



Carla Perl  
Certified Pediatric Sleep Consultant

## Ideas for Staying Home:

### Time for a Scavenger Hunt!

Who doesn't love a scavenger hunt? You can make this a daily fun event at home with different themes. You can do it by color (find 5 red things); by senses (find 5 soft things, hard things, noisy things). The lists are endless!

Give your children a list using pictures or an audio list of treasures to find around the house:

1. Favorite book (Give them the title)
2. Plastic bowl from kitchen
3. Specific lego
4. Specific car or doll
5. Puzzle piece

### Crafts

Fine motor skills can be practiced by threading Cheerios on string to make an edible necklace.

Practice more fine motor skill building using fusion beads or other beads that you can stack on a (very clean) wire hair brush or plastic dog grooming spiky brush.

### Snack Time

#### Ants on a Log:

Ingredients:

Celery Stalks

Cream Cheese, Soy Butter, or Peanut Butter

Ants

Plastic knife for spreading

1. Rinse and cut celery stalks into 4-5 finger food pieces.
2. Give children plastic knives to practice fine motor skills in getting the spread on the celery before adding the yummy raisins.
3. Have children spread cream cheese, soy butter or peanut butter in between the ribs.
4. Add ants (go marching two by two or four by four) for a healthy and fun snack.
5. Enjoy!

### **Dress up that Hummus:**

**Perhaps your foodies might also enjoy a fancy hummus.**

Ingredients:

Hummus

Pita Chips or Pita Bread

Veggie Sticks (carrots, celery, cucumbers)

Pomegranate seeds, Pumpkin Seeds

2. Spread a circle of hummus on a small (unbreakable plate).
3. Provide pitta bread or veggie sticks (carrots, cukes and celery for dipping)
4. Let the children make a hummus pizza by adding these items (or your choices) to their hummus circle before dipping: pomegranate seeds, pumpkin seeds, crushed veggies stix or chips, carrot shavings, cucumber (small dice) etc. YUMMY!

### **Edible Rainbow Toast:**

Ingredients:

Food Coloring

Milk

Paintbrush used for FOOD ONLY

1. Mix a drop of food coloring in 1 oz of milk
2. Paint pictures on bread using a clean (or used only for food) paint brush.
3. Toast for a creative masterpiece worthy of breakfast, lunch or snack.