



Orange County Parent Child Center

693 Vermont Route 110

Tunbridge, VT 05077

For the Week of May 18, 2020

General theme: Opposites

Science:

Fizzy Footprints: The Foot Book is all about feet! To start off this fun activity you'll first need to go on a hunt for toys around the house that have feet. You might find an action figure or a plastic toy animal! Once you and your child have gathered a handful of feet, encourage your child to count all the feet they collected. You'll need a bowl full of baking soda, some vinegar, droppers, and food coloring! Ahead of time, place the vinegar and the food coloring into small cups. The mixture should sit for a minute or two. When your child is ready to start, have them place 2-3 figures with feet into the bowl of baking soda. Make sure they are standing on their feet! Together, place the droppers into one of the colored cups of vinegar. Use the dropper to squeeze the colored vinegar onto the feet of each of the toys. The vinegar will fizz once it touches the baking soda! Observe your child while this happens, ask them, "What do you think will happen next?". Once the fizziness has stopped, remove the toys from the baking soda, and talk about the footprints that they left behind. Try counting the footprints. Talk about the different shapes or sizes that you may see. You can even talk about the different colors or textures. The colors are fun and the fizziness will never get old! A lot of our preschool friends have toy dinosaurs at home, try using their feet in this experiment!

If you don't have droppers at home, you can always use spoons. You could even pour out some of the vinegar straight from the cup.

Math:

Get the whole family involved for this silly math idea. Trace the outline of one foot of each family member onto paper and cut them out. Invite your child to put them in order from biggest to smallest. You might introduce comparative and superlative math language like, big, bigger, and biggest.

Next, invite your child to choose a footprint and see if they can find something that is the same length as the foot print. Can they find something longer or shorter than the footprint? Invite your child to choose a different footprint and repeat the challenge. *Super challenge* Invite your child to choose a footprint. Show them how you would measure an object using the footprint like a ruler. Invite them to count how many 'feet' it would take for them to cross a rug, or get to the top of the counter :)

Language/Literacy:

Opposite Action Game: The Foot Book is also about opposites. Try this game with your child to encourage vocabulary development and understanding of opposites. Recall some of the opposites you heard while listening to The Foot Book, invite your child to play a game where you will tell them an action, then they will try to think of the opposite. Invite your child to sit, then ask them what the opposite of sit is. They should act it out and stand up. Repeat with other opposites like walk/run, happy/sad, asleep/awake, up/down, open eyes/close eyes, back/front, and short/tall. Can your child think of other opposite pairs?

Fun and exciting books: You Are (Not) Small by Anna Kang, Oh My, Oh My, Oh Dinosaurs by Sandra Boynton, What's Up, Duck? A Book of Opposites by Tad Hills, Big Bear, Small Mouse by Karma Wilson and Jane Chapman, Dinosaur Roar! By Paul and Henriett Strickland

The Arts:

Painting with your feet!: This would be a great activity for your child to explore as the weather gets much warmer! All you will need is paper, paint, and some feet! On a warm sunny day, invite your child to come outside and paint with you. The fun twist is that you will be painting with your feet! Grab some paint and place it on a paper plate. Allow your child to place their feet in different colors of paint and explore the different patterns and pictures they can create with just their feet! Allow your child to create their own masterpiece with no guidelines or rules. Your child may want to paint with other parts of their bodies, like their hands, fingers, arms, even their knees! This should be celebrated and encouraged! This activity is all about exploring the different ways we can create art!

Day and Night: Another great way to talk with your child about opposites is by comparing day and night. Start with a regular white piece of paper and draw a line right down the middle, dividing the paper in half. Encourage your child to draw, on the left, a picture (or items) that they would see during the daytime. They might draw birds, sunshine, flowers, etc. Then on the right, have them draw a picture (or items) that they

would see in the nighttime. They might draw a moon, some stars, maybe even a nocturnal animal! Talk about the differences between each picture. Ask your child why they chose to draw a moon at night, instead of the sun. Talk about the different activities people do during the day vs. at night. Write their ideas on the back of the paper!