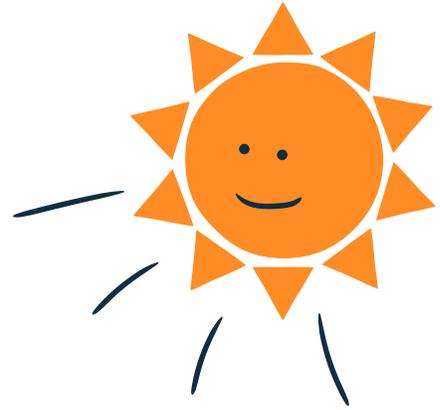


# At-Home Summer Guide for Discovery Preschoolers (2 years old)

Week of July 20, 2020



This week continues your child's exploration of **Wonderful Water**. Some activities in this guide reflect the water-related lessons happening in our Discovery Preschool Classrooms, and others have been written **just for you** to use at home! Whether you've returned to your center or you're still learning from home, you and your child can learn together about the wonderful world of **water**!

Over the last two weeks you and your child have experimented with water and looked at ways you use water every day. This week is all about **things you can make with water**! Explore the culinary side of water when you and your child make frozen juice pops and juice jigglers. Take a look at the playful side of water while exploring oobleck and making bubble solution. And get creative with your child using scratch and sniff watercolors!

What else can you **make with water**? From cooking a homemade soup to making your own play dough, water is a key ingredient in many things we make. Encourage your child to participate in making other things with water throughout the week. You can try this [homemade finger paint recipe](#) using the same ingredients you used to make oobleck and your bubble solution, or make up a jar of refreshing [fruit-infused water](#) for those hot summer days!



# This Week's Theme:

# Wonderful Water

## What you'll find in this guide...

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order you'd like, repeating and revisiting them as often as you want! Click on the icons below to discover more...



**LET'S CREATE**  
**Frozen Juice Pops**

In this activity, you and your child turn juice into a tasty frozen treat!



**LET'S CREATE**  
**Scratch and Sniff Watercolors**

In this activity, your child creates special watercolor paint that has a delightful smell.



**LET'S EXPLORE**  
**Oobleck**

Fun awaits when you and your child combine household ingredients to make ooey-goopy oobleck!



**LET'S PLAY**  
**Playing with Bubbles**

It's all about bubbles in this activity where you create a homemade bubble solution.



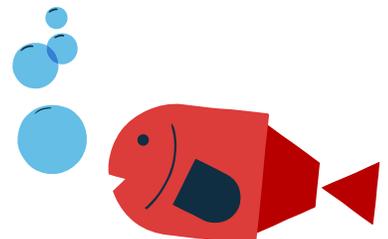
**GAME TIME**  
**I Spy**

Put your child's observations skills to the test with a fun game of I Spy!



**LET'S CREATE**  
**Juice Jigglers**

In this activity, you and your child turn juice into a wiggly, jiggly gelatin treat!



# At-Home Summer Guide for Discovery Preschoolers

## Week of July 20, 2020

### Getting Ready for the Week: Materials to Gather

#### Frozen Juice Pops:

- ❑ 100% fruit juice
- ❑ Aluminum foil
- ❑ Craft sticks
- ❑ Paper cups, small
- ❑ Plastic pitcher
- ❑ Tray

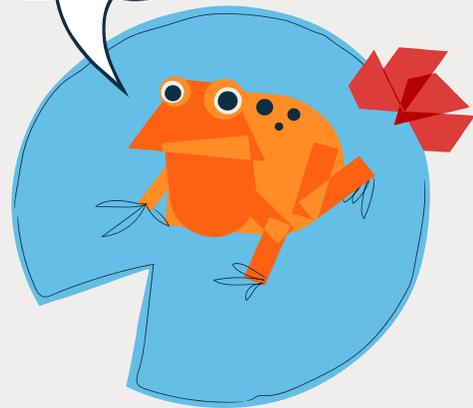
#### Oobleck:

- ❑ Cornstarch (1 cup)
- ❑ Dry measuring cup
- ❑ Liquid measuring cup
- ❑ Medium bowl
- ❑ Paper towels
- ❑ Plastic pitcher
- ❑ Spoon
- ❑ Water (1 cup)

#### Scratch and Sniff Watercolors:

- ❑ Paintbrushes
- ❑ Paper
- ❑ Powdered juice mix packets in various flavors and colors
- ❑ Muffin tin
- ❑ Teaspoon
- ❑ Water

**Tip:** At the beginning of your week, gather materials and place them in a container so you're ready to go!



# At-Home Summer Guide for Discovery Preschoolers

## Week of July 20, 2020

### Playing with Bubbles:

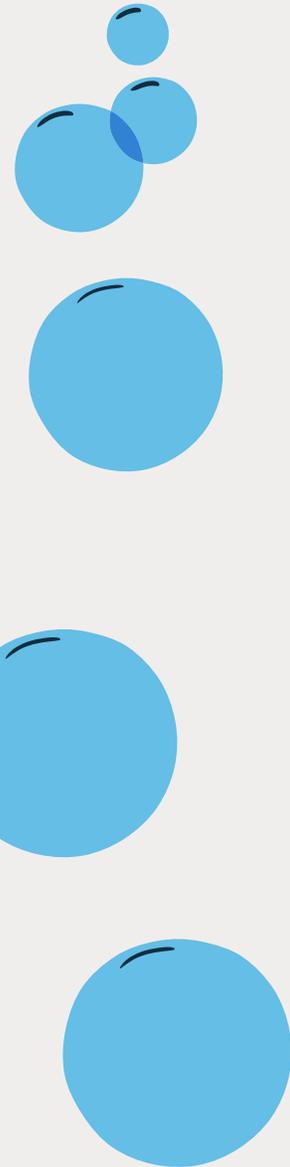
- Bubble Solution Recipes
- Bubble wands
- Corn syrup (optional)
- Glycerin (optional)
- Liquid dish soap
- Liquid measuring cups
- Masking tape
- Measuring spoons
- Pitcher
- Plastic container with lid
- Sugar (optional)
- Spoon
- Towel
- Water

### Juice Jigglers:

- Ingredients for Juice Jigglers:
  - 1 envelope, or 2 ½ teaspoons, unflavored gelatin
  - 2 cups 100% fruit juice
- [Recipe card for Juice Jigglers](#)
- Medium mixing bowl
- Small pot
- Mixing spoon

### I Spy

- [I Spy picture](#)



# At-Home Summer Guide for Discovery Preschoolers

## Week of July 20, 2020



### Let's Create: Frozen Juice Pops

In this activity, you and your child turn juice into a tasty frozen treat!



#### Length of activity:

20 minutes\*

\* Duration will vary depending on your child's interest.

#### Level of Engagement Required by Adult: High



#### Level of Prep Required: Medium



#### What you need:

- 100% fruit juice
- Aluminum foil
- Craft sticks
- Paper cups, small
- Plastic pitcher
- Tray

#### What your child is learning:

- How matter can change from a liquid to a solid
- How to relate prior learning to new experiences
- How to delay gratification while they wait for the juice pops to freeze



**What you do:** Fill the pitcher half-full of juice, watering it down if desired. Show your child the juice and share that even though it may not look like water, many juices are made with water. Explain that the juice inside of fruit is made from the water that the plant absorbed while the fruit was growing. If you've already done the activity Juice Jigglers, ask your child what happened when the juice and gelatin mixture was refrigerated? Share that in this activity, you'll make juice into another tasty treat- frozen juice pops! Ask your child if they know what a frozen juice pop is. Then explain that when the juice is placed in the freezer for a long time, it freezes into a solid.

Place four or five paper cups on the tray and have your child fill them three-fourths full of juice, assisting with pouring as needed. Then cover each cup with a small piece of aluminum foil and gently poke the craft stick through the foil to create a handle. If there is juice left, make additional juice pops. Place the juice pops in the freezer and leave until frozen solid. When the juice pops are ready, invite your child to help you remove the foil and paper cup from one of the pops. As you do this, ask questions like what do they notice? How has the juice changed? Share that the juice has been frozen. As you and your child enjoy the juice pops, talk about other flavors of juice pops you could make.



#### Social and Emotional Learning

It will take several hours for the juice pops to freeze. This requires your child to exercise **patience** and to **control their impulse** to check them frequently or remove them from the freezer too soon, all of which may be difficult and frustrating. Talking with your child about what they are feeling as they wait will help them recognize, acknowledge, and process the emotions they are experiencing. Ask your child to share why they think it is important to wait and what might happen if the juice pops are removed before they are completely frozen, then encourage them to think of things they can do while waiting to help pass the time.

# At-Home Summer Guide for Discovery Preschoolers

## Week of July 20, 2020



### Let's Explore: Oobleck

Fun awaits when you and your child combine household ingredients to make ooey-goey oobleck!



**Length of activity:**  
20 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Medium**



#### What you need:

- Cornstarch (1 cup)
- Dry measuring cup
- Liquid measuring cup
- Medium bowl
- Paper towels
- Plastic pitcher
- Spoon
- Water (1 cup)



#### What your child is learning:

- How to use measuring tools
- How to follow a recipe
- How to use their senses to make observations and comparisons

**What you do:** Ask your child to recall some of the experiences they've had with water throughout the week or in previous weeks, providing reminders as needed. Share that today they'll be mixing two ingredients together to make something called oobleck. Using the spoon and dry measuring cup, invite your child to help measure one cup of cornstarch and pour it into the bowl. Then using the liquid measuring cup, help them measure one cup of water. Have your child look at the cornstarch in the bowl and the water in the measuring cup and make observations. Use descriptive language to share your own observations, such as, "I see that the cornstarch is white and powdery." Or, "I notice that the water is clear." Then have your child pour the one cup of water into the bowl of cornstarch, assisting as needed. Give your child the spoon and ask them to stir the water and cornstarch until all the cornstarch is mixed with the water. As they're mixing, talk with them about what is happening in the bowl. What do they notice as they're mixing? How are the ingredients changing? How do the ingredients look compared to your earlier observations?

After the oobleck has been mixed, invite your child to explore the mixture using their hands, keeping paper towels nearby for clean-up. How does the mixture feel when they poke at it? What happens when they try to grab a handful of the oobleck? What happens if the mixture sits for a while? Allow your child to explore for as long as they show interest. If you'd like to extend the activity, consider adding plastic toys to the oobleck and inviting your child to see what happens when they try to push the toy into, or pull the toy out of, the mixture.

# At-Home Summer Guide for Discovery Preschoolers

## Week of July 20, 2020



### Let's Create: Scratch and Sniff Watercolors

In this activity, your child creates special watercolor paint that has a delightful smell.



**Length of activity:**  
20 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Medium**



**What you need:**

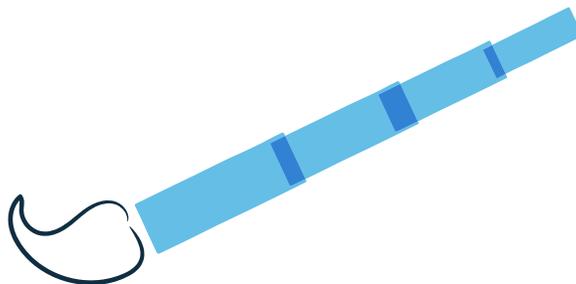
- Paintbrushes
- Paper
- Powdered juice mix packets in various flavors and colors
- Muffin tin
- Teaspoon
- Water

#### What your child is learning:

- How to use different tools to create two-dimensional art
- How to use their senses to make observations and comparisons
- Fine motor skills while using the paintbrush

**What you do:** Show your child the packets of powdered juice mix and talk about the different flavors. Share that by adding water to the powder, the two of you are going to use these colorful powders to make paint. With your child's help, pour each packet of powdered juice into a different section of the muffin tin and mix with about two teaspoons of water to create your watercolor paint. You can also use small cups to mix the paint, or small containers with lids if you'd like to save the paint for later use. Invite your child to smell the paint. Ask them questions like "what does it smell like?" "What do you want to paint a picture of?"

Next, give your child a sheet of paper and some paintbrushes to paint using the newly-created watercolors. Place the finished paintings aside to dry. When the paintings are dry, invite your child to gently scratch the different colors and smell them. What do they smell like? Do they smell the same as the paint in the muffin tin? Ask your child why they think the paper has a smell. Share that the watercolor paint you created has the same smell as the flavors of juice mix, and that's why they can smell the different flavors on the paper.



# At-Home Summer Guide for Discovery Preschoolers

## Week of July 20, 2020



### Let's Play: Playing with Bubbles

It's all about bubbles in this activity where you create a homemade bubble solution.



**Length of activity:**  
30 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: High**



#### What you need:

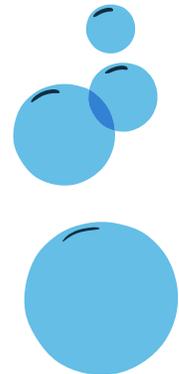
- [Bubble Solution Recipes](#)
- Bubble wands
- Corn syrup (optional)
- Glycerin (optional)
- Liquid dish soap
- Liquid measuring cups
- Masking tape
- Measuring spoons
- Pitcher
- Plastic container with lid
- Sugar (optional)
- Spoon
- Towel
- Water

#### What your child is learning:

- How to use measuring tools
- How to make observations and comparisons
- How to follow a recipe

**What you do:** Select a [bubble recipe](#) and gather the ingredients. Fill the pitcher with water and place the pitcher, bubble solution ingredients, and other materials on a table, keeping a towel nearby to help clean up spills. Ask your child to think of the different places they've played with or made bubbles. This might include blowing bubbles outside, bubbles in a bathtub, bubbles in the dishwasher, and bubbles that form on their hands and in the sink when they wash their hands.

Show them the water and bubble ingredients. Tell them they can use water to make a bubble solution that they can then use to blow bubbles. Show your child the recipe and ask them to help you measure the ingredients into the container. Use the spoon to gently stir the ingredients.



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After the solution is mixed, give your child a bubble wand and invite them to blow bubbles. If you don't have any bubble wands, [here](#) are some ways you can create your own. As your child blows bubbles, encourage them to make observations about what the bubbles are doing. Do some float in the air for a while? What happens when you touch the bubbles or try to catch them in your hands? What happens when the bubbles land on a surface, such as the ground or the lawn?

### Bubble Solution Recipes

To make each bubble solution, measure the ingredients and place them in a container. Use a spoon to stir until all ingredients are combined. For the Sugar, Soap, and Water recipe, stir until the sugar is dissolved.

#### SOAP AND WATER

- 1 cup water
- 1 teaspoon liquid dish soap

#### CORN SYRUP, SOAP, AND WATER

- 2/3 cup water
- 2 tablespoons corn syrup
- 2 tablespoons liquid dish soap

#### SUGAR, SOAP, AND WATER

- 1/4 cup water
- 2 tablespoons sugar
- 1 tablespoon liquid dish soap

#### GLYCERIN, SOAP, AND WATER

- 1-1/4 cups water
- 1-1/4 teaspoons glycerin
- 1-1/4 tablespoons liquid soap

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### Let's Create: Juice Jigglers

In this activity, you and your child turn juice into a wiggly, jiggly gelatin treat!



**Length of activity:**  
15 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: High**



#### What you need:

- Ingredients for Juice Jigglers:
  - 1 envelope, or 2  $\frac{1}{2}$  teaspoons, unflavored gelatin
  - 2 cups 100% fruit juice
- [Recipe card for Juice Jigglers](#)
- Medium mixing bowl
- Small pot
- Mixing spoon

#### What your child is learning:

- How matter can change from a liquid to a solid
- How to use measuring tools
- How to follow a recipe
- How to delay gratification while they wait for the gelatin to solidify

**What you do:** Show your child the juice and share that even though it may not look like water, many juices are made with water, and explain that the juice inside of fruit is made from the water that the plant absorbed while the fruit was growing. If you did the activity Juice Pops, ask your child what happened when the juice was frozen? Share that in this activity, you'll make juice into another tasty treat! Invite your child to help you measure a  $\frac{1}{2}$  cup of juice and pour it into the mixing bowl, then pour 1  $\frac{1}{2}$  cups of juice into the pot. Place the pot on the stove and heat the liquid until it is boiling. When it reaches a boil, remove it from the heat and set aside. Show your child the unflavored gelatin and invite them to help sprinkle it over the juice in the mixing bowl. Let it sit for one minute. During that time, invite your child to make

# At-Home Summer Guide for Discovery Preschoolers

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observations about what is happening in the bowl. Then pour in the heated juice and gently stir to dissolve the gelatin. Invite your child to watch from a safe distance while you add the heated juice and make observations about how the gelatin changes. Cover the bowl and place it in the refrigerator to chill until solid. When it is ready, remove the bowl and invite your child to use a spoon to scoop some of the gelatin into a small bowl. Ask them how it is different than before it went in the refrigerator. Enjoy your juice jigglers and talk about other flavors you could make!



### Social and Emotional Learning

It will take several hours for the juice jigglers to solidify. This requires your child to exercise patience and to control their impulse to check them frequently or remove them from the refrigerator too soon, all of which may be difficult and frustrating. Talking with your child about what they're feeling as they wait will help them recognize, acknowledge, and process the emotions they are experiencing. Invite your child to share why they think it is important to wait and what might happen if the juice jigglers are removed before they are solid, then invite them to think of things they can do while waiting to help pass the time.

## Juice Jigglers

### Ingredients for Juice Jigglers:

- 1 envelope, or 2  $\frac{1}{2}$  teaspoons, unflavored gelatin
- 2 cups 100% fruit juice

### Instructions:

- Pour  $\frac{1}{2}$  cup cold juice in a medium mixing bowl.
- Heat 1  $\frac{1}{2}$  cups juice to a boil.
- Sprinkle unflavored gelatin over cold juice and let sit one minute before pouring in heated juice.
- Mix thoroughly to dissolve gelatin.
- Cover mixing bowl and refrigerate until solid. You can also pour the gelatin mixture into a baking dish to create juice jigglers you can cut with a knife, or smaller serving bowls and cups to create single-serving juice jigglers.



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# At-Home Summer Guide for Discovery Preschoolers

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### Game Time: I Spy

Put your child's observations skills to the test with a fun game of I Spy!

Using the [picture](#) on the next page, play a game of I Spy with your child. Look at the picture and select one object to provide clues about. Have your child look at the picture and provide them with an "I spy" clue. Keep providing clues until they have named the object you selected. Here's one set of clues to get you started!

Clues for the 4-spot dice:

- I spy with my little eye something white.
- I spy with my little eye something with a square face.
- I spy with my little eye something with four black dots.

