructions:

Have the children draw any components of a garden: flowers, fruits/vegetables, grass, insects, etc. They can use various “junk” materials or the paint to create these garden components. Avoid telling them what and how to paint, or limiting how they can use the materials, rather give them the opportunity to be creative and play in a way that benefits them the most.



## Box Land

### Materials needed:

Boxes (Various Sizes)  
Paint or Spray paint  
Old bed sheets  
Bubble Wrap  
Any other materials that you think would be fun that are around the house that would encourage more creativity and play

### Directions:

Paint and/or Spray paint the boxes to the desired colors that you wish. You can encourage children to join you in this part so that they can create and paint the boxes before they build and play. Build the boxes so that they are various sizes for the children to create with. Make sure that you have a big enough space for the activity to occur.

### Instructions:

Let the kids use their imagination to create what they wish with the boxes. You can include other materials as needed or wanted by the child or yourself. Encourage your child's ideas and let them have fun with trial and error to see what works and what doesn't. Have fun and use your imagination with this activity.

