

# Literacy This Week



**Yukon Literacy Coalition**

*We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.*

## Indoor Sensory Play

Stuck inside with your children on a dreary day?

Have no fear; the Literacy Coalition is here!

Everything you need to make a dull day around the house delightful can be found right in your own home.

What's the secret, you ask? Sensory Play!

Simply put, sensory play is any activity that stimulates our senses. If your child can see, taste, or hear what they are doing, that's sensory play.

When we invite our children to use their senses – no matter what their age - we invite them to explore cause and effect, make new connections in their brains, build their physical abilities, and so much more. Sensory activities are very engaging, and great for keeping children occupied.

**Here are some ideas for quick, easy, and fun sensory activities you can do at home:**

### For toddlers: Tabletop Water Tub

This activity is so easy to prepare, a toddler could do it!

To start, fill any type of bowl, tub, or container with water and place it in a convenient spot for both you and your child (like the kitchen floor). If you want to minimize mess, put a large towel underneath! Add a handful of household objects, like a wooden spoon, a magnet, a sponge – anything too big to swallow and fun to get wet. Set your child on the floor in front of the tub, and voila!

If you're feeling fancy, add a little non-toxic soap or food colouring to the water.

### For preschoolers: Tabletop Toy Washing

Turn your tabletop water tub into a toy washing station.

All you need is a plastic toy that's safe to wet, mild soap, washable markers, a washcloth or toothbrush, and a drying towel.

First, have your child get the toy dirty by covering it in marker, paint, or anything else that leaves a mark but can be washed off. Then, wash the toy in the tub of water. When it's clean, dry it with the towel. That's it!

To make it extra fun, wash a toy doll or action figure, and pretend you're giving baby a bath!

### For "big kids": Tabletop Slime!

This foolproof, non-toxic slime recipe is safe for skin and works every time! Place finished slime in an air-tight container and store for a rainy day.

#### Ingredients:

- 1 5 Oz bottle or  $\frac{3}{4}$  cup of Elmer's Clear Glue
- $\frac{1}{4}$ - $\frac{1}{3}$  Cup Water
- 1/2 tsp Baking Soda
- 2 Tbsp+ Contact Solution (must contain boric acid)
- 1-3 drops food colouring
- Small bits like glitter, paper clips, sand, etc. Get creative!

#### Instructions:

- Mix glue and water in a bowl
- Add food colouring and stir
- Add baking soda and mix thoroughly
- Pour in your "small bits" and mix!
- Add contact solution and stir for 5 full minutes
- If the slime doesn't thicken, add another tbsp of contact solution and repeat step 5
- Knead your slime with your hands until it stops sticking to your fingers
- Your slime is ready.



**Enjoy!**



### Yukon Literacy Coalition

Suite 207, 100 Main Street, Whitehorse, Yukon Y1A 2A8

**Ph:** 867-668-6535 **Web:** [www.yukonliteracy.com](http://www.yukonliteracy.com)

**Email:** [yukonliteracy@yukonliteracy.com](mailto:yukonliteracy@yukonliteracy.com)