

Category: Manipulative

Title: A Full Jar (age 4+)

Materials: Crayons, Marking pens, Colored paper, A drawing of a bottle or jar (any size or shape)

Procedure:

1. Draw the outline of a jar or bottle.
2. Now think about what you might put in that jar that would really fill it. Use your imagination to think of something that wouldn't usually be found in a jar!
3. Now you're ready to draw. Make sure it fills the jar.
4. Try it again with a different jar and a different 'filler'.

Levels: K

Title: Baked Clay

2 cups salt

2 cups warm water

5 cups flour

Procedure:

- mix salt, flour and water. Add more (or less) water as needed to make an easy-to-handle dough.
 - Knead the dough until it's smooth.
 - Roll out to a 1 cm thickness.
 - Cut shapes with a knife or cookie cutters.
 - Bake at 200 C for an hour
- Paint and shellac.

Levels: P1, K

Title: Baker's Dough

Materials: Flour, Water, Food coloring, or tempera, Spoons, Measuring spoons, and cups, Bowls

Mixture: Let children mix: 1 C flour (1 C per child) plus 1/2 C water and food coloring or tempera.

Stir (Should be the consistency of playdough.)

Procedure:

1. Play, create, mold, pound, stir, etc.
2. If dough is sticking to hands, have a small bowl of flour available. Children should pat their hands with flour.
3. This dough can air dry within 24 hours if you want to save the sculptures.

Note: Let children mix as much as they wish (within reason).

Levels: P1, K

Title: Ceramic Wind Chimes

Materials: Clay, Rolling pin, Waxed paper, Knitting needle, Tempera paints, Brushes, Shellac, Newspapers, Twine or leather strips

Procedure:

Roll thick clay slabs on waxed paper. Cut shapes from the slabs (any kinds of shapes you like). Make a hole through each slab with a knitting needle. When the shapes are dry, paint and shellac them. Connect the shapes by stringing twine or leather through each one. Tie a knot beneath each piece. Hang the wind chimes outdoors in a place that 'catches' the wind.

For example: from a tree, on a porch, from the garage.

Levels: K

Title: Chains - chains

Materials: Construction paper, Glue, Pencil

Procedure:

Make links by cutting strips of paper, or by cutting your own shape. Be sure to cut them double with a fold across the top edge.

Link the piece together or join the end, with a little glue.

Levels: P1, K

Title: Clay Food

Materials: Clay that hardens without firing, Tempera paints and brushes, Shellac or varnish, Newspapers

Procedure:

Shape some foods from clay. Let them sit until they are very dry. Paint each food with tempera paint. When the paint is dry, cover the food with shellac or varnish.

Levels: P1, K

Title: Cloud Dough

Materials: Flour, vegetable oil, water, powdered tempera paint, large bowl

Preparation:

Mix 6 cups flour with desired amount of powdered tempera paint in a large bowl. Add 1 1/2 cups oil and 1 cup water and knead well. If necessary, add more water, in small amounts, until the dough is soft and fluffy. More flour can be added if the dough becomes too sticky. Playing with this soft, elastic dough is like playing with clouds - great for little fingers!

Let the children experiment with patting, squeezing and pulling the dough into various shapes. Since the dough contains oil, you may wish to have the children wear smocks. Store dough in a covered container in the refrigerator.

Levels: ALL LEVELS

Title: Cornstarch Dough

1 cup baking soda

1/2 cup water

1/2 cup cornstarch

Procedure:

- mix soda, water and cornstarch in a saucepan
- cook over low heat and stir until mixture becomes very thick
- add food colouring if desired
- cool and knead until it's smooth
- model into figures or roll out dough and cut shapes
- let dry. Figures can be painted and shellacked
- store the dough in a plastic bag in the refrigerator

Levels: ALL LEVELS

Title: Cornstarch Dough

1/2 cup salt, 1/2 cup hot water, 1/4 cup cold water, 1/2 cup cornstarch, pan, bowl, board

Procedure:

Mix salt and hot water and boil in pan. Stir cold water into cornstarch in bowl. Add cornstarch mixture to boiling water and stir. Cook over low, stirring until like pie dough. Remove and turn onto a board. When cool, knead until smooth. Explore dough freely.

Hints: Texture is grainy. Hardens in 1 to 2 days. Is white. Speed drying time in oven 200 for 1 hour.

Keeps a long time if stored in container.

Slightly grainy - and white ..keeps well.

Levels: ALL LEVELS

Title: Cornstarch Modeling Mixture

Materials:

Salt, Pan, Cornstarch, Spoons, Water, Bowls,
Measuring cups, Food Coloring or Tempera, Brushes, Heat

Mixture:

1 C salt 1/2 C boiling water 1/2 C cornstarch
Tempera or food coloring

Procedure:

1. Mix salt, cornstarch, water and colour in pan. Heat over low heat, stirring constantly until mixture is too stiff to stir.
- 2 When cool, knead until smooth.

Give each child a lump to play with freely.

Note: This modeling mixture will not dry well.

Levels: ALL LEVELS

Title: Crepe Paper Clay

1 1/2 cups torn crepe paper pieces

1 1/2 cups water

1/2 cup flour

Procedure:

- Let torn paper soak in water overnight

- Drain off water

- Mix in flour and knead like dough

- Mold the mixture into shapes

or Spread the 'clay' over a form made from cardboard or wire

Levels: ALL LEVELS

Title: Detergent Painting

Materials Needed: Detergent, Water, Food coloring, Cardboard, boxes, bags, Bowls, Spoons, Measuring cup, Eggbeater

Procedure:

1. 1 C detergent mixed with 1/8 C water plus color.

2. Beat with eggbeater until it gets smooth, shiny and stiff.

Let the children pile mixture onto boxes, bags or cardboard. It will stick and pile up.

Levels: ALL LEVELS

Title: Doodle Bugs (Age 6+)

Materials: Paper, Crayons or Markers or Coloured Pencils

Procedure:

1. With a black marker, draw a simple doodle on your paper.
2. Turn it every direction, and look at it hard until you 'see' a possibility for a picture.
3. Use your crayons to change the doodle into a drawing!

Levels: K

Title: Dough - It - Again

Materials: dry yeast, 1 egg, honey, water, salt, flour, shortening, bowl, waxed paper, spoon, oven, hot pads, cookie sheet, measuring cups, shellac and brush

Procedure:

Sprinkle, 1 package of dry yeast into 1 1/2 cups of very warm water.

Stir to dissolve yeast.

Mix in egg, 1/4 cup honey, 1/4 cup shortening, 1 t. salt.

Stir in flour, a little at a time. (About 5 cups of flour).

Knead the dough 5 minutes on waxed paper.

On a cookie sheet, shape the dough into a large figure or some small ones.

Make only flat figures, and remember that the dough will grow.

Cover and let rise in warm place 25min.

Bake 20 min. 200 degrees C, then eat or shellac when cool.

Levels: P1, K

Title: Draw It Again

Material: India Ink and pen or crayons, Drawing Paper

Procedure:

1. Draw a basic shape or free form outline.
2. Repeat the outline inside the first line.
3. Continue repeating the shape until the paper is filled.
4. You might want to try making some of the lines thicker than the others.

Levels: P1, K

Title: Drizzle Goo

1 cup flour, 1/4 cup sugar, 1/4 cup salt, 3/4 cup water, food colouring
Mix all together and put in a squeeze bottle. Drizzle on paper or people.

Levels: ALL LEVELS

Title: Funclay 1

Water colors, tempera paints, wax paper, 1 cup salt, 1/2 cup cornstarch, 1 cup boiling water, pan, wet cloth

Procedure:

Mix all ingredients in a pan, Boil to a soft ball stage, Knead on wax paper until dough-like.

Wrap in wet cloth to keep for a few days.

By holding a lump of clay in hands, pull out the clay to make legs or arms and head and tail. Let animals dry and then paint.

Variations: Make free-form designs. Make ornaments for holidays or birthdays.

Smooth, white dough - good for making animals.

Levels: ALL LEVELS

Title: Funclay 2

1 cup cornstarch, 2 cups salt, 1 1/3 cups cold water, paint, pan, bowl, spoon, plastic bag

Procedure:

Put salt and 2/3 cup water in a pan and boil. Mix cornstarch with remaining water in bowl and stir well.

Add salt mixture to cornstarch mixture in bowl. Knead.

Model or mold clay and let dry several hours.

Paint when dry, if desired.

Hint: Makes 3 cups. Keep unused clay in a covered container, or plastic bag in refrigerator.

Dries in several hours, good for younger children.

Levels: ALL LEVELS

Title: Geometric String Designs

Materials: Coloured string or thin yarn, Pencil, Ruler, Cardboard or stiff fabric or wood, nails, and Hammer

Procedure:

You can string the lines through holes on cardboard or cloth. OR You can string the lines from nails pounded around the edges of a piece of wood.

With a pencil mark points around the edges of cardboard or wood or cloth piece. The points need to be an equal distance apart. Pound a nail or poke a hole at each point.

Choose the colours of string you want to use. Thread each string through a hole across to the second hole and tie it securely or wrap the string between 2 nails.

Levels: K

Title: Goop

2 cups salt, 2/3 cup water

Mix salt and water together in a saucepan. Heat for 3 or 4 minutes, until salt dissolves.

Remove
from heat.

1 cup cornstarch, 1/2 cup water

Mix cornstarch and water. Add to saucepan, stirring very quickly to mix. Stir 2 to 3 minutes until mixture thickens. Add food colouring if you wish. Store indefinitely in foil or plastic.

Levels: ALL LEVELS

Title: Goop

Stir 1/2 cup of white glue with 1/4 cup liquid starch. Knead it for a couple of minutes. This stores up to a week in a self-sealing plastic bag.

Levels: ALL LEVELS

Title: Goop Dough

Blend Together: 2 cups white liquid glue and 2 1/2 cups of water

Dissolve 1 tblsp of Borax powder in 1/3 cup of water and add to the above. Blend with hands.

Dissolve another tblsp of Borax in 1/3 cup of water and add again. (gets thicker) Blend with hands.

You can probably vary the consistency of dough by using more or less Borax. You must experiment.

Consistency of the playdough is kind of oozy-slime. It's not suitable for rolling and cutting. Nor is it edible. Store in an airtight container but refrigeration is not necessary. It bubbles a lot like fermenting yeast.

Levels: ALL LEVELS

Title: How To Use Clay

Keep the clay tightly covered when it's not in use. While you're working, keep the clay moist by dipping your hands into water. When you model an object, try to squeeze it into shape. If you must stick two pieces of clay together: mix some clay with water until you've made a liquid-like clay called a 'slip'. Paint surfaces of clay with this slip before you attach them together. Smooth joints with a wet finger. Allow finished object to dry for a few days before painting with tempera paints or shellac. Roll clay into coils-shape figures, press slabs together to make a box, roll balls into animal shapes, make jewelry, scratch on clay

TEACHER REFERENCE

Title: Lollipops Are Not For Licking

Materials: Cardboard, Yarn, Rick Rack, Ribbon, Popsicle sticks, Glue, Scissors

Procedure:

Cut a lollipop shape from cardboard. Spread a layer of glue on the cardboard.

Decorate the lollipop with yarn, rick rack, felt, ribbon, buttons or other trims. Glue a stick to the back. Please don't try to eat this lollipop. But you might write a happy message on the back and give it to a friend. Or you could make several small ones and hang them on a tree for decoration.

Levels: P1, K

Title: Moon Craters

Materials Needed: Liquid starch, Rock salt, Spoons, Glue, food coloring, Bowls, Cardboard

Procedure:

1. Mix 1/2 C liquid starch with 2 C rock salt and 1/2 C glue plus food coloring or tempera.
2. This makes a goey, rocky mixture.

Let the children freely pile onto cardboard to create a three dimensional structure.

These will crystalize and dry hard.

Levels: ALL LEVELS

Title: Name Mirrors

Material: Colored construction paper, Scissors, White chalk, Glue or rubber cement

Procedure:

1. Fold a 20cm X 30cm piece of construction paper in half, the long way.
2. With chalk, write your name along the fold.
3. Cut around the outside of the letters. Don't cut too close to the chalk, or your letters will be too skinny. (Dotted lines on the sample show where to cut.)
4. Put glue on the chalky side and glue your 'insect' on a different colour paper.

Levels: K

Title: Oily Dough

Materials: Flour, Oil, Water, Bowls, Food Coloring, Spoons, Measuring Cups, Aprons or smocks

Procedure:

1. Mix 4 C flour, 1 C oil with 6 C water and color.
2. Knead! Add flour if needed.

Play freely.

This is oily. Therefore, children may want to wear aprons and wash hands afterwards.

Use hot water for clean up.

Levels: ALL LEVELS

Title: Paper Mash

Materials: Newspaper or paper towels, Wheat paste, Water, Bowl for mixing mash, Waxed paper,
Tools for applying and carving mash such as: spoon, knife, nail, stick, rolling pin, Paints and brush, Shellac, Vaseline

Procedures:

Shred or tear paper into tiny pieces. Soak the shredded pieces in a wheat paste water mixture overnight. Squeeze out the liquid. Then mold the mash or spread it over a form. When the mash is wet, or after it has begun to dry, you can carve or mold the surface with various tools. Let the sculpture dry completely, then paint or decorate.

Levels: P1, K

Title: Paper Weaving

Materials: Construction paper, Scissors, Ruler, Glue

Procedure:

Start with 2 different colours of the same size paper. Cut one piece into strips. Fold the other sheet in half. Starting at the fold, cut slits across the paper, stopping about an inch or 2 centimeters from the edge. The slits don't have to be straight or even. Weave the short strips in and out of the slits you've cut. Start the first one going over one slit, under the next one. The second strip should start under, then go over..and so on. Glue each strip at the ends so it doesn't slide around.

Levels: K

Title: Peanut Butter Playdoh

1 cup peanut butter, 1 cup white corn syrup, 1 cup powdered sugar, 3 cups powdered milk

Procedure:

In a large bowl, mix peanut butter, corn syrup, and powdered sugar together. Add powdered milk and knead until smooth. (Add more powdered milk if you need to.) The children can mold dough into any shape they wish.

Additions: provide children with various decorating materials (raisins, chocolate chips, shredded coconut, dried fruit, butterscotch chips, M&Ms, etc.)

Children should wash hands before use and eat finished work or throw it out.

Objectives: fine & large motor control, size, shape discrimination, lang. development, making decisions, increased attention span, working out feelings

Levels: ALL LEVELS

Title: Peanut Butter Playdough

1 cup peanut butter, 1 cup liquid honey, 1 cup powdered milk, 1 cup rolled oats

Procedure:

Mix the above together. Use.

Decorate with: chocolate chips, berry chips, pretzels, butterscotch chips, colored shredded coconut, raisins, etc.

Children must wash hands before play. Finished art work must be eaten or thrown out.

Objectives- fine motor control, large motor control, size, shape discrimination, language development, making decisions, increased attention span, working out feelings, social interaction/co-operation

Levels: ALL LEVELS

Title: Plaster Sculpture

Materials: Plaster of Paris Water Bowls, spoons
matt board Styrofoam, sawdust, shredded paper etc. Bucket Towels Liquid Tempera

Procedure:

1. Mix enough plaster 2-3 children doing sculpture at one time. Mix approximately 1 C. dry plaster to 1/2 C. water per child in one container. (Don't over-mix as plaster will set up quickly.)
2. Add styrofoam, shredded paper, sawdust, or anything that will add bulk to the plaster.
3. Give each child a base to work on (tray, cardboard, etc.) and an equal portion of the plaster in individual containers.
4. Let children scoop plaster onto the base as they wish. Work fast. Clean plaster tools in bucket - do not dump in sink.

Levels: ALL LEVELS

Title: Plaster Sculpture

Materials: Powdered plaster for molding, Large bowl for mixing plaster, Water, A mod (clay, cardboard, plastic, balloon), Tools for carving or modeling, Petroleum jelly for greasing molds, Tempera paints and shellac or India ink or food coloring or stain, Brushes, Newspapers, String

Procedure:

Cover your work area with newspapers. Prepare a mold from clay. Coat the inside of the mold with petroleum jelly. Mix the plaster carefully (warm water). Break up all lumps. Pour the liquid plaster into the mold. Shake the mold to release air bubbles in plaster. Insert wire or unbent paper clip. Let plaster harden.

Levels: K

Title: Play Clay

Materials:

1 cup baking soda, 1/2 cup cornstarch, 2/3 cup warm water, food coloring or poster paints, shellac or clear nail polish, saucepan, board

Procedure:

Mix baking soda and cornstarch in saucepan. Add water and stir until smooth. Over medium heat, boil and stir until like mashed potatoes. Pour onto board to cool. Knead when cool. For color, knead coloring into clay until blended or paint when finished. When dry, brush with shellac or nail polish.

Hints: Makes 1 1/2 cups, doubles well. Hardens quickly. Store in airtight container for several weeks.

Levels: ALL LEVELS

Title: Pretzel Art

Materials Needed: Pretzel Dough Pretzels of various sized and shapes

Mixture: 1 pkg. Yeast, 1 t salt, 1 T sugar, 4-5 C flour, 1 1/2 C warm water, 4 C grated cheddar Cheese

Procedure:

Dissolve yeast & sugar in water. Combine salt, 4 C flour & cheese. Stir in yeast mixture. (Add more flour if necessary.)
Knead 5-10 min. until smooth.

Give each child a ball of pretzel dough and have other pretzels on the table.
Use dough to connect pretzels. Have fun.

This can be baked at 475 F for 10 min. and eaten.

Levels: ALL LEVELS

Title: Rings 'N' Things

Materials: Plaster, Water, Bowl for mixing plaster, Gauze strips, Clear tape, Heavy string, Waxed paper, Cylinders such as: pencils, crayons, fat marking pens, cans, bottles, Newspaper, Tempera paints and brushes, Shellac, Very fine sandpaper

Procedure:

Tape waxed paper around a cylindrical object. Mix plaster in bowl. Soak strips of gauze in plaster and wrap them around the cylinder. When the rings and things are dry and hard, paint and shellac them.

Levels: P1, K

Title: Salt Dough Faces

Materials: 2 cups flour, 1 cup salt,, 1 cup water

Procedure:

Combine and knead by hand 7 - 10 minutes. Form dough into balls about the size of marshmallows. Flatten slightly. Make feature with a toothpick. Use peppercorns for eyes, us a garlic press to create hair, beards, moustaches. Bake at 300 F (150C) 1 hour. Finish with clear nail polish.

To make the faces into magnets, buy a strip of stick-backed magnetic tape at a craft supply store.

Cut in pieces and press on back of face. (These make great gifts for grandparents, teachers, etc.)

Levels: P1, K

Title: Sand Casting

Materials: Sand, Plaster and water, Container for mixing plaster, Frame for the plaster casting: flat box or styrofoam tray or tin foil pie tins, Tools for digging and molding: knife, spoon, cups, cans, Decorations: shells, bottle caps, wood, Newspapers, Foil

Procedure:

Put newspaper or foil under your frame. Fill the frame with wet sand. Don't get the sand too sloppy. Dig and poke and scoop the sand until you have created a design you like. Use any tools you can find that will make interesting shapes and patterns. Mix the plaster. Pour the plaster into a mold. You should pour in at least 2 cm. Wait 1 hour. Shake off loose sand.

Levels: K

Title: Sawdust Mixture

Materials Needed: Sawdust, Wheat paste, Water, Bowls, Spoons, Measuring Cups, Liquid tempera

Mixture:

1. Mix 4 C sawdust plus 1 C wheat paste plus 2 1/2 C water. (Add color if desired).

Let children mix and play freely. It will harden and dry.

If you do not add color, the dough can be painted when dry.

Levels: ALL LEVELS

Title: Scrimshaw

Materials: Plaster, Water, Bowl for mixing plaster, Waxed paper, Nail or sharp tool for scratching, Dark tempera paint, Brush, Shellac, Yarn for pendants

Procedure:

(The Eskimos made whale-bone carvings called scrimshaw. You can use plaster to make carvings that look like scrimshaw.) Mix plaster. Drop globs of plaster onto waxed paper.

Flatten them with your fingers. Make a hole in the globs that you wish to hang. When the plaster is hard, scratch a design in the glob. Mix some dark paint with water so that the paint is very thin.

Brush one coat of paint over the plaster. Shellac the scrimshaw when the paint is dry.

Levels: K

Title: Soap Dough

Materials: Salt, Liquid starch, Liquid Soap, Water, Glue, Cornmeal, Measuring Cups, Measuring spoons, Bowls, Spoons

Mixture: 4 T salt, 1/2 C liquid starch, 1/8 C water, 1 C liquid soap, 2 C cornmeal, 1 T glue

To this liquid add and mix: 1 1/2 C cornmeal, 1/2 C glue

Play and have fun.

Wash hands. Surprise! It makes bubbles!

Levels: ALL LEVELS

Title: Soap Sculpture

Materials: Fresh bar of soap, Paring knife with a sharp point, Pencil, Typing paper, Nail, Small brush and water colours

Procedure:

Choose a simple object or subject to carve and plan your design by sketching it on paper. Scratch design on surface. Cut down into the bar to remove the parts of the soap that you won't need. Begin to carve the soap. Gently pull the knife toward you, work slowly. When the sculpture has the shape you want, gently scrape the surface of the soap until it's smooth. The soap can be painted with watercolours, if you wish.

Levels: K

Title: String Art

Materials: Colored string or yarn, White glue, Heavy paper or posterboard, Pencil

Procedure:

Choose a piece of paper or posterboard for the background, and a few colours of yarn or string for the design. Lightly sketch a pattern for the design. Squirt glue along the major lines of the design (one at a time) and lay the string on the glue. Let the yarn come to the edge of the paper.

Continue gluing string to follow the lines of the design. You may want to leave some areas open for the background to show through.

Try using string and yarn of several thicknesses in one picture.

Levels: P1, K

Title: Tin Foil Plus Junk

Materials: Aluminum foil, White glue, Scissors, Small can, Brush, India ink or tempera paint, Liquid detergent, Cloth, Scraps and junk for sculptures (yarn, nails, paper clips, screws, washers, beads, coins, cardboard cut out shapes, heavy string)

Procedure:

Plan a picture that uses junk you have. Glue junk on a piece of heavy cardboard. After dry, cover top entirely with (2part glue to 1part water). Lay foil on top and gently mold it onto sculpture. Glue edges down securely or wrap over sides. If you want a dark antique look finish, mix a few drops liquid detergent with some tempera paint or India ink. Paint & polish when dry.

Levels: K

Title: Tin Foil Sculpture

Materials: Plenty of aluminum foil, Clear tape, Wire (optional), Long straight pins, Acrylic paints and brush or permanent marking pens, Scraps of fabric and paper, Glue

Procedure:

Crumple aluminum foil to form shapes of objects or creatures. Fasten clumps together with pins or clear tape. Use paint or markers to add colour. Glue on scraps of fabric, paper, yarn, etc. to add details.

Levels: K

Title: Wet Yarn Sculpture

Materials: Fat yarn (rug yarn), White glue, Water, Can or cup, Waxed paper, Pencil, Drawing paper, Newspaper, Paper clips

Procedure:

Draw a simple picture or design on paper. Every line in the design must touch other lines. Mix 2 parts glue with 1 part water in a cup. Spread newspaper on your work area. Lay waxed paper over your drawing. Clip the papers together. Cut a piece of yarn to match. Soak the yarn in the glue. Squeeze it out some so that it doesn't drip. Lay the wet yarn over the outline. Cut, soak, and lay yarn for the other lines. Make sure yarn touches-let dry-peel wax paper off- glue loose ends.

Levels: K

Title: Wire Sculpture

Materials: Copper wire or aluminum wire, coloured telephone wire, Wire-cutting tool, Optional: (wood block for base, hammer and nails, scraps of paper, wood, metal or fabric for detail)

Procedure:

Choose a figure or plan a design for a sculpture. Shape the wire until you are happy with the figure you've created. (Glue wire against cardboard for wire picture - Twist wire around a pencil to make coils.) Add colour, details or a new texture by using bits of other materials as part of your sculpture. Try wood scraps or snips of tin or cloth.

Levels: K

Title: Wrapped - Wire Sculpture

Materials: Flexible wire, Wire-cutting tool, Gauze strips or old nylon stocking, Plaster of Paris, Container for mixing plaster, Water, Newspapers, Scissors

Procedure:

Build a figure or design with wire. Attach the wire to a base if it needs support. Nail it to wood, or stick it into a block of styrofoam or cork. Mix plaster into warm water in a bowl. Soak strips of gauze or nylon in plaster and wrap them around the wire figure.

Levels: K

Category: Me

Title: Your Name/Work of Art (Age 7+)

Material: large sheet of paper, some of these: pens and ink, crayons, markers, colored chalk, paints and brush, paper, scissors and glue, wrapping paper

Procedure:

Use a dark crayon or marker to fill the paper with the letters of your name. Color or paint in the spaces formed to make an interesting design. OR Cut (or tear) your initials or your name from colorful paper. Paste the letters in a pleasing arrangement. Try to make the spaces interesting too.

Use a pen to design the areas around the letters. OR Make a chalk design using your initials. You might print or write your initials once or many times. OR Repeat name is a design.

Levels: K

Title: A Handy Mobile

In just a jiffy you can make a handy mobile.

Procedure:

Trace around your hand, on four pieces of construction paper of different colours. Cut out four hand shapes. Tape a hand shape to each end of two straws.

Tie a string to the middle of each straw and connect the straws. Tie another string to the middle of the top straw and hang your mobile where it can move around freely. You've got to hand it to yourself - it's a handy dandy mobile.

Levels: P1, K

Title: Active You

You wiggle your thumbs and clap your hands,
And then you stamp your feet.
You turn to the left, you turn to the right
And make your finger meet.
You raise them high and let them down;
You give another clap.
You wave your hands and fold your hands,
And put them in your lap.

Levels: P1, K

Title: All By Myself

There are many things that I can do,
All by myself.
I can comb my hair and lace my shoes,
All by myself.
I can wash my hands and clean my face,
All by myself.
I can put my toys and blocks in place,
All by myself.

Levels: P1, K

Title: Copycats (game)

Everyone copycats the actions and sound of the leader. The leader sings the rhyme below.

Go first to give the children examples of the range of sounds and movements possible. Use any sounds and motions should involve body parts moved in different ways. Repeat the same sounds and movements until everyone is able to imitate. Repeat the musical rhyme and begin again.

This is a wonderful activity for even the introverted child.

Copycat, Copycat
That's what I am,
Copycat, Copycat
Do what _____ does, if you can!

Levels: ALL LEVELS

Title: Everybody Says by Dorothy Aldis

Everybody says
I look just like my mother.
Everybody says
I'm the image of Aunt Bee.
Everybody says
My nose is like my father's
But I want to look like me!

Levels: P1, K

Title: Everyone Is Someone

Everyone is someone.
Someone special who
Walks and talks in ways
That only he (she) can do!

We know someone special.
Someone we like too.
Here is someone we call (Student's name)
We like you 'cause you're you!

Levels: P1, K

Title: Everyone's Important

(sung to Have You Ever Seen A Lassie?)

(Student's name) is important, important, important.
(Student's name) is important to me and to you.
In work and in play
He (she) does his (her) best each day.
(Student's name) is important to me and to you.

Levels: P1, K

Title: Five Busy Fingers

Five busy fingers on each hand,
Do many things.....you'll see!
They'll cut, and tie, and sip, and snap,
What an important part of me!

Levels: P1, K

Title: Finger Song

Sung to 'ABC Song'

1,2,3,4,5 fingertips,
I can touch them to my lips.
I can cover up my eyes,
I can clap them on my thighs.
Now let's do the other hand,
Are you sure you understand?

Levels: P1, K

Title: Following Directions

Please stand on tip toes. (Caregiver)
I will stand on tiptoes. (Child)
Wiggle your nose. I will wiggle my nose.
Please reach up high. I will reach up high.
Point to the sky. I will point to the sky.
Wave your right hand. I will wave my right hand.
Stand and look grand. I will stand and look grand.
Please jump in one place. I will jump in one place.
Please cover your face. I will cover my face.

Levels: P1, K

Title: Freckles by Mabel Watts

Freckles are speckles,
Quite plain to see
On Ladybug,
Tiger Lily,
Butterfly - And ME.

Levels: K

Title: Go-Togethers

Gather a group of items that includes pairs of items that go together.

Shoe --- Sock

Pencil --- Paper

Comb --- Brush

Soap --- Wash Cloth

Flower ---Vase

Mix up the items.

Let children take turns matching items that go together.

Levels: P1, K

Title: Head And Shoulders

Head and shoulders, knees and toes,

Knees and toes, knees and toes,

Head and shoulders, knees and toes,

Eyes, ears, mouth and nose.

Levels: P1, K, perhaps a strong P Class

Title: I Can Bend And Touch The Floor

Sung to 'Mary Had a Little Lamb'

I can bend and touch the floor,
touch the floor, touch the floor.

Put your hands on the floor,

Now let's walk around.

Levels: ALL LEVELS

Title: I Can Do Lots Of Things

I can be an airplane flying in the air.
I can have four feet and walk just like a bear.
I can be a monkey climbing up a tree.
I can be a buzzing yellow bumblebee.
I can be a pony galloping around.
I can be a frog puffing out his chest.
I can be a bird sitting on a nest.
I can be a porcupine with needles on my back.
I can be a yellow duck, quack, quack, quack, quack.
I can be a fish swimming in the sea.
I can be a just anything that I want to be.

Levels: K

Title: I'm Glad I'm Me by Ruth Pedersen

No one looks
The way I do.
I have noticed
That it's true;
No one walks, the way I walk.
No one talks, the way I talk.
No one plays, the way I play.
No one says, the things I say.
I am special.
I am me.
There's no one
I'd rather be than me!

Levels: K

Title: It's Me

Materials: Large piece of craft paper, paper plate, crayons or paint

Procedure:

On a large piece of construction paper have children glue a paper plate that will become their face.

Have the children draw their face on the plate and their body on the construction paper, trying to duplicate themselves, ie: colour of eyes, hair and what they are wearing. They may add buttons and wool for hair. It is always fun to see how they draw themselves and the paper plates add dimension to their drawings.

Levels: P1, K

Title: Kid Connections (game)

Each child finds a partner. As you call out body parts, each child connects with his partner.

'Toe to toe! Elbow to elbow! Knee to knee!' Then try calling 'finger to shoulder' or 'lips to ear' or 'heel to back.'

Experiment with connecting cheeks, thighs and knuckles. The children will watch and learn as they successfully bond in these 'kid connections.' They will discover more and more body parts and all the ways these different parts move, bend, twist, turn.

Levels: K

Title: Look At Me And Remember

Sung to 'Frere Jacques'

Look at me, look at me,
Remember me, remember me,
What am I wearing? What am I wearing?
Look at me, look at me.

Levels: P1, K

Title: Look At Me by Ida M. Fardue

Look at me!
It isn't showing.
You can't see it,
But I am growing!

Levels: P1, K

Title: Me

Here are my fingers and here is my nose.
Here are my ears, and here are my toes.
Here are my eyes that open wide.
Here is my mouth with my white teeth inside.
Here is my pink tongue that helps me speak.
Here are my shoulders and here is my cheek.
Here are my hands that help me play.
Here are my feet that go walking each day.

Levels: P1, K

Title: Millions Of People by Jane W. Krows

There are millions of people, In millions of places
And all of the people, Have different faces.
The tilt of the nose, May vary a bit;
The slant of the eye, The curve of the lip.
You may look and look, At the fat and the thins
But no two are alike - 'Cept identical twins.
And they too may differ, Even as we,
In some little way, That you cannot see.
No one can explain it, No one is to blame -
There are millions of people, And no two the same.

Levels: K

Title: Mirror Anatomy (game)

Children can practice naming the parts of their bodies while looking in a mirror. They will also enjoy practicing different facial expressions. Observing how they look when they have different feelings inside helps children to understand the Body Language of others.

Levels: K

Title: Mirror, Mirror (game)

Standing face to face, the children imitate each others movements. Have them take turns being the reflections and the person looking into the mirror. They should move slowly and keep a close eye on their mirror images while making identical whole-body movements and facial expressions.

Levels: K

Title: Mulberry Bush

Here we go round the mulberry bush,
The mulberry bush, the mulberry bush,
Here we go round the mulberry bush
on a cold and frosty morning.

This is the way we wash our hands.....

This is the way we brush our teeth.....

This is the way we comb our hair.....

This is the way we go to school.....

Levels: P1, K

Title: On Each Hand I Have Five Fingers

Sung to 'Old MacDonald Had a Farm'

On each hand I have five fingers,
One, two, three, four, five.
With five fingers here,
Five fingers there,
Each hand has five fingers,
All together now let's count,
One, two, three, four, five.

Levels: P1, K

Title: Peek A Boo

Sung to 'Frere Jacques'

Where are you hiding?
Where are you hiding?
I can't see you.
I can't see you.
Are you here or over there?
Are you here or over there?
Peek a boo!
Peek a boo!

Levels: P1, K

Title: People Puzzles (game)

Materials: Masking Tape

Make a very large shape on the floor with masking tape. It's fun to make letters and numbers. One by one the children fit their bodies along the outline shape until the puzzle is complete. Let some children watch as the people puzzle comes to life.

Levels: P1, K

Title: Personal Puzzles

Materials: photographs or self-portrait (done with crayons on paper), clear contact paper, scissors

Procedure:

Take photographs of the children or use self-portraits they draw themselves. Cover each picture with clear contact paper and cut them into puzzle pieces. Let the children fit the pieces of their own and their friends picture back together in a very personal puzzle experience.

Using child's own picture or self-portrait in a puzzle will add more meaning to the activity and give the child a better sense of self and body awareness.

Levels: P1, K

Title: Show Me If You Can

Sung to 'In and Out The Window'

Where is your finger?

Where is your finger?

Where is your finger?

Show me if you can.

Good, now where's your nose?

Now, where is your nose?

Now, where is your nose?

Show me if you can. (Use other body parts.)

Levels: P1, K

Title: Stretch, Stretch, Stretch Your Arms

Sung to 'Row, Row, Row Your Boat'

Stretch, stretch, stretch your arms

High above your head,

Stretch so high,

Reach the sky,

And then we'll stretch again.

Levels: P1, K

Title: Stretching, Stretching Boys and Girl

Sung to 'Twinkle, Twinkle Little Star'

Stretching, stretching boys and girls,
Show the world who you are,
Reach above the moon and stars
Show the world who you are.
Stretching, stretching boys and girls,
Reach above the moon and stars.

Levels: P1, K

Title: Ten Little Fingers

I have ten little fingers,
They all belong to me.
I can make them do things,
Would you like to see?
I can shut them up tight,
I can open them wide.
I can put them together,
And I can make them hide.
I can make them jump up high,
I can make them jump down low,
I can roll them around
And fold them just so.

Levels: P1, K

Title: The Big Laugh by Les Blair

I laugh,
You laugh,
We all laugh together;
Spring laugh,
Fall laugh,
A laugh for wintry weather;
Light laugh,
Dark laugh,
Night and morning laughter;
But it takes
The BIG laugh
To shake the roof and rafter.

Levels: K

Title: The Shape-Up Song

Sung to 'Farmer in the Dell'

We're jumping up and down
We're jumping up and down
We're getting lots of exercise
We're jumping up and down.

We bend and touch our toes.....
We kick our legs up high.....
We jog around the room.....
We wiggle our whole body.....
We stretch up to the sky.....

Levels: P1, K

Title: There's No One Like Me

(sung to Twinkle, Twinkle, Little Star)

There's no one who's just like me,
No one who knows how to be.
Me when I am mad or sad.
Me when I am very glad.
There's no one who's just like me.
Me is who I'm proud to be!

Levels: P1, K

Title: Thumbprint Critters

Materials: ink stamp pad, tempera paints or chocolate syrup, paper, markers or colored pencils or crayons

Procedure:

Press your thumb or fingertip onto a piece of paper. This will leave your thumbprint on the paper.

Make as many prints on the paper as you like. Let the prints dry. Draw faces, legs and other

features on your critters with markers. Tiger (1 print body 1 print head, strips, legs, tail, and ears) -

Turtles (1 print body, shell blocks, legs, tail, head) - Butterfly (4 print wings, body, head, antenas) -

Lion (1 print body, 1 print head, legs, tail, mane) - fish, rhinoceros, hippopotamus

Levels: P1, K

Title: Touch My Nose

Sung to 'Twinkle, Twinkle Little Star'

Wiggle wiggle little toes
Oh! my goodness what a pose.
Up above my head so high
Dancing way up in the sky.
Wiggle, wiggle little toes
Won't you come and touch my nose.

Levels: P1, K

Title: Two Little Hands

Two little hands go clap, clap, clap.
Two little feet go tap, tap, tap.
Two little hands go clump, clump, clump.
Two little feet go jump, jump, jump.
One little body turns round and round.
And sits quietly down.

Levels: ALL LEVELS

Title: Wake Up Sleepy Heads

Sung to 'Yankee Doodle'

Hey, you sleepy heads, wake up
You cannot sleep all day.
It's time to open up your eyes
So we can run and play.

Find your shoes and put them on.
We'll put your cot away.
We are rested from our nap
And now we want to play.

Levels: P1, K

Title: What I Can Do

I can spin like a top.
Look at me! Look at me!
I have feet and I can hop.
Look at me! Look at me!
I have hands that can clap.
Look at me! Look at me!
I can lay them in my lap.
Look at me! Look at me!

Levels: P1, K

Title: When We Walk Down The Stairs

Sung to 'Turkey in the Straw'

When we walk down the stairs we walk next to the wall.
We hold on to the handrail, so we won't fall.
We never push or shove because it's not the thing to do.
We walk the stairs so carefully and hope that you do too.

Levels: K

Title: Where Is Thumbkin?

Where is thumbkin, where is thumbkin?
Here I am, here I am,
How are you this morning?
Very well, I thank you.
Run and hide, run and hide.

Where is pointer?
Where is middle ma'am?
Where is ring man?
Where is pinky?
Where is the whole family?

Levels: P1, K

Title: Who Feels Happy Today?

Who feels happy today?
All who do, snap your fingers this way.
Who feels happy today?
All who do, clap your hands this way.
Who feels happy today?
All who do, wink your eyes this way.
Who feels happy today?
All who do, fold your hands this way.

Levels: P1, K

Title: Who's Talking

Sung to 'London Bridge'

When you listen to a voice
You can tell whose it is.
Everybody close their eyes.
Guess who's talking.

Levels: P1, K

Title: Wink - Wink

Make one eye go wink, wink, wink;
Make two eyes go blink, blink, blink,
Make two fingers stand just so;
Then ten fingers in a row.
Front and back your head will rock!
Then your fists will knock, knock, knock.
Stretch and make a yawn so wide;
Drop your arms down to the sides.
Close your eyes and help me say
Our very quiet sound today.
Sh.....Sh.....shhhhhhhhhhhhh!

Levels: P1, K

Category: Me: Food

Title: Fruit Plate (lunch or snack)

Give each child a paper plate and sliced fruit. Ask them to create themselves using the slices of fruit.

Example; grapes for eyes, sliced apple for eye brows, banana sliced lengthwise for a mouth and a kiwi slice for a nose. This presents an ideal time to discuss the importance of eating well to maintain healthy bodies. When their creation is finished they may eat the fruit plate for snack!

Levels: P1, K

Title: Me Pizza (lunch or snack)

Let the children create me pizzas using English muffins, pizza sauce, cheese, pepperoni, green pepper slices.

The children can use the pepperoni and green pepper slices to create faces on their pizzas. Bake in oven and serve. These are sure to be a big hit.

Levels: P1, K

Title: Snack Time Placemat

Materials: Picture of child, transparent adhesive paper

Procedure:

Mark each child's place at snack time with a personalized placemat.

Using a 20 X 30 cm sheet of construction paper glue the child's picture on it and print the child's name underneath the photograph in large letters. Cover it with transparent adhesive paper for protection.

Instead of using a photograph, have the child do a self portrait.

Levels: P1, K

Title: Thumbprint Cookies

1 C butter, 1/2 C gran. sugar, 2 eggs separate,

1 tsp vanilla, 2 C flour, jam.

Flaked coconut, finely chopped nuts or crushed cornflakes

Procedure:

In a bowl cream together butter and sugar. Beat in egg yolks and vanilla. Blend in flour. Shape into small balls. Dip into unbeaten egg whites and roll in coconut, nuts or crushed cornflakes. Place on lightly greased cookie sheet. Make a depression in centre of each using thumb. Bake at 175 C for 12 to 15 minutes or until just firm. Fill centre with jam. ENJOY

Levels: P1, K

Title: That's My Name

Materials: Paper, Pencil, Glue, Macaroni, buttons, popcorn, seeds

Print the child's name on a large piece of paper and have the child glue macaroni, buttons or popcorn over the letters.

Levels: Late P, P1, K

Category: Me: Manipulative

Title: Creepy Crawlers (Age 8+)

Materials: coloured construction paper, scissors, white chalk, glue or rubber cement

Procedure:

Fold a 20 x 30 cm piece of construction paper in half the long way. With chalk, write your name along the fold. Cut around the outside of the letters. Don't cut too close to the chalk, or your letters will be too skinny. Put glue on the chalky side, and glue your 'insect' on a different colour paper.

- 1) write large, fat letters and fill the paper
- 2) make your letters touch the fold
- 3) don't cut where they touch
- 4) if a letter has a tail, leave it off

Levels: K

Category: Me: The Body

Title: Body Outline

Materials: Large craft paper, crayons or paint

Procedure:

Place a large sheet of kraft paper on the floor and have the child lie on it. Trace the child's outline with a crayon or marker, then cut it out. The child can then add facial features, body parts and clothing using paint, crayons or fabric. Help the children identify body parts starting with the head.

Point out differences when they are finished, the different sizes, (tall, short) colour eyes, hair etc.

We are all different and all special!

Levels: P1, K

Title: Hand Prints

Materials: Paper, paint, brush

Have your child paint the palms of their hands and make a print on a piece of paper. Make your own hand print next to each child's. Compare the prints. Discuss growing up and the changes that take place.

Levels: K

Category: Movement

Title: I Can Do The Can-Can

I can do the can-can just like this.

I can do the hoola hoop.

I can do the twist,

Queens go curtsy,

Kings go bow,

Boys go, 'Hi there!'

Girls go, 'Wow!'

Levels: K

Title: Let's Go To Kentucky

Let's go to Kentucky

Let's go to the fair

To see a senorita.

With flowers in her hair.

Shake it, shake it, shake it.

Shake it if you can;

Oh, rumble to the bottom.

Rumble to the top.

Round and round,

Round, and round.

Until you cannot stop.

K

Title: Pom-poms

Prepare pom-poms by rolling half sheets of newspaper into stick shapes.
Tape bottom half to form handle.
Cut top half into strips.
Play records with varying rhythms from marches to hulas.
Children 'swish' their pom-poms as they move to the rhythm of the music.

Holiday Adaptation: Have a parade using marching music.

Levels: K

Title: This Old Man

This old man, he played one,
He played nick-nack on my drum.
With a nick-nack, paddy-whack,
Give a dog a bone
This old man came rolling home.

Two...nick-nack on my shoe. Three...nick-nack on my knee.
Four...nick-nack on my door. Five...nick-nack on my hide.
Six...nick-nack on some sticks. Seven...up to heaven.
Eight...nick-nack...at my gate. Nine...on my spine.

This old man, he played ten.
He played nick-nack once again.

Levels: P1, K

Title: Jack In The Box

Jack in the box,
Sits so still,
Won't you come out now? Yes, I will!!!

Levels: ALL LEVELS

