

# STAY 'N' PLAY

## Summer

ANIMALS



### LEARNING

Dedicating learning time every day will help your child's brain development and ensure that learning momentum is maintained.



### CREATIVITY

Creative activities challenge your child's mind and heart and help them express their emotions creatively.



### PLAY TIME

Play supports your child's brain development. It is through play that children engage and interact with the world around them.



### FAMILY TIME

Talking about the day's activities and playing a family game help your child's mental and emotional wellness.

DAY

1

# DAY 1: LEARNING

## FEED THE SHARK ALPHABET GAME

A very simple and creative activity that is not only teaching something, but is also really fun for the kids to play!

### MATERIALS

- Large piece of cardboard
- Scissors
- White paper cut into shark teeth shapes
- Tape
- Colored paper (cut into fish shapes optional)
- Marker

### INSTRUCTIONS

1. Cut a shark head out of the piece of cardboard and then cut a mouth out of the center.
2. Tape some shark teeth around the whole mouth.
3. Turn the shark over and then use tape to secure it in place up against a table, box, or anywhere else that will allow the shark to stand up and still have some space behind it.
4. Cut out some fish shapes from cardstock and then add numbers, letters, or sight words on each fish.
5. Once all of the fish are cut put them next to the shark and then let the kids just explore and play!!
6. Every time your kids put a fish into the shark's mouth tell them the color of the fish, or the letter or number on it. After a little while they might start telling you what is on each fish that they picked up. Sometimes they will be right, sometimes they will be wrong, but just keep using the right words as they talk... and by the time you're done, they might mostly say the correct words!

<https://www.toddlerapproved.com/2014/07/feed-shark-alphabet-game-for-kids.html>



# DAY 1: CREATIVITY

## LOBSTER HAND AND FOOTPRINT ART

If you spend countless days at the ocean and your kids just can't get enough of the sand and sea, celebrate summer by making these cute handprint and footprint lobsters.

Handprint and footprint art is a great way to document how your children grow over time.

### MATERIALS

- Paper
- Red Paint
- Red and black markers
- Googly eyes (optional)
- Sponge/brush



### INSTRUCTIONS

1. Use a sponge or brush to apply the paint to your children's hands and feet. Do the foot first and then the hands.
2. Stamp their handprints and footprint onto the paper, making sure the footprint is in the bottom center of the paper.
3. Let the paint dry and "connect" the body to the claws with red marker.
4. Using a black marker, draw two lines and glue some googly eyes at the end of each.
5. Add some definition to the lobster's body with black marker.
6. Now you have a cute craft that you can keep as a reminder of how little your children once were.

<https://www.thetaylor-house.com/summer-activities-for-kids-series-lobster-hand-and-footprint-art/>

# DAY 1: PLAY TIME

## JELLYFISH PUPPETS



### MATERIALS

- One paper bag per jelly fish
- Some googly eyes (optional)
- Glue
- Paint brushes
- A mix of paint colors
- Glitter glue/glue
- Scissors

### INSTRUCTIONS

1. Start by painting your paper bags.
2. Next add glitter. Everything even jellyfish are better with glitter. Use glitter glue which is only a fraction as messy as loose glitter.
3. Let dry.
4. Cut. If you prefer, you can use zigzag scissors to cut the bags so there will be some movement.
5. Add glue.
6. Add the googly eyes and let dry again.
7. Play!

<https://www.notimeforflashcards.com/2013/07/paper-bag-jellyfish-craft.html>



# DAY 1: FAMILY TIME

## GO TO A NEARBY WATERPARK/ OCEAN/LAKE AS A FAMILY

A great way to spend quality time together as a family during the summer months is to visit nearby lakes, beaches and waterparks.

There are so many activities you can do at the beach or lakes: picnics, play and run in the mud at low tide, build sand castles, create mud pies, swim, throw rocks, collect shells or rocks, fishing, play a card game, play Frisbee, fly a kite, watch the sunset, etc.

And kids love waterparks. They keep them cool while having so much fun, not to mention that parents can join in the fun too!

These activities will create beautiful family memories for years to come, while also let you explore your own neighborhood.

Remember: don't forget your sunscreen!



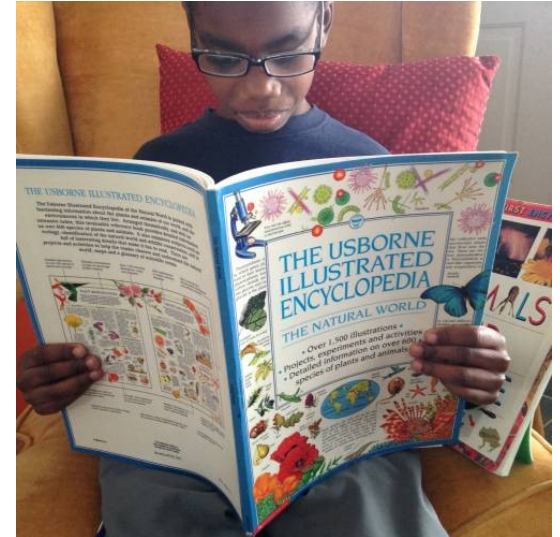
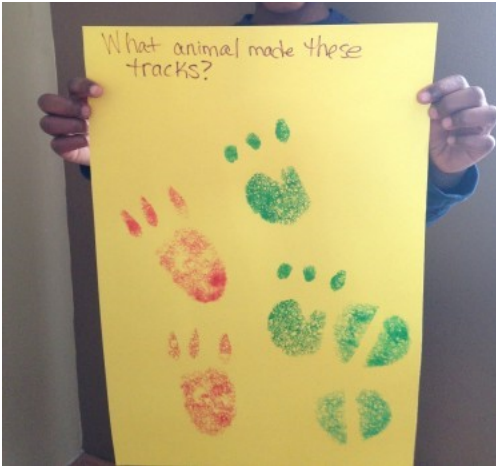
DAY

2

# DAY 2: LEARNING

## ANIMAL TRACK STAMPS

Make this very fun and educational project for your animal-loving kids!

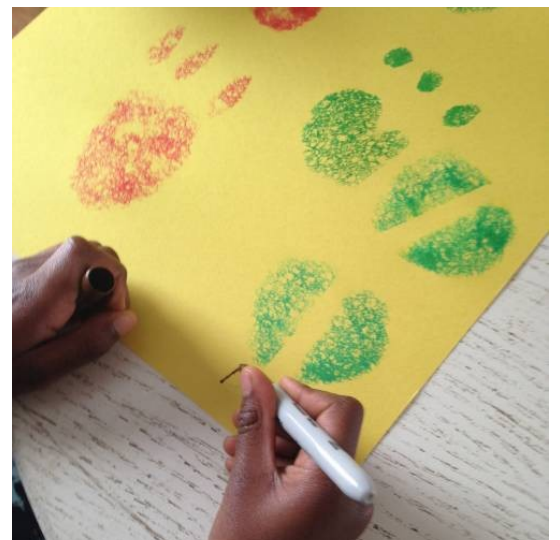
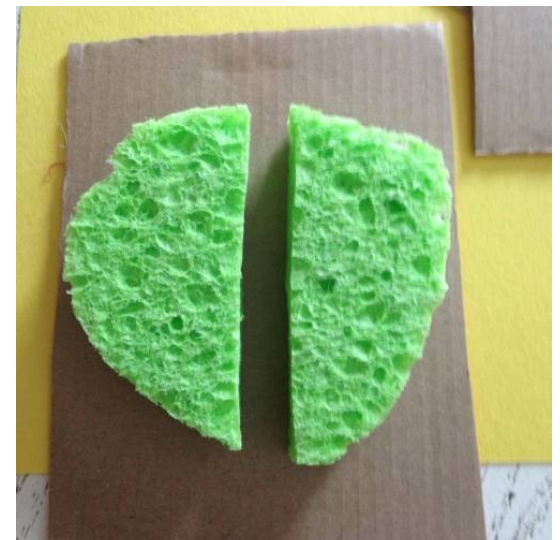


### MATERIALS

- Cardboard pieces
- Sponges
- Scissors
- Hot glue gun
- Paint
- Card stock

### INSTRUCTIONS

1. Spend some time searching for animal tracks in books and online. Then pick three different types of tracks you would like to make!
2. Cut pieces of cardboard into 4 x 4 squares or larger.
3. With supervision, cut the shapes of the tracks from the sponges. It may help to trace it onto the sponges first. The tracks may or may not look exactly like the animal portrayed.
4. Glue onto the cardboard and begin letting your child dip them in paint.
5. Make tracks all over the card stock. Then write down what type of animal corresponds to the tracks.



<https://www.greenkidcrafts.com/animal-track-stamps/>



# DAY 2: CREATIVITY

## GEOMETRIC PANDA ART

Using favorite characters is such a great way to get kids interested in art. If you have kids that want to be creative but don't have drawing skills, geometric art is a great way to encourage creativity!

The best part about geometric art is that you don't have to be perfect. Just trim away until you get a shape you like.



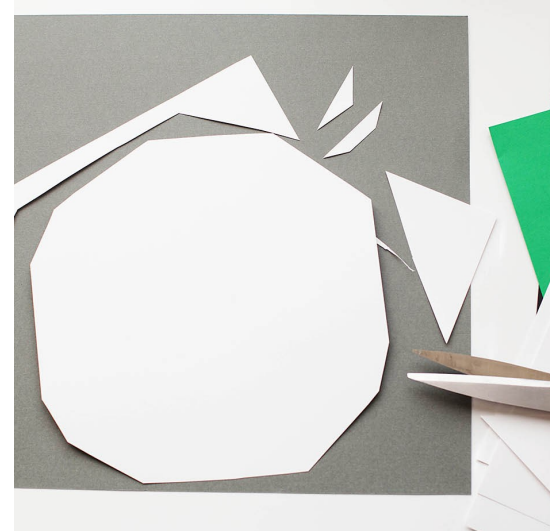
### MATERIALS

- White, black and green paper
- Scissors
- Glue

### INSTRUCTIONS

1. Start with white paper and make a shape for the head.
2. Then black paper for the nose and ears.
3. Cut some larger black pieces for the eyes.
4. To make different shapes just cut your basic square or rectangle and then trim off corners until you get a shape you like.
5. Finish off the eyes with white, green and black.
6. Now add a mouth with a black marker and you're done!
7. You could use this same technique for other favorite animals!

<https://allfortheboys.com/geometric-panda-art-kung-fu-panda-1-2-dvd-sweepstakes/>



# DAY 2: PLAY TIME

## FOOD CHAIN STACKING CUPS

Learning about the food chain can be super fun! To help children understand our connected world, create a chain of vegetation and animals to illustrate our dependence on one another.



### MATERIALS

- Styrofoam cups
- Colored markers or/and crayons
- Paper
- Transparent tape or glue
- Scissors

### INSTRUCTIONS

1. Start by watching this video explaining the food chain, food web, and energy pyramid:  
<https://youtu.be/SWvtRf4TAO4>
2. Then look through some magazines and cut out pictures of animals and plants that would create a specific food chain, or search online and print them out or you can simply draw them on a piece of paper.
3. Then glue them onto cups.
4. Write the name of the plant or animal on the rim.
5. Mix them up, have kids put them in order and stack them.



<https://earthmamasworld.com/learning-about-the-food-chain/>  
<https://www.sciencefix.co.uk/2019/06/quick-science-idea-make-food-chains-with-stackable-cups/>  
<https://i.pinimg.com/originals/d4/56/73/d456736c6e4c7be8225f83fe01cf3165.jpg>

# DAY 2: FAMILY TIME

## BUILDING A BEAVER'S HOME ANIMAL HABITAT

Most kids learn by doing. Someone can tell you this is how beavers make their homes but it's nothing like actually experiencing it for yourself.

Loose parts are great for your child's imagination. They can play, build, or decorate however they want. They can enjoy the different textures and create their own story with them.



### MATERIALS

- A Container
- A Beaver figurine
- Nature Items
- Sticks
- Rocks
- Leaves
- Moss
- Sand or Play dough
- Water

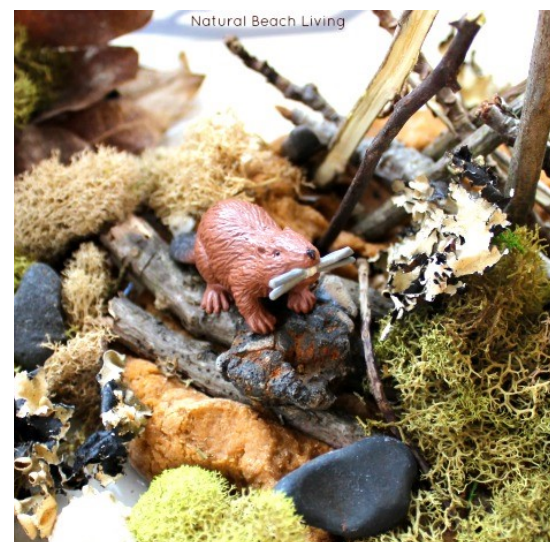
### INSTRUCTIONS

1. Start by watching this video and learn all about Beavers:

<https://www.youtube.com/watch?v=oL5SD6z7AG8>

2. Place a large container in front of your child and all the sensory play items around it.
3. Now let your child be creative and let him build his idea of a beaver's home.
4. If you don't have a beaver figurine, you can do this activity with an animal figurine you have at home. Watch a video online about the habitat of the chosen animal, then collect all the materials needed and let the child build the animal's home.

<https://www.naturalbeachliving.com/animal-habitat-activities/>



DAY

3

# DAY 3: LEARNING

## MAKE A SIMPLE DIY INSECT HOTEL

Not only is it a fun science project for kids, it's also beneficial to your garden! Insect hotels provide a place for insects, particularly pollinators, to hibernate during the upcoming winter and are a way to encourage insect pollination in your yard. It's also a great way to encourage a scavenger hunt in your backyard!



### MATERIALS

- Plastic container or Wood box
- Hot glue gun and glue
- White glue
- Bug friendly nesting materials:  
newspaper scraps, sticks, bark, bamboo, pebbles/  
rocks, leaves, dried flowers, straw, yarn, burlap, wool



### INSTRUCTIONS

1. Ask your kids to go on a hunt for buggy materials!
2. Gather your materials and cut or break them into smaller pieces.
3. Make sure your materials fit tightly in a compartment before gluing them in.
4. Put a layer of white glue in each compartment and glue in your objects. For heavy objects like rocks use hot glue.
5. Repeat gluing the materials into each compartment.
6. Let glue dry for a few days.
7. Hang or place your bug hotel near a vegetable garden as it will hopefully attract pollinators.
8. Check back every so often so see if you can find any activity in the hotel! Avoid sticking fingers in the compartments in case any biters have moved in.



<https://babbledabledo.com/science-for-kids-diy-insect-hotel/>

# DAY 3: CREATIVITY

## THE VERY BUSY SPIDER CRAFT

This activity not only involves creativity and imagination, but it also strengthens a child's fine motor skills.



### MATERIALS

- Paper plate
- Single hole puncher
- Brown yarn
- 2 Pom Poms
- 1 Pipe cleaner
- Glue

### INSTRUCTIONS

1. Punch holes all around the paper plate.
2. Thread brown yarn through one hole and tie a knot.
3. Cut the pipe cleaner into 8 equal parts.
4. Let your child thread the brown yarn across and through the holes of the paper plate.
5. When your child is done creating the web, apply glue onto one pom pom, then stick 4 pipe cleaners on it (2 on each side). Then carefully glue this on top of the web. Do the same with the other pom pom.

<http://kidzactivities.net/the-very-busy-spider-craft/>



# DAY 3: PLAY TIME

## BEE FINGER PUPPETS CRAFT

Incredibly cute bee finger puppets. Not only are they a cute craft for kids to make but they are incredibly fun to play with afterwards.



### MATERIALS

- Yellow and white cardstock paper
- 3/4-inch circle punch or scissors
- Googly eyes
- White string
- Black and pink marker
- Glue

### INSTRUCTIONS

1. Start by cutting out the pieces you'll need for your bee finger puppet. You'll need a 2 1/2-inch circle, a 3-inch circle cut out of your yellow cardstock paper and 2 wing shapes cut out of your white cardstock paper.
2. Draw black stripes on your larger circle. Then use your 3/4-inch circle punch or scissors to cut out two holes at the bottom of it.
3. Glue the smaller yellow circle onto the black-striped yellow circle, making sure the finger holes are at the bottom of the large circle. Then glue your white wings on the sides of your bee body.
4. Glue your googly eyes onto your face and use your pink marker to draw a smile. Lastly, fold your string in half to make a V and glue it onto the back of your bee head for antennae. You might want to add a piece of tape to help secure the antennae in place until your glue dries.



# DAY 3: FAMILY TIME

## PAPER CHAIN CATERPILLAR

This is a fun, simple craft for all ages. It's also a good project for practicing making patterns.

### MATERIALS

- Construction paper (2 or 3 colors)
- Scissors
- Scotch tape or glue
- wiggly eyes (optional)
- black marker

### INSTRUCTIONS

1. Cut about 15 strips of construction paper 1 inch wide and 10 inches long.
2. Make your first strip of construction paper into a ring and tape or glue it together.
3. Slide your next strip of construction paper through the ring and tape or glue it into a ring.
4. Repeat the process until you have a long chain of construction paper rings.
5. Cut one last strip of construction paper 2 inches wide and 10 inches long - this will be the head.
6. Slide the head strip through the last ring on your paper chain and make it into a ring.
7. Cut two 1/4 inch by 5 inch pieces of construction paper.
8. Wrap each around a pencil to make it curly.
9. Fold a tab at the bottom of each piece.
10. Glue the tabs onto the top of the head to make two antennas.
11. Glue wiggly eyes onto the front of the head or draw two eyes onto the front of the head with a marker.
12. Draw a mouth onto the front of the head with a marker.
13. How long can you make your family caterpillar? Can you decorate your house in it?



<https://www.dltk-kids.com/crafts/insects/mpaper-chain-caterpillar.htm>

<https://www.creativejewishmom.com/2012/09/a-giant-paper-chain-for-the-succah.html>



DAY

4

# DAY 4: LEARNING

## CITRUS CUP BIRD FEEDERS

Fill empty orange rinds with a few simple ingredients to make bird feeders for your garden.

### MATERIALS

- Some empty orange or lemon cups
- A variety of nuts, berries and seeds and grains
- Twine
- An large embroidery needle
- A pushpin
- A bowl
- Peanut butter

### INSTRUCTIONS

1. After threading the needle and tying a knot at the end, push the embroidery needle through one side of the citrus cup, straight through the other side.
2. Pull up the center of the twine to create a long loop for hanging.
3. Next, do a quarter turn and do the same, this time perpendicular to the first set of holes.
4. Pull the second center string up to meet the first and tie a knot on the outside of the citrus cup in order to secure everything.
5. Then pour all of the nuts, berries, seeds and grains into a bowl and stir.
6. Mix in some peanut butter in order to give it some 'stick'.
7. Carefully fill the cups with the sticky mixture.
8. Hang the new feeders in the backyard.
9. OPTIONAL: get this free printable bird watch tally sheet here:  
<https://www.fantasticfunandlearning.com/free-printable-bird-watch-tally-sheet.html>
10. Now just watch and see if the birds and squirrels find them!

<https://mamapapabubba.com/2013/04/25/citrus-cup-bird-feeders/>

<https://happyhooligans.ca/orange-cup-bird-feeders-filled-with-nuts-berri/>



# DAY 4: CREATIVITY

## PEACOCK POP UP CARD

This pop up card doesn't require much skill so it's perfect for kids to make as they can easily make it on their own.

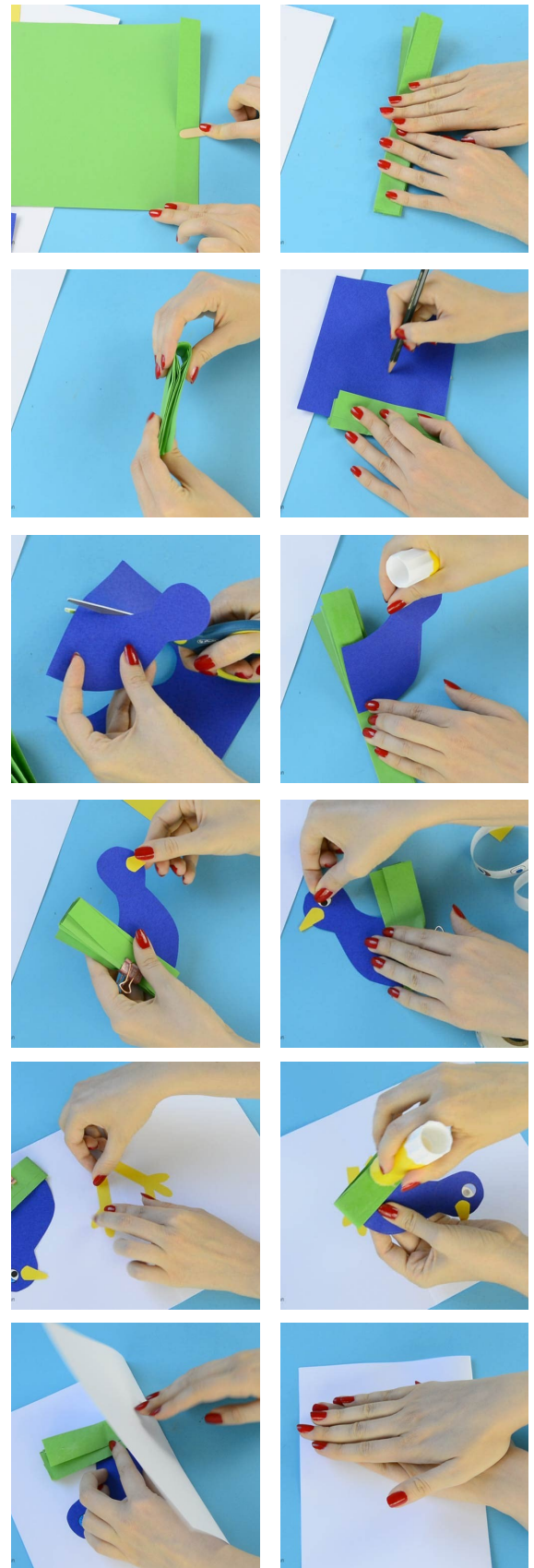


### MATERIALS

- Green, blue, yellow and white construction paper
- Scissors
- Glue
- Marker, pencil
- Craft stick
- Wiggle eye stickers

### INSTRUCTIONS

1. To make the peacock tail you need to fold the paper in an accordion manner.
2. Fold in half. Slip a sheet of blue paper in the middle.
3. Draw an outline of your peacock.
4. Cut out the body of your peacock.
5. Glue the body of the peacock on the folded paper.
6. Apply glue on the other half of the folded paper, fold together (with the peacock body inside) and press together firmly for the glue to set.
7. Cut out a beak out of yellow paper and glue it on the head.
8. Draw eyes (or use wiggle eye stickers).
9. Fold a sheet of paper in half.
10. Cut peacock legs out of yellow paper and glue them on the paper.
11. Apply glue on the folded green paper.
12. Glue it inside the folded paper and press down.
13. Your peacock pop up card is complete.



<https://www.easypeasyandfun.com/peacock-pop-up-card-paper-craft/>

# DAY 4: PLAY TIME

## WHIRLY TWIRLY FLYING BIRDS

There's something magical about flight. It's the power of science and engineering mixed with the magic of nature. These Whirly Twirly Flying Birds can help kids learn the principles behind how birds (and airplanes!) fly.



### MATERIALS

- Balloons
- Clear tape
- Feathers
- Clothespins
- Sharpie marker

### INSTRUCTIONS

1. First, blow up the balloon, twist the neck of the balloon closed and clip with a clothespin. Then draw your face on the bird. Next, pick two feathers for each wing and tape ends onto balloon.
2. Now comes for the fun part! Just unclip the balloon and toss it upwards in the air.
3. This is a good time to think like an engineer and start learning from trial and error. Some questions to ask:
  - Does the placement of the feathers make a difference in how it flies? Which works best?
  - How many feathers does it take to make the bird too heavy to fly?
  - What type of release gives the bird the most lift?
  - How many birds can we fly at once?
  - And my favorite... Why did the balloon pop when it hit the bush?

<https://leftbraincraftbrain.com/whirly-twirly-flying-birds/>



# DAY 4: FAMILY TIME

## OWL S'MORES

Take your favorite treat to the next level with cute Owl S'mores! Kids love them and they make adorable party favors too.

### INGREDIENTS

- 6 graham cracker squares
- 6 large marshmallows
- 12 chocolate chips
- 12 yellow candy melts
- 6 pieces of candy corn

### INSTRUCTIONS

1. Wet scissors and cut one marshmallow in half.
2. Add a large square graham cracker (2 stuck together) on a plate.
3. Place both pieces of marshmallow onto the graham cracker square.
4. Put 1 yellow candy melts on top of each marshmallow slice.
5. Heat in the microwave for about 2-5 seconds, just enough to make the marshmallows puff up, but not get too hot. (Time depends on your microwave - make sure to do a few test runs.)
6. Remove plate from microwave and add a chocolate chip on the yellow candy melts.
7. Gently place a candy corn under the marshmallows for a beak. Do this while the marshmallows and candy are still warm.
8. Remove from plate and let cool on wax paper. Repeat 5 more times.
9. Place your cute Owl S'mores on a platter and serve! Make these treats the night before a party and everything is still very tasty.



<https://www.livinglocurto.com/owl-smores/>

DAY

5

# DAY 5: LEARNING

## HOMEMADE DINOSAUR BONES

These homemade dinosaur bones are easy to make and have more than one way to use them.



### MATERIALS

- 2 cups flour
- 1 cup salt
- 1 cup water

### INSTRUCTIONS

1. Mix 2 cups flour, 1 cup salt, 1 cup water and stir until almost fully mixed. Turn out onto a lightly floured surface and knead until smooth.
2. Go online and look for a few ideas of what dinosaur bones might look like.
3. Now it's time to create your pieces: claws and teeth, backbones, and more.
4. When you're done, fill a large cookie tray with bones and bake the pieces in a 250 degree Fahrenheit oven for about 3 hours.
5. When they are done baking let them cool on the pan. Then carefully collect them into a container.
6. Start using the bones as building materials: create different dinosaur skeletons.
7. Or take them outside to a garden/put them into a box of rice or sand, give your child a brush and ask him/her to excavate them.

<https://kitchenfloorcrafts.blogspot.com/2014/07/homemade-dinosaur-bones.html>

# DAY 5: CREATIVITY

## DINOSAUR FEET

This simple to make dinosaur craft will provide an activity plus a dress-up opportunity to stomp and roar like a dinosaur.



### MATERIALS

- Scissors
- 2 empty tissue boxes or cereal boxes
- Construction Paper green and orange
- Glue Stick

### INSTRUCTIONS

1. Take the 2 empty tissue boxes and wrap them in green construction paper.
2. Use the glue sticks to glue the paper to the box.
3. With the orange construction paper cut out something that slightly resembled dinosaur claws.
4. Glue these to the front.
5. Slip your toddlers feet into the holes and let them stomp and roar as they become the dinosaurs.

<https://rainydaymum.co.uk/story-book-summer-edwina-dinosaur-didnt-know-extinct/>

<https://www.woojr.com/recycled-craft-dinosaur-feet-from-tissue-boxes/>



# DAY 5: PLAY TIME

## EXCAVATING DINOSAURS FROM ICE!

Science, water play, and fine motor development all wrapped up in a fun, cool learning activity! This activity is PERFECT for keeping children entertained for a good long time while exploring and having fun!



### MATERIALS

- Balloons
- Toy Dinosaurs (you can replace dinos with other animals)
- Water
- A bucket
- Salt water
- Turkey baster
- Dish scrubber
- Some "handy man" tools

### INSTRUCTIONS

1. Add small dinosaurs to the inside of the balloons (this is a two person job) and then fill the balloons with water to be frozen over night.
2. Once frozen simply cut the balloons off the ice and you are ready to play!
3. Use a bucket filled with the frozen dinosaurs eggs, and a splash of salt water to get the play started. To excavate the dinosaurs use a turkey baster, a dish scrubber, and some "handy man" tools.

<https://parentingchaos.com/excavating-dinosaurs-ice/>



# DAY 5: FAMILY TIME

## MAKE YOUR OWN DINOSAUR SKELETON

All kids seem to have a fascination with dinosaurs. Maybe it's because they are extinct, the digging them up, or just that they were so large and different. Here is a really fun, easy to do dinosaur activity.



### MATERIALS

- Empty toilet paper rolls and empty paper towel rolls

### INSTRUCTIONS

1. Start collecting empty toilet paper rolls and empty paper towel rolls. You can ask family, neighbors and friends to save theirs, as well. It will take you about two weeks to have enough to start this project.
2. First, you need to find a picture of the dinosaur that you want to build. Look up pictures of that dinosaur and then look for pictures of the skeleton. Show your kids the picture, so they can see what they are building.
3. Next, let your kids try to build it on their own. Give them the picture or your phone with the picture on it and explain what they will be doing. Talk about the different sizes of bones, which is why they have large & small rolls.
4. This encourages teamwork and patience.
5. Lastly, you will draw a head for the dinosaur (or you can print one).
6. When they have the skeleton finished, add the dinosaur skull and you're done! Use this opportunity to talk about fossils and how they are found.
7. Can you use objects around the house to make a large dinosaur?

<https://www.yourmodernfamily.com/dinosaur-out-of-toilet-paper-rolls/>



yourmodernfamily.com

**We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.**

**The Mothers Matter Centre**, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada – is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 - 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

**Our Honorary Patrons** are Her Excellency **Julie Payette**, C.C., C.M.M., C.O.M., C.Q., C.D, Governor General of Canada; The Right Honourable **David Johnston**, P.C., C.C., C.M.M., C.O.M., C.D; and Her Excellency **Sharon Johnston**, C.C., as Patrons of HIPPY Canada. Thank you for your continuous support!

**Home Instruction for Parents of Preschool Youngsters (HIPPY)** is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more than 40,000 lives.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



Stantec

vancouver  
foundation

NORTH GROWTH  
FOUNDATION



Employment and  
Social Development Canada

Canada

Vancity

Canada