



*****Activities provided suggest items that have high allergens. Be sure to check allergies in your program and use substitutions.*****

Potential Food Allergens in Activities

April 1 – April 5

Monday – Freeze Dance

Having a dance party is a great activity for children to get back into the routine of the week. Movement not only promotes physical activity, but it is a great tool to help increase a child's ability to focus on the next learning activity. All you need is some music and dance moves. Children dance and when the music stops, they freeze until it starts again. There are many variations to this activity and it can be tailored to fit all ages. Find some inspiration [here](#).

Tuesday – Fruit & Veggie Smoothie

Smoothies can be packed with lots of vitamins and nutrients. The best part about making smoothies is that you can put whatever ingredients you like in them. This can be a simple, nutritious breakfast or afternoon snack that the children can help make. Find sample recipes [here](#). Feel free to tailor to your programs needs and be mindful of any allergies in your program.

Wednesday – Write a Story

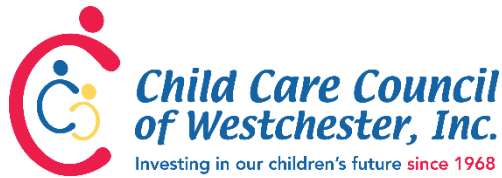
Have you ever wanted to change the end to your favorite fairytale or create your own version? Well, now is your chance. Gather your children and tell your collective story. Allow children to take turns adding to the story by telling/writing a sentence or two. If your group is not at the writing age, you can have them tell you what happens next and you can write it for them. If you want to get really creative, have the children illustrate the story as well.

Thursday – Fork Stamped Tulips

This is a fun springtime craft for toddlers and preschoolers. With just a few materials, your classroom will be blooming in no time. All you need is paper, paint, forks, and imagination. Once children are done with their tulips, you can use them to cover your bulletin board or hang on the windows. Click [here](#) for some guidance.

Friday – Volunteer at a Pantry

Volunteering has a lot of benefits. Some may learn new skills such as life skills, social skills, empathy, self-awareness, develop a sense of purpose, learning to give, and much more. Find a local pantry in your area and share with parents so they may volunteer with their child(ren).



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April 8 – April 12 – Council Staff visits

Monday – Dance Fitness

Movement gets the blood flowing, promotes physical activity, healthy habits and increases energy. Participate in a simple follow along dance workout that you can incorporate in your program on a regular basis. You can create a few steps and play music along to the workout or you can find a video online and have everyone follow along to that. [Here is an example.](#)

Tuesday – Watermelon Pizza

Watermelon isn't just a summertime snack. This delicious fruit can be enjoyed all year round. And if you've never heard of watermelon pizza, now is your opportunity to try it out. All you need is watermelon, other fruits of your choice such as strawberries, blueberries or raspberries, and cream cheese or yogurt. This is a great healthy snack for children to help prepare. Find the recipe [here](#).

Wednesday – Build a Library

Reading is a very important skill in a child's development. It can help relieve stress, improves memory, builds comprehension, enhances vocabulary, builds writing skills, encourages imagination and so much more. It may be fun to build a little library (see examples) for children to take and/or leave books.

Thursday – Dream Big Art

Our Annual Dream Big celebration is coming up soon and what better way to incorporate the true meaning we celebrate (the children) than to showcase beautiful artwork from children. Ask your older children to draw what they want to be when they grow up or their favorite thing to do as a child. The younger children in your program can draw something magical from their imagination. Use open ended materials, allowing children to select the type of paper, paint, collage, etc. that they want to use. We encourage you to ask children about their art and print their words on the paper.

We would love to display the artwork at the Council and during the Dream Big event. You can mail in the artwork or send digital copies to Juanitap@cccwny.org.

Friday – Family Resource Day

Share various resources with families (ie. Food banks, mental health services, sports programs, art programs, diaper banks, etc.)



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Potential Food Allergens in Activities

April 15 – April 19

Monday – DIY Musical Instruments

Music ignites different areas of a child's development and provides them with school readiness skills, including social-emotional, language, motor, and literacy. There are plenty of instruments you can create with children, from drums to maracas, to guitars. Need an idea on what instrument(s) to make, find inspiration [here](#).

Tuesday – Yogurt Stuffed Fruit

Snack time doesn't have to be complicated. Just a few ingredients can go a long way in making a delicious and healthy snack. Yogurt stuffed fruit is a quick and easy snack that children can help make. All you need are fruits of your choice (suggested: apples, raspberries or strawberries) and some yogurt (dairy or non-dairy). Enjoy this snack right away or freeze it for an ice cold treat. Find inspiration [here](#).

Wednesday - Gardening

Creating opportunities for children to learn and grow through gardening, engages their curiosity, creativity, wonder, teaches them responsibility and helps their young minds grow. If you have the space, you can create an outdoor garden and allow children to take turns caring for the garden. You can also create an indoor garden. It may be nice to grow some fruits or vegetables to continue promoting a healthy lifestyle. Find inspiration [here](#).

Thursday – Canvas Art

Who said you have to use paintbrushes to paint? This fun activity allows children to get really creative and messy! With just a few supplies, your children will be creating their own masterpieces in no time. There are so many ways to tailor this project to your specific group. We encourage you to use open-ended supplies and ask the children about their work. If you don't want it to get too messy, you can always put the canvas in a Ziploc bag and have them finger paint as a sensory activity. Click [here](#) for guidance.

Friday – I Spy

I spy is a game that can keep children and adults occupied for hours. It is a great game to boost a child's concentration, teach them listening skills, and stimulate their thinking skills. There are so many versions of this game, so it can be new and exciting each time you play. This game is great for road trips and car rides to/from the program. Share these [printable](#) versions with your families.



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Potential Food Allergens in Activities

April 22 – April 26

Monday – Call and Response

Music helps connect the body and mind. Exposing children to music during early development can allow them to learn the sounds and meaning of words and help strengthen memory skills. In this simple Call and Response activity, children will improve motivation, self-confidence, social-emotional skills, and more. Gather your group in a circle, have someone (or you) show off a dance move, have the group repeat it and then move on to the next person, until everyone has the opportunity to lead.

Tuesday – Cookie Monster Pizza Crackers

Children may be more willing to eat healthy snacks when they participate in making them. Instead of making cookies, we are making crackers look like Cookie Monster. This quick and easy snack is fun to make and only requires a few ingredients. Place your cracker on a plate, spread cream cheese to cover it, use blueberries for the eyes and an apple slice for the mouth. Please be aware of any allergies in your program and substitute any items necessary. Find guidance [here](#).

Wednesday – Make Bubbles

Playing with bubbles can keep children occupied for hours. But have you ever made your own bubbles? Aside from playing with bubbles being fun, there are a lot of developmental benefits children may gain. Children will learn fine motor skills, hand eye coordination, oral motor skills, gross motor skills and more! After you make the large batch of bubbles, separate it into smaller containers so the children can have their own bubbles. Find instructions [here](#).

Thursday – Paper Bag Jelly Fish

This easy art project is a great activity for children to work on hand eye coordination, fine motor skills and their creativity. You will need paper bags, variety of paint, brushes, glue, scissors and googly eyes. Find instructions [here](#).

Friday – Cultural Day

A great way to learn the children in your program is to learn where they come from. Invite parents and children to bring in an item that represent their culture. Allow them to get as creative as possible. Maybe they have a special dance or song. Encourage them to share special traditions. The possibilities for this are endless and will be a great learning experience for all.