

Cooking Channel

Spend some time in the kitchen with your children exploring with recipes. Cooking is a fun practical experience that also includes many essential skills such as reading, following directions, and measuring. Cooking can also help children develop fine motor skills, eye hand coordination, and even early concepts of math and science.

Try these delicious recipes with your children:

[Smoothie](#), [Mini Pizzas](#), [No Bake Cookies](#)



Weather Channel

You don't have to check the weather channel to know what the temperature is! Try to guess the weather by looking outside— look at the clouds, the movement of the tree branches, and see what clothes people are wearing. Once you've made a smart guess, look at the weather broadcast to see if you were right!



[Click here](#) for a weather prediction activity.

What's on TV?

Link of the week

Make your own shadow puppet show! [Click here](#) for instructions on how to make your own shadow puppets. Choose a method that is consistent with your child's skill level and abilities.

Sports Channel

Building and participating in an obstacle course is a great way to build strength, coordination and balance and to learn problem-solving skills. [Click here](#) for ideas on how to make your own obstacle course at home!

[Click here](#) for a fun fine motor table hockey game to help strengthen the small muscles in your child's hand. The same activity can also be done by blowing through a straw to build oral motor muscles.



Movie Channel

Movies are a fun way to work on storytelling! Watch with your child and pause at key moments to talk about important story elements— characters, settings, problems, as well as the thoughts and feelings of the characters. Ask your child to guess what will happen next and help them to retell the story at the end.

Animated short films are wonderful options to work on storytelling. Click [here](#) and [here](#) for examples. APPS like [Toontastic](#) also offer a creative way for your child to make their own movie!

