

WELCOME



I'm Teacher Terra

Spending time with your little ones doesn't need to be expensive or complex. The most valuable moments often come from simple activities done together.

Whether it's playing in the park, reading a book, or exploring art at home, these experiences foster deep bonds and nurture your child's growth. This guide celebrates the joy of parenting through accessible activities that enrich daily life and strengthen your connection with your kiddo. From outdoor adventures to creative projects and more, this guide includes 101 activities to keep you and your preschooler busy all year.

Teacher Terra

CRAFT

Projects

Paper plate masks
and animal faces.

Handprint art with
paints and paper.

DIY animal puppets
from socks.

Collage with magazine
cutouts and glue.

Colorful bead
threading on strings.

Paper bag
puppets with yarn.

Sticker art on paper
or cardboard.

Leaf rubbing with
crayons and leaves.

Clay sculptures with
safe modeling clay.

Egg carton crafts
like caterpillars.

O U T D O O R

Activities

Park visits for slides and swings.

Nature walks with leaf collecting activities.

Sidewalk chalk drawing and hopscotch.

Water balloon toss in the yard.

Picnics with simple outdoor snacks.

Bubble blowing and chasing bubbles.

Sandbox or dirt digging with toy trucks.

Treasure hunts for hidden toy surprises.

Miniature gardening with child-friendly plants.

Flying kites on windy days.

WATER

Play

Splash pad visits
for water fun.

Bath time with
toys and bubbles.

Sink play with
cups and scoops.

Water painting on
pavement or walls.

Toy boat races
in a tub.

Ice cube exploration
and melting.

Sponge squeezing
and water transferring.

Refillable water balloon
popping outdoors.

Spray bottle
painting on paper.

Washing toy
cars or dolls.

STORY

Time

Fairy tale reading
with funny voices.

Lift-the-flap books
with fun surprises.

Animal stories
with sound effects.

Bedtime stories with
calming rhythms.

Rhyming books for
language learning.

Picture books with
colorful illustrations.

Storytelling using
felt board characters.

Personalized stories
about daily adventures.

Mythical tales with
imaginative creatures.

Wordless picture
books for storytelling.

MUSIC

& Dance

Dance parties with favorite songs.

Musical instrument exploration and play.

Sing-along sessions with nursery rhymes.

Drumming on pots and pans.

Rhythmic clapping and foot stomping.

Freeze dance with start-stop movements.

Musical chairs with playful spins.

Ribbon dancing with colorful streamers.

Beatboxing or making rhythmic sounds.

Musical storytelling with song lyrics.

SENSORY

Exploration

Rice bin with scoops
and containers.

Water bead exploration
and squishing.

Sand box with
molds and shovels.

Cloud dough sensory
play mixture.

Pasta bin with
threading and sorting.

Oobleck experiments
with cornstarch and water.

Sensory balloons with
textured fillings.

Colored ice cube
melting exploration.

Feather touch and
tickle sensations.

Sensory jars with
floating objects.

COOKING

Together

Cookie decorating
with colorful icing.

Pizza making with
dough and toppings.

Fruit salad chopping
and mixing.

Pancake flipping
with safe supervision.

Sandwich crafting
with favorite fillings.

Cupcake decorating with
sprinkles and frosting.

Smoothie blending with
fruits and yogurt.

Veggie slicing and
dipping with sauces.

Bread kneading and
shaping activities.

Salad tossing and
mixing ingredients.

BUILDING

Things

Tower building with
wooden blocks.

Castle construction
with building bricks.

Road layout using
toy car tracks.

Bridge building with
cardboard and tape.

Tunnel creation
with plastic tubes.

Fort making using
blankets and cushions.

Marble run assembly
with ramps.

Shape sorting and
stacking challenges.

Miniature city planning
and building.

Block towers with
balanced architecture.

P R E T E N D

Play

Tea party with toy cups and saucers.

Doctor check-up with toy medical kits.

Firefighter rescue with pretend flames.

Superhero adventures with capes and masks.

Grocery shopping with play food items.

Restaurant role-playing with menus.

Construction site play with hard hats.

Make an animal kingdom with puppets.

Space exploration with toy rockets.

Pirate treasure hunts with maps.

ART

Projects

Free drawing with markers and paper.

Finger painting with colorful paints.

Collage making with glue and magazines.

Playdough modeling with sculpting tools.

Stamping with shaped stamps and ink.

Paper mache crafting with balloons.

Watercolor painting with brushes and water.

Chalk drawing on sidewalks or boards.

Thread painting with yarn and fabric.

Card making with stickers and glitter.

TIME

Together

All of these ideas aside, the number one thing a parent can do with their child is to spend quality time together. This shared time not only strengthens your relationship but also supports your preschoolers emotional and cognitive growth. Consider ways to have meaningful conversations with your little one

1. **Ask Open-Ended Questions:** Encourage your child to express themselves by asking questions that can't be answered with a simple "yes" or "no." For example, instead of asking, "Did you have fun today?" try, "What was the best part of your day?"
2. **Follow Their Lead:** Pay attention to your their interests and engage in conversations about topics they enjoy. This shows them that you value their thoughts and feelings.
3. **Reflect and Expand:** Repeat what your child says to show you're listening, and then expand on their ideas. For instance, if they mention seeing a bird at the park, you might say, "Yes, we saw a red bird today. What color was it?"
4. **Use Storytelling:** Share stories from your own experiences or create imaginative stories together. This not only sparks their imagination but also helps them understand different perspectives and emotions.
5. **Be Patient and Attentive:** Allow your child time to respond and express themselves. Show interest in their words and emotions, even if they struggle to articulate them.

By incorporating these strategies into your daily interactions, you'll create a nurturing environment where your kiddo feels comfortable expressing themselves and exploring the world around them. Remember, the moments spent engaging in activities and conversations are not just building blocks for their development but also cherished memories.

THANK YOU

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— *Teacher Terra* —



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