

Establishing routines with our children provides a sense of safety and security. Sometimes though it is great to take a break and do something different. The good news is that you can create special events and theme days for you and your child. Here are a few to try out.

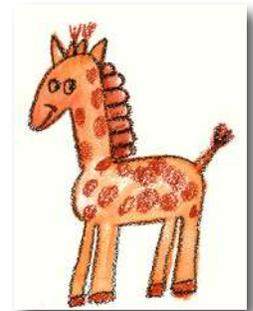
## Beach Party

- Everyone dress in bathing suits.
- Get out the towels and blankets.
- Play ocean music.
- Toss a softball back and forth.
- Pretend a large piece of cardboard is a boogie board; ride the waves.
- Put water in your bathtub and let your child "swim."
- Draw pictures of seashells or print them off the internet; hide them in different places in your house; go on a "beach walk" looking for the seashells.
- Before the beach party day, make blue gelatin hiding a gummy fish or gummy sea creature in the blue gelatin.
- Have goldfish crackers for a beach snack.



## A Day at the Zoo

- Draw or color pictures of zoo animals or cut them out of magazine, cards or print them off the computer or use a combination of printed photographs and stuff animals.
- Post the pictures at various locations around your home.
- Slowly walk around your house looking at the animals.
- While visiting each of the animals.
  - » Talk to your child about the animal.
  - » Have your child make the animal sound.
  - » Have your child walk like the animal.
- Serve animal crackers for a snack.
  - » Hide each animal cracker under a cup.
  - » Have your child guess which cracker is under each cup by giving your child clues about the animal).



## Camping at Home

- Make a tent using chairs and blankets (or if you have a tent, set it up in your living room or outside).
- Using blankets to make "sleeping bags."
- Sing campfire songs.
- Make a pretend "fire ring" from cardboard boxes or block.
- Using cardboard, cut "firewood."
- Serve hot dogs or walking tacos, fruit, fresh vegetables and chips or pretzels.
- Make s'mores or make s'mores treats with, honey graham cereal, chocolate chips and mini marshmallows.
- Use a flashlight to create shadows on the wall or ceiling; everyone discusses what the shadow looks like.
- Watch the clouds; discuss what the clouds look like.
- Go bird watching.
- Draw or color pictures of forest animals or print them from the computer; hide them around your home; have your child find the animals.
- Go on a nature walk.

