

## Specials/"Field Trip" Activities List

Name of activity:	Instructions:
Dance party	Put on a family favorite song and have a dance party. If you have flash lights, this is fun to do in the dark.
Yoga	look up different yoga video's on YouTube, for example "Cosmic Kids"!
Salt Dough Making!	<p>What you need: 2 cups all-purpose flour, 1 cup salt, 1 cup water</p> <p>Instructions:</p> <ul style="list-style-type: none"> <li>• In a large mixing bowl, stir together the flour and salt.</li> <li>• Gradually add water while stirring and mixing to form a dough with a Play-Doh like consistency.</li> <li>• Form the dough into a ball and knead for approximately 5 minutes, adding a bit more flour if the dough is too sticky or a bit more water if it's too dry.</li> </ul>
Salt Dough Ornaments/Keepsakes/Charms	<p>Use cookie cutters, objects, textures, hands, etc, to form/stencil whatever you'd like in your dough! If you want to hang them, poke a hole at the top before you bake!</p> <p>**Bake at 200 degrees for 1 hour, turn, then another hour. They CAN air dry, but it can take a few days.</p> <p>Paint them when they are dry!!</p>

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Name of activity:	Instructions:
Home Zoo	Put up pictures of animals or stuffed animals around your home and make different "exhibits!" Take your child around and talk to them about what each animal is, what food they eat, where they live, etc. Take pictures with them!
Going to the Movies!	Make a room in your home as dark as possible, with chairs, floor pillows, or whatever you find cozy, and set up a movie on a laptop, TV, or computer. Lay out options of child/family preferred snacks, and have them choose. Use an old gift card, movie stub, or make your own stub, and have them put it in a basket, bowl, etc before they enter the theater. Head into your "movie theater" and enjoy!
Virtual Trips	There are many zoos, museums, and space centers that are offering free, virtual tours for families, almost like you're really there!

*These are suggested activities for your children. You know your child best and if the activities do not match your child's skill level or interest it is our recommendation that you do not do the activities. Your child should be supervised by a responsible adult for all activities to ensure their safety.*