



@MOTHERCOULD
30 DOABLE



AT HOME ACTIVITIES

1. Ocean sensory bin

(water, blue food coloring, ocean animals)

2. Toy Car Wash

(toy cars, water, soap, sponge, wash cloth)

3. Baking soda and vinegar experiment

(baking soda, vinegar, food coloring)

4. Make slime

(glue, baking soda, lens solution, food coloring)

5. Color mixing with colored ice cubes

(ice cube tray, food coloring, water)

6. Make rainbow rice

(rice, food coloring, vinegar)

7. Make & paint with puffy paint

(white glue, food coloring/paint)

8. Make color mixing bags

(plastic bag, water, food coloring, glitter)

9. Salt painting

(paper, permanent marker, salt, food coloring)

10. Free the frozen animals

(water, toy animals)

11. Bubble prints

(water, soap, food coloring, straw, paper)

12. Rain cloud experiment

(water, shaving cream, liquid watercolors)

13. Clean the baby dolls

(baby dolls, water, soap, towel)

14. Make sensory bottles

(water bottle, water, glue, food coloring, glitter)

15. Make ice paint

(water, ice cube tray, popsicle sticks)

16. Ice painting

(ice, paint)

17. Target practice with spray bottles

(Paper, tape, spray bottles, water, paint)

18. Citrus sensory bin

(old orange/lemon, water, food coloring)

19. Toy wash

(plastic toys, water, soap, sponge, towel)

20. Dance party with flash lights

(music, flash lights, dance moves)

21. Create an obstacle course

(items from around the house)

22. Color bath

(liquid water colors or food coloring, water)

23. Paint the bath/shower walls

(washable paint, paint brushes)

24. Decorate a cardboard box

(cardboard box, anything you want to decorate with)

25. Black water scavenger hunt

(water, black food coloring, things to find)

26. Play foam sensory bin

(soap, water, food coloring, blender)

27. Giant coloring page

(roll of paper, black crayon, water color paint)

28. Pom pom soup

(pom poms, water)

29. Dot the rainbow

(paper, markers, dot markers or stickers)

30. Make & play with cloud dough

(Flour, oil, food coloring)