

# *FCSS Family Fun Bag Guide*



## *Easter Theme*

Please take these guides as just that-guides. We encourage you to follow your child's lead and let them explore with the materials in the bag! Each activity has an "end product" but this doesn't mean that everyone's "end product" will be the same.

Activities are designed so some parent assistance may be needed- remember to **praise** your child while you work together!

Encourage- but don't pressure them to develop new skills (i.e. holding a crayon properly, holding scissors, cutting materials themselves), children will become more confident in new skills if we allow them the opportunity to practice them.

Remember-Communicate and engage with your child through all the activities. Doing so will keep them involved for longer, get them thinking, problem solving, and helps builds a connection with you!

***\*Activities are grouped by age- scroll to find your age group!\****

## Parent Activity

### 5 x 5 Workout

#### *Materials*

- Printout sheet

#### *You will need*

- Some space

Try out this quick workout and give yourself some time to focus on yourself. The great thing about this style of workout you can make it as long or as short as you want! Only have 10 minutes today? That's fine, sneak this routine in quick!

### Community programming resources

- Rural Mental Health Guide

## Activities for Ages Birth to 12 Months

### Rhyme Cards

#### *Materials*

- Rhyme Cards (3)

Rhyming is a fun way to engage your baby. You can start rhyming during pregnancy and infants can recognize the familiar sounds and rhythms! Rhyming is great tool for language development, pattern recognition and memory development. Its also a great tool for you on long car rides/ diaper changes/bath times to keep baby entertained!

### Easter Egg Sensory

#### *Materials*

- Sequin Egg
- Fuzzy Egg

Infants learn through all their senses throughout the day. During play time, offer these eggs to your baby by rolling them, softly running them along their body (even newborns!) while running it along their hands, feet and legs, etc. describe to them what they are experiencing. Soft, scratchy, tickly, bumpy, smooth, etc. As babies age their will start to explore these items more on their own with their mouth- keep describing what they be feeling/ experiencing!

### Carrot Feet Painting

#### *Materials*

- Orange Paint
- White Paper
- Green Paper

#### *You will need*

- Paint brush
- Glue (if you don't have glue, a dab of paint will hold it on as well)

Get those cute little feet and paint them up! Some babies will love this and if your babe has tickly feet they may not like it! Don't force it, give them time to learn what this cold, wet thing is on this limb I just discovered I had is! After painting, one foot at a time, press it onto the white paper-let dry. Repeat with second foot. Once dry, cut around each foot. Using the green paper, cut out stems for your carrot and glue them on the back.



## Tug Box

### Materials

- Box
- Ribbon
- Pretty paper

### You will need

- Glue (white or hot)
- Scissors

Decorate the box with eh pretty paper if desired. Let dry. Poke holes into the box and lid. Tie a knot on one end of the ribbon and feed it through two holes. Tie a knot on the other end. This activity is great for developing cause and effect, problem solving and fine motor.



## Egg Shaker

### *Materials*

- Easter egg (2)
- Seeds
- Small roll of tape

Fill both eggs with the bird seed (you could also use rice, beads, etc.) and tape each closed with the decorative tape including the small holes in each egg. Decorate it like an easter egg! Let baby play with it by shaking and rolling it. For young infants, shake it beside each ear and see if they try to follow with their eyes where the sound is coming from. They may make other reactions as well, smile, coo or wiggle! This is fun for tummy time too!



## Activities for Ages 1 and 2 years

### Bunny Bubble Wrap Painting

#### *Materials*

- Bunny template
- Paint (2)
- Bubble wrap

#### *You will need*

- Paper plate or plate to put paint on

This is a fun activity for your child to work on their fine motor development. Using different materials to paint with opens up opportunities for creativity and showcases cause and effect of materials.

Do this activity, all you need to do is spread the paint onto a paper plate and dip the bubble wrap into the paint then stamp it onto your bunny! Try mixing colours over top of each other. You can leave the bunny as is or cut it out.

### Tennis Ball Squeeze

#### *Materials*

- Tennis ball
- Carrots (5)

#### *You will need*

- Knife or scissors for cutting.
- Sharpie (optional)

Cut a slit into the tennis ball. Try squeezing it so see if it's a good size opening). Add on some bunny ears or face with sharpie if desired! Place the carrots out and demonstrate how to squeeze the ball. Guide your child to the carrots and see if they can pick up the carrots with their ball. Children are developing their fine motor skills though the activity along with concentration/focus and counting (math) development! Keep adding carrots or taking carrots away to get your child to recount and keep them engaged. For added difficulty, you can put the carrots in different places around your house so the child can search and practice picking them up from different surfaces and heights (high chair, or low on the floor).



## Easter Egg Lacing

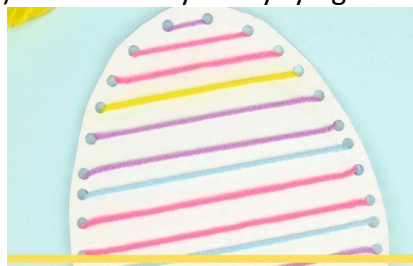
### *Materials*

- Egg template
- Yarn

### *You will need*

- Hole punch or scissors

Break out the scissors/hole punch and poke a few holes along the side or throughout the egg (be creative!). Tie a large knot on one end of the yarn and show your child how to weave the year through to a hole then pull, then to another hole. Remember the end product on this is not the goal, it's the experience). Finish each yarn by tying another large knot on the end.



## Easter Egg

Paper Plate Lacing Craft





## Egg Planters

### Materials

- Plastic Eggs (2)
- Soil
- Seeds (wild flower)

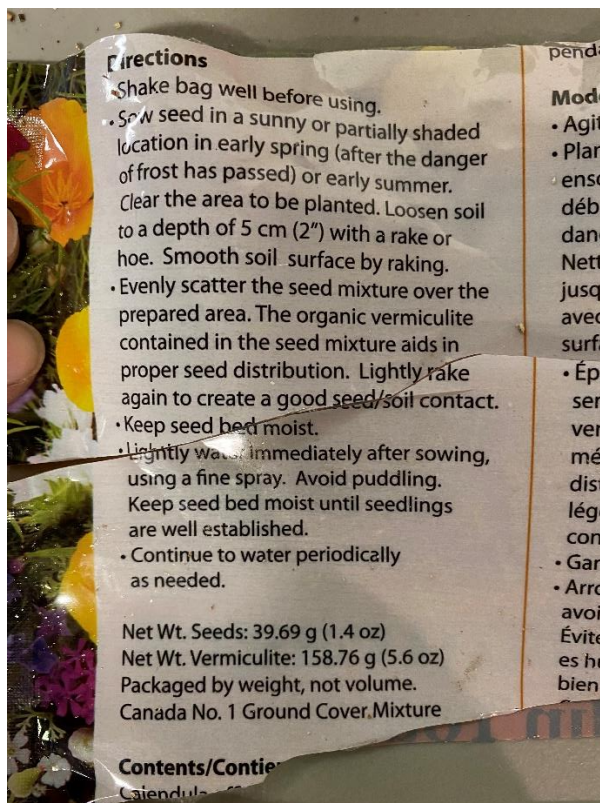
### You will need

- Water
- Hot glue

Spring is here!! Let's get ready by planting some wildflowers- these help the bees, and the bees help us! All you need to do is; hot glue the eggs together as shown in the picture below. After the glue is dried, fill the egg halfway with soil, sprinkle seeds across the soil then fill the remainder of the egg with soil. Water and place in a sunny or partially shaded area.

Help bring back the bees by getting some free flowers seeds at the link below (I do it every year- no catches attached) and keep scrolling the link to find out some bee facts!

<https://www.cheerios.ca/bringbackthebees/>



Plastic Easter Egg  
FLOWER POTS





## Tiger (Bunny) Tail

### *Materials*

- Direction sheet
- Fabric scrap

Check out the info sheet for all the directions. its important to keep children moving. Not only to expel energy (which helps them sleep better) but to keep their minds developing, to ensure they are healthy and to give them the tools to learn how to keep themselves healthy throughout their life.

## Activities for Ages 3 and 4 years

### Bunny Bubble Wrap Painting

#### *Materials*

- Bunny template
- Paint (2)
- Bubble wrap

#### *You will need*

- Paper plate or plate to put paint on

This is a fun activity for your child to work on their fine motor development. Using different materials to paint with opens up opportunities for creativity and showcases cause and effect of materials.

Do this activity, all you need to do is spread the paint onto a paper plate and dip the bubble wrap into the paint then stamp it onto your bunny! Try mixing colours over top of each other. See if you can make a pattern. You can leave the bunny as is or cut it out.

### Easter Egg Lacing

#### *Materials*

- Egg template
- Yarn

#### *You will need*

- Hole punch or scissors

Break out the scissors/hole punch and poke a few holes along the side or throughout the egg (be creative!). Tie a large knot on one end of the yarn and show your child how to weave the yarn through to a hole then pull, then to another hole. Remember the end product on this is not the goal, it's the experience). Finish each yarn by tying another large knot on the end.



**Easter Egg**  
Paper Plate Lacing Craft



## Egg Planters

### Materials

- Plastic Eggs (2)
- Soil
- Seeds (wild flower)

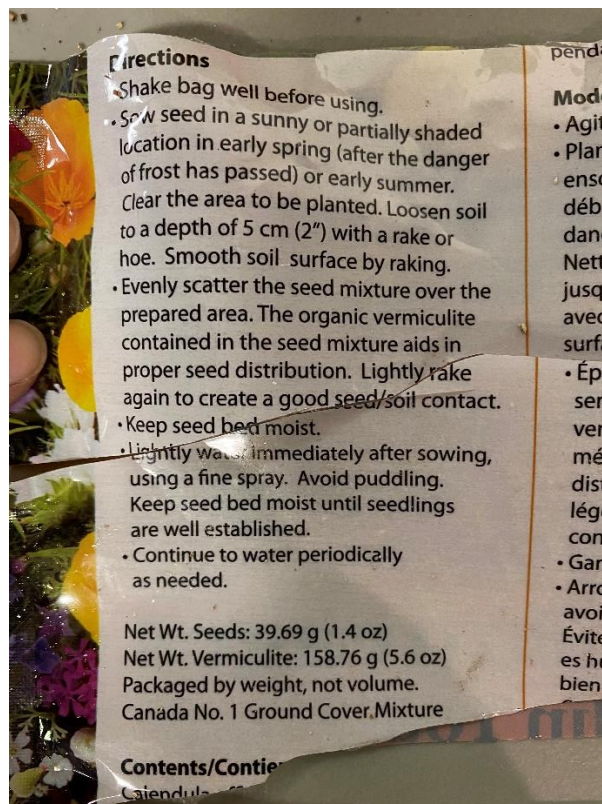
### You will need

- Water
- Hot glue

Spring is here!! Let's get ready by planting some wildflowers- these help the bees, and the bees help us! All you need to do is; hot glue the eggs together as shown in the picture below. After the glue is dried, fill the egg halfway with soil, sprinkle seeds across the soil then fill the remainder of the egg with soil. Water and place in a sunny or partially shaded area.

Help bring back the bees by getting some free flowers seeds at the link below (I do it every year- no catches attached) and keep scrolling the link to find out some bee facts!

<https://www.cheerios.ca/bringbackthebees/>



## Peek-a-boo chick

### Materials

- Glitter foam sticker paper
- ¼ yellow paper
- Clothes pins (3)
- Keep some scrap foam.

### You will need

- Marker
- Glue

Check out the tutorial for this activity on the link below (they explain it best!)

<https://onelittleproject.com/peekaboo-clothespin-eggs/>



## Hit it!

### *Materials*

- Balloon
- String

### *You will need*

- Tape

Blow up a balloon, tie a long piece of string on it, tape it to a door frame you walk through regularly and every time you do “hit it” overhead like you are striking a volleyball or throwing a ball, switching hands each time. For added Easter fun, turn your balloon into an easter egg by drawing patterns on it! This can help children develop hand-eye coordination, balance, learning left from right (and alternating) memory ( what hand did I use last) and gross motor skills by using large arm movements.

## Activities for Ages 5 and 6 years

### Easter Egg Lacing

#### Materials

- Egg template
- Yarn

#### You will need

- Hole punch or scissors

Break out the scissors/hole punch and poke a few holes along the side or throughout the egg (be creative!). Tie a large knot on one end of the yarn and show your child how to weave the year through to a hole then pull, then to another hole. Remember the end product on this is not the goal, it's the experience). Finish each yarn by tying another large knot on the end.



### Egg Planters

#### Materials

- Plastic Eggs (2)
- Soil
- Seeds (wild flower)

#### You will need

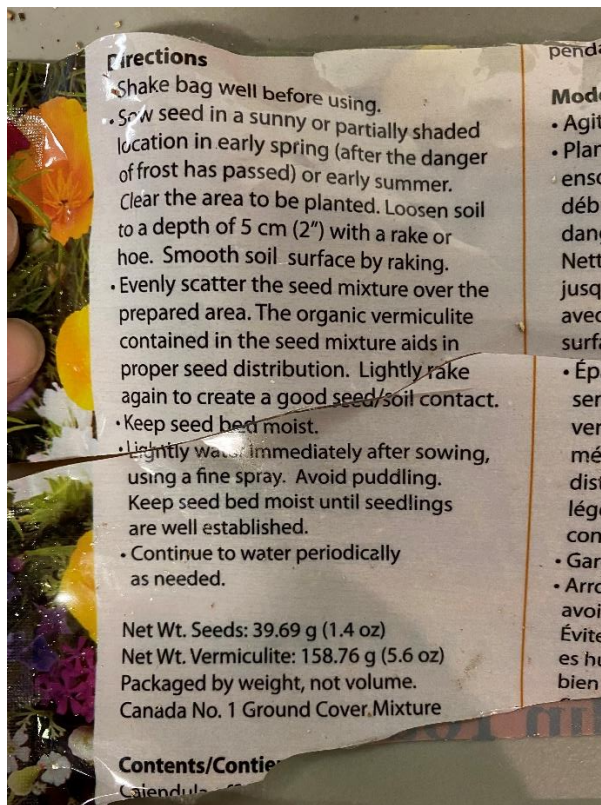
- Water
- Hot glue



Spring is here!! Let's get ready by planting some wildflowers- these help the bees, and the bees help us! All you need to do is; hot glue the eggs together as shown in the picture below. After the glue is dried, fill the egg halfway with soil, sprinkle seeds across the soil then fill the remainder of the egg with soil. Water and place in a sunny or partially shaded area.

Help bring back the bees by getting some free flowers seeds at the link below (I do it every year- no catches attached) and keep scrolling the link to find out some bee facts!

<https://www.cheerios.ca/bringbackthebees/>



Plastic Easter Egg  
FLOWER POTS



**Hit it!**

*Materials*

- Balloon
- String

*You will need*

- Tape



Blow up a balloon, tie a long piece of string on it, tape it to a door frame you walk through regularly and every time you do “hit it” overhead like you are striking a volleyball or throwing a ball, switching hands each time. For added Easter fun, turn your balloon into an easter egg by drawing patterns on it! This can help children develop hand-eye coordination, balance, learning left from right (and alternating) memory ( what hand did I use last) and gross motor skills by using large arm movements.

## Jumping Bunny

### *Materials*

- Paper cup (2)
- Yellow paper
- Pink paper
- Eyes (2)
- Rubber band
- Cotton Ball

### *You will need*

- Marker

Check out this great tutorial on how to do this activity! (video included).

<https://www.creativelittleexplorers.com/jumping-bunny-cup-craft/>



## Chick Painting

### Materials

- Wooden board
- Eyes (2)
- Yellow paint
- ¼ orange paper

### You will need

- Fork

All you need to do is dip your fork into the paint (you may need to lay it onto a paper plate or small cup) and drag the fork in different directions. Once dry, glue on the eyes and cut out a beak and legs and you have a little chick! This activity is so easy to recreate and adapt to many different pictures! Look up “fork painting for kids” online to get more ideas!



Watch out for next months bags!

THANK YOU! Enjoy!