

# CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)  
Parent and Provider Resource: Activities for Distance Learning

## Movement Activities

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at [www.chs-ca.org](http://www.chs-ca.org) and click on the News and Events tab for more learning resources.

## PRESCHOOL - Activity: Colander Sculptures

### What you need:

- One colander per child
- Chenille stems

#### Optional:

- Plastic beads
- Buttons
- Feathers
- Clothespins
- Square nut, hex nut, and washers (hardware store)

### What to do:

- For three to four-year-old children, start by placing a colander (one per child) and chenille stems on a table or flat surface
- Invite your child to try pushing a chenille stem through a hole on the colander
- Encourage children to continue adding chenille stems to the colanders, bending, and twisting them however they choose
- For children four to five years old, try adding some of the optional items listed
- Children can push chenille stems through the holes, and then string beads or metal washers on top, poke feathers through holes, or use clothespins to attach paper shapes and pictures to the chenille stems
- As children work, describe what they are doing and introduce new vocabulary like: chenille stem, colander, weaving, bending, twisting, and sculpture

### What the activity does:

- Practices large and fine motor skills (muscles) that are necessary for using pencils and scissors
- Develops eye and hand coordination
- Introduces vocabulary
- Experiments with elements of engineering such as structure support and weight
- Encourages creative expression

