



Spring Break At-Home Activities

BLOW A BUBBLE MASTERPIECE

Supplies:

- Bubble mixture (or [make your own](#) with one part dishwashing liquid to six parts water)
- Food coloring
- Large bowl
- Straws
- Paper

Pour bubble mixture and food coloring into the bowl so that it's about a quarter of the way full. Use the straw to blow air into the mixture - the way you might *not* want your kids to blow bubbles into milk. When the bubbles rise above the rim of the bowl, place a piece of paper on top and then lift off the paper carefully. Voila! A swirly colorful landscape appears on the page.

KNEAD UP SOME HOMEMADE PLAY DOUGH

Supplies:

- 2 cups all-purpose flour
- ½ cup salt
- 2 tbsp. vegetable oil
- ½-¾ cup of warm water
- 4 drops of food coloring or two packets of Kool-Aid
- Large bowl
- Large spoon

Now to the fun part:

Pour the flour, salt and Kool-Aid or food coloring into a large bowl and mix. Add the vegetable oil and a half-cup of warm water. Stir until the color is evenly distributed

and then use your hands to knead the dough. Add more water if the texture is too dry or crumbly.

DANCE PARTY

Supplies:

- Music
- Pep in your step

There are a bunch of reasons that the Centers for Disease Control and Prevention recommend kids get at least 60 minutes of physical activity a day - among the more science-y, exercise helps little bodies build strong bones and their ability to take in and use oxygen.

PUT THOSE DANCE MOVES IN A FILM

Supplies:

- Smart phone, camera or tablet
- Tunes
- Hair brush microphone
- Tripod (optional)

Maybe after the dance party warm-up it's time for a big screen premiere.

Set up a playlist of your kids' favorite jams, put your phone on a tripod and hit record. Pro tip: leaning your phone against a pile of books on the coffee table or other furniture also works!

A SCAVENGER HUNT...FOR FEELINGS!

Supplies:

- Children's picture books
- Magnifying glass (optional)

Find pages in your kids' favorite books where a character is clearly showing some kind of feeling. Invite the child to use the magnifying glass, or their finger to point out the emotions they see and share their observations.

LEGO Challenges

For kids who love to play with [LEGOS](#) , print off these [LEGO Challenge Cards](#) from The Stem Laboratory to stimulate their building skills.

Paper Building Blocks

Of course you don't need building bricks to build. Babble Dabble Do shows you how to make [Paper Building Blocks](#) that are as fun to make as they are to build with.

Straw Buildings

You can also think beyond building bricks by [Building with Straws](#). Lemon Lime Adventures shares lots of fun straw construction ideas.

Pom Pom Drop

With just 3 simple items you can create a [Pom Pom Drop](#) game. Coffee Cups and Crayons shows you how.