ACADEMICS

Academics can be learned through hands-on activities that help children connect real-life activities with academia. In this guide, you will find activities that incorporates hands-on activities that introduce your child to academic concepts. These actives can be enjoyed by parents and children to provide an enriching, fun, and exciting learning environment.

Teaching and creating through hands-on activities can create confidence that children will carry throughout life. The lessons learned through hands-on activities benefit children’s learning by allowing them to learn through their senses.
LESSONS

SCIENCE & GARDENING:
Learn how to introduce your child to science through gardening. In this section, you will find the materials needed and the lessons being taught to your child.

MATH & BAKING:
Learn how to introduce your child to mathematical concepts through baking. In this section, you will find the materials needed and the lessons being taught.

LANGUAGE ARTS & PLAYDOUGH
Learn how to introduce your child to language arts concepts through use of play dough. In this section, you will find the materials needed and the lessons being taught.
Science & Gardening

The initial steps in this activity will be having your children dig a hole in the garden, plant the seeds in a row, and water the seeds. You can show your children pictures of what the life cycle of a plant will look like. This will help them connect the picture with the activity. Gardening is part of life science. Explain that watering the plant is feeding the plant, along with sunshine. Introduce them to the word photosynthesis. Photosynthesis is the process of the plant using water, sunshine, and carbon dioxide to make food to grow. Introducing your children to the concept will build their vocabulary. It will also provide the basis in their memory for the next time they are introduced to this concept.

MATERIALS:

• Small bag of soil
• Pot or gardening bed
• Seeds of your choice
• Shovel
• Gardening glove or bare hands
• Watering can

1. Let your children choose what he/she would like to plant. This is an exciting moment for your children!

2. Gather all the materials needed for gardening. Have your children help you do this.

3. Begin by preparing your pot with soil or your outdoor gardening area. Let your children do the digging with their hands or shovel. It's fun to play in the dirt!

4. Plant however many seeds that are suggested on the seed packet for your space. Guide your child, but let them plant the seeds. Count the seeds as you go along to practice some math skills!

5. Then pat the seeds with soil and water them. Talk about what you and your child are doing along the way.

6. Check on your seeds every day or every other day, and be sure to water them according to the recommendation on the seed packet. Over time your seedlings will spout, allowing your children to watch the process. Your children will enjoy seeing the fruits of their labor!
Math & Baking

MATERIALS:
- Recipe (find one online or in a cookbook)
- Ingredients
- Bowl
- Rolling pin
- Kid safe cutting utensil
- Pan
- Oven

This activity is intended to introduce children to math concepts while using sensory learning. Your children will have fun using their hands to make a pizza. Your children will be building their practical life skills while enjoying a delicious treat! In this activity you and your children will make a pizza dough from scratch, using a recipe of your choice. In the process you will be able to introduce them to types of measurement and fractions. You can also incorporate subtraction as you eat the pizza!

1. Gather all Materials need for the activity. Be sure to bring a camera to capture the moments!

2. Begin by measuring out all ingredients. Let your children do this. Explain what the measurements are called as you go along. For Example: cups, tablespoons, and teaspoons.

3. Mix together the ingredients and follow the steps on your recipe. Allow your children to mix with their hands and knead the dough, this is great for sensory learning!

4. Once your pizza is out of the oven and ready to cut, use this opportunity to introduce math. Talk about how you have one whole pizza and it makes one whole piece, but what happens when you cut it in half? Let your child make conclusions before you explain.
Language Arts & Play Dough

MATERIALS:

• Play Dough (store bought or recipe)
• Letter mats (if needed)
• Working surface

This activity is intended to introduce and practice phonics with your child. Your children will develop a basic understanding of phonics or will be practicing what they already know. Depending on your child’s ability, you can start by shaping letters and practicing the sounds they make. You can model shaping a letter and sounding it out and then have them do it. If they are advanced, you can ask them to spell certain words by shaping the letters. The activity can be adjusted to your child’s ability. The activity is also a great way for your children to practice multi-sensory learning by using their hands, eyes, ears, and voice while doing this activity. It also is great practice for motor skills.

1. Collect all materials need for this activity. If making play dough from scratch, you will need to do that first. Adding this step makes the activity even more fun!

2. Print out alphabet mats or make your own. Here is a link to free print outs (https://thisreadingmama.com/alphabet-playdough-mats/)

3. Get the play dough out and start shaping!

4. Ask your children what sound they are shaping. For example if it is the letter “S,” say “That’s the sound SSSSS, also known as the letter ESS.”

5. If your children knows their sounds, then ask them to tell you the sounds and letter name.

6. You can also ask your child to spell a word or their name if they are at that level.

7. This activity has no time limit. It is free to explore between you and your child.