The topic of Motion is heavily rooted in the concepts of STEM (science, technology, engineering, and math). Our motion activities allow you and your child to explore things like gravity, force, speed, and simply how things move. From activities on transportation to a virtual field trip on Six Flag’s Mega Coaster, there are plenty of opportunities to encourage and enhance your child’s brain-building skills! There are a million ways to extend the learning on “how things move”. This week we present several ideas to get the learning started!

Materials for This Week

- Toy cars
- Basket/tray
- Natural materials
- Toy cars
- Empty water bottles
- Dish towel
- Birdseed
- Flour, baking powder, sugar, eggs

Materials from the General List

- Balls
- Chalk
- Play dough
- Paper
- Writing utensils (pencil, pen, markers, or crayons)
- Ribbon or string
Weekend Extensions

By the end of the week is your child still fascinated by the concepts of motion? Are you looking for more ideas of fun activities that will carry your family into the weekend? Here are a few more ideas!

**Toddlers/Twos**
- Dumping objects- toys, sand, water, etc.
- Pushing & pulling chairs, carts, strollers, wheelbarrows, trikes, etc.
- Placing vehicles, balls, toys on ramps; moving up and down ramp
- Bouncing, rolling throwing, kicking different kinds of balls- bouncing balls, tennis, ping pong balls, etc.
- Rolling or sliding objects through large tubes
- Rolling, spinning, dropping rings- wooden napkin rings, metal or plastic rings, shower curtain rings, etc.
- Trying to move objects on different types of surfaces- smooth, bumpy, sticky, etc.
- Making balls out of playdough and trying to roll them
- Rocking in boat or on teeter-totter
- Holding hands with a partner, rocking, and playing Row, Row, Row Your Boat
- Rocking baby dolls in arms or cradle
- Blowing pinwheels
- Exploring wind-up toys
- Twirling with dresses, skirts, scarves, ribbons, etc.
- Exploring waterwheel in sensory table
- Exploring whisks and/or egg beaters with water in sensory table
- Blowing bubbles
- Exploring magnets with magnetic and non-magnetic objects
- Moving different body parts at different speeds

**Preschool/Kindergarten Prep/Kindergarten/School-agers**
- Building and exploring ramps made out of different types of objects
- Exploring measuring scales with different types of objects- heavy, light, water, rocks, etc.
- Moving objects (ping pong ball, feathers, paint, etc.) by blowing into straws
- Exploring yo-yos
- Spinning and twisting tops
- Exploring different kinds of slinkies- metal, plastic, big, small
- Hitting different objects with rackets (tennis balls, shuttlecocks, ping pong balls, etc.), estimating and testing distance objects will travel
- Playing different sports where you have to move objects- football, soccer, hockey, etc., and trying to kick, hit, throw the farthest
Weekend Extensions

Read more books about motion. Here are a few recommendations:

- *Balancing Act* by Ellen Stoll Walsh
- *Sheep in a Jeep* by Nancy E. Shaw and illustrated by Margot Apple
- *Mike Mulligan and his Steam Shovel* by Virginia Lee Burton
- *What Do Wheels Do All Day* by April Jones Prince
- *The Water Princess* by Susan Verde
- *Move!* by Robin Page
- *Wheels on the Bus* by Raffi and Sylvie Wickstrom
- *Builders are Breakers* by Steve Light
- *Dig, Dump, Roll* by Sally Sutton
- *Gravity* by Jason Chin
- *Gravity is a Mystery* by Franklyn M. Branley
- *Gus’s Garage* by Leo Timmers
- *I’m Tough* by Kate McMullan
- *Speediest: 19 Very Fast Animals* by Andrea Beaty
- *Rosie Revere’s Big Project Book for Bold Engineers* by Andrea Beaty
- *And Everyone Shouted, “Pull!”* by Claire Llewellyn and Simone Abel
- *Forces Make Things Move* by Kimberly Brubaker Bradley
- *I fall Down* by Vicki Cobb
- *Push and Pull* by Patricia Murphy
- *The Little Engine that Could* by Watty Piper
- *What Is Gravity?* By Lisa Trumbauer