



## TNO-EarlyON Child and Family Centre

### AT HOME ACTIVITIES FOR CHILDREN, AGES 0-6 YEARS

During these challenging days of COVID-19, keeping your children busy and happy is difficult. The TNO-EarlyON Child and Family Centre team has included some fun, creative and helpful ways to help you support your child with their early learning.

Included is a simple recipe for do-it-yourself (DIY) paint for those that do not have any at home. *(Adult supervision required)*

#### Homemade Paint

##### Ingredients

- 4 Tablespoons of corn starch
- Cold water
- 1 Cup of boiling water

- Food colouring (liquid)
- Medium saucepan
- 6 small jars, cups or containers

##### Directions

1. In saucepan, mix corn starch with enough cold water to make a paste. It should not be too runny.
2. Add 1 cup of boiling water
3. Stir well to remove any lumps
4. On medium heat, mix well.

5. When you see clear streaks forming in the mixture, turn off the heat and keep stirring.
6. It is ready when it thickens to a pudding-like consistency.
7. Spoon equal amounts into available containers and add food colouring.
8. Mix until completely combined.  
To make **YELLOW**, **GREEN**, **RED** and **BLUE**, add 3 drops.  
To make **ORANGE**, use 1 drop of red and 2 yellow.  
To make **PURPLE**, use 1 drop of blue and 2 red.



# CRAFT ACTIVITIES FOR YOUR CHILDREN

## Painted Pasta Necklace



Encourage little ones to make their very own wearable art with nothing more than some pasta noodles, paint and string. You'll probably have to give your toddler a hand stringing each noodle, but chances are she'll love wearing the finished product.

### What you will need:

- Craft paint or DIY paint
- Paint brushes
- Pasta noodles
- Yarn/string
- Tape
- Scissors
- Scrap paper
- Wax paper

- Cup for water
- Disposable plate or palette to hold paint

### Directions:

1. Cover your work area.
2. Paint your pasta.
3. Place your pasta on a waxy surface to dry.
4. Cut out a strand of yarn, long enough to go over your head. Place a tab of tape on one end to prevent your noodles from slipping. Wrap the other end in tape to make it sturdier and less flimsy).
5. Add painted pasta to your yarn/string.
6. Tie both ends of together and trim off your taped ends.



## Fruit & Veggie Prints

### What you will need:

- Variety of fruits and veggies with interesting shapes and textures, (apples cut in half, corn on the cob),
- Paint
- Paper

### Directions:

- Let the child dip the fruit/veggie into the paint press, roll and experiment with the shapes on the paper.

