

# CHILDREN'S HOME SOCIETY OF CALIFORNIA

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

### Sensory 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: Fun with Oobleck

### What you need:

- A shallow plastic tub, bowl, or tray
- Measuring cup
- Large spoon (or you can use your hands)
- Cornstarch
- Water

### Optional:

- Food coloring
- Spray bottles
- Digital or phone camera
- Paper
- Pencil or Pen
- [Video about Oobleck](#)

### What to do:

- Oobleck is both a liquid and a solid. As children mix and explore it, they will discover that it remains solid when pressure is applied by squeezing it between their hands, but once there is no pressure it becomes a liquid. Watch this [video](#) to learn more about Oobleck
- Children can help you make Oobleck. Start by pouring two cups of cornstarch into a shallow plastic container large enough for a pair of hands to play in. Invite children to feel the cornstarch and describe the texture of it
- Add one cup of water to the cornstarch and mix it thoroughly with a spoon or hands
- If the surface of the Oobleck stays solid when you gently tap it, but begins to spill as a liquid when lifted up with a couple of fingers then it is ready. If it is too thick, add a little bit more water. If it is too thin, add a little more cornstarch
- Invite children to explore the Oobleck with their hands. Children who prefer not to touch it can explore it with a plastic spoon
- You can also make it by filling spray bottles with colored water and inviting children to spray a cornstarch mountain. This allows children to see what happens as the water slowly absorbs and the colors mix
- Write down children's observations and discoveries about the Oobleck, and take photos or videos they can look at later. Make a booklet or poster with the photos and observations so that children can revisit the Oobleck experiment

### What the activity does:

- Strengthens fine and large motor skills
- Introduces the difference between solids and liquids
- Practices observation skills
- Develops language through conversation and new vocabulary (solid, liquid, transform, etc.)



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