

Top Ten Activities for Young Children and Dads

1. **Sail boats** — Fathers and children cut small (4-6") pieces of narrow pine board (3-4" wide). They can drill a hole for a small 1/4" dowel (also 4-6" long). The sail material can be made from thick paper (plastic coated works best) with 2 holes punched to hold the sail in place on the dowel rod mast.



2. **Balloon rockets** — This is a fun "science" project using balloons, straws, a long piece of string or yarn (20-25' long) and clear tape. Attach one end of the yarn to a wall with tape. Thread the string through the straw, blow up the balloon and tape the straw to the balloon. Hold the string tight, count down and let the balloon go.

3. **Murals** — Find a smooth (or textured) wall space and cover with large sheets of paper. Children and dads can draw with a variety of different media (markers, tempera paint, water colors or cray-pas). It is fun to do this as a group work of art.

4. **Blender drinks** — A variety of drinks can be made from frozen juice concentrate, water and ice cubes in a blender. Experiment with different combinations of juice flavors.

5. **Name plaques** — Young children like to practice making their name. This project can be made from any long piece of scrap wood (8-12" depending on the name). The letters can be traced on the wood and sticks, glitter or beans can be glued to make the letters.



6. **Parachutes** — The parachutes are made from a thin plastic bag. Cut a square from the bag and tie a piece of string or yarn (12-15" long) to each corner. Then attach all four strings to a wooden clothespin. Fold up the parachute and throw it in the air and watch it float down.

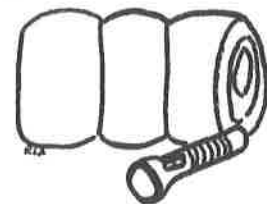
7. **Fruit & cheese kabobs** — Cut up fruit (apples, bananas, strawberries, grapes, pineapple) and small squares of a mild cheese. Use toothpicks and arrange a combination of fruit and cheese to eat off of the stick.

8. **Musical instruments** — Rhythm sticks are a favorite and easy to make from 1/2" or larger dowel rods. Cut dowel rods into 6-8" pieces. Sticks can be decorated with markers or colored tape.



9. **Shaving cream** — This is a simple but messy project that is easy to clean up. Children enjoy the texture and smell as they experiment with shaving cream on a smooth surface like a table. Color can be created by adding a few drops of food coloring.

10. **Dramatic play areas** — Camping is a popular theme with dads and kids. Set up a free standing tent, include props such as sleeping bags, backpacks, flashlights and pots with a pretend fire made from logs.



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