



Sizzling Summer Activities

Summertime and the Living is Easy! Well it can be, if you are prepared with Sizzling Summer Activities to keep children engaged. Activities will be labeled according to age group: Infant/Toddler (I/T), Preschoolers (PS), School-Aged (SA) or All Ages (All).

Leaf Rubbings – PS, SA



Supplies: paper, crayons and assorted leaves

Place paper over leaves and rub over the paper with a crayon. For more depth to the activity, you can take the children on a nature walk and have them collect their own leaves for the project.

Hide and Go Shell – PS, SA



Supplies: assorted shells, sandbox or sand play area

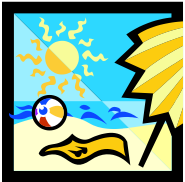
Hide some shells in a sandbox. Using small shovels, pails and sifters, children dig and sift looking for shells.



Surfin' Safari – PS, SA

Supplies: sheet, surfing music or "summer inspired" songs

Place a sheet on the ground to represent the *ocean*, play some surfing music – while the music plays, children "surf" back and forth across the *ocean*. When the music stops, the surfers are caught unless they are back on the beach – the areas outside of the sheet or identified area. Caught surfers have to stay on the beach.



Beach Blanket Bum – PS, SA

Supplies: beach towels (one less than the number of children playing)

Place beach towels on the ground side by side. Have one less towel than the number of children. Have the players line up behind a mark or line. At the word "Go" they race to lie on a towel. Only one person per towel please. At each turn, remove one towel. The last person on the towel is the real "Beach Blanket Bum!"

Beach Bats – PS, SA

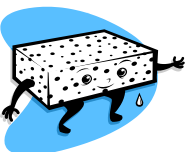
Supplies: wire coat hangers, panty hose, foam balls or wadded up newspaper or tinfoil

Make a "bat" from wire coat hangers and panty hose. Shape the coat hanger into a large circle and then stretch a section of panty hose over it. The hook of the hanger becomes the handle, school agers can bat foam balls or wadded up newspaper or tinfoil back and forth.

Sun Prints – PS, SA

Supplies: construction paper and assorted objects

Children select objects to place on construction paper. Leave in sun for afternoon and get a contrast print once the sun bleaches the paper.



Wet sponge Throw – PS, SA, *I/T

Supplies: empty containers (targets), sponges

Set up some empty cans or plastic bottles as targets. Soak some sponges in water and see if you can hit the targets when you toss a sponge. *Activity can be modified for infants/toddlers by allowing them to explore the sponges in the water.

Lid Landing – PS, SA

Supplies: large tub/wading pool, container lids, pom poms, small pebbles

Fill a large tub or wading pool with water and float lids from containers such as jelly jars. Children toss small pebbles or pom poms to try to get them to land on the lids.



Summer Splash Art – PS, SA

Supplies: large spray bottles, tempera paint, newsprint/butcher paper

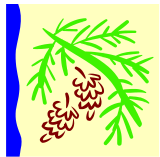
Fill large spray bottles with tempera paint. The paint must be mixed very thin so it doesn't clog the holes of spray bottles. Place a large sheet of paper on fence or ground and let small groups of children create a group painting. Also fun to use large foam alphabet letter puzzles, with the letters removed, as stencils.



Babies Finger Painting - I/T

Supplies: colored pudding or non-toxic paint, newsprint/butcher paper

Infants and toddlers can finger paint too! Vanilla pudding can be made into different colors using food coloring. Place a large sheet of paper on ground. Children can create "paintings" using hands and feet.



Nature Painting - All

Supplies: Natural paint brushes such as pine boughs, feathers, roots, weeds, paper and tempera paint
Select some natural paint brushes and get to work!

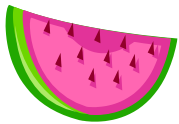


Ice Cube Painting – PS, SA

Supplies: popsicle sticks, tempera paint, ice cube trays, paper

Freeze tempera paint in ice cube trays, insert stick if desired. Provide a container for "ice cubes" as they melt.

Cool Summer Snacks:



Watermelon Popsicles

Supplies: watermelon, popsicle sticks, plastic wrap

Slice a watermelon into one inch thick slices – next cut into pie shapes and insert a popsicle stick through the rind. Wrap in plastic wrap and freeze about 3 hours until firm.



Beach Bananas

Supplies: bananas, kiwi, mandarin oranges

Slice and arrange fruit as shown. Preschool and school-age children may help prepare this snack!