

# Find Your Voice 2023

## Early Childhood Activities: Ages 2-6

Complete as many activities as you like; finishing 5 activities from a badge will earn you a special bead.

### Music Moves You

Get some rhythm in your day!

- Do fingerplays and action rhymes while waiting...for the bath to fill, for the timer to ding, for anything!\*
- Write new words to a familiar tune to tell a story!
- Sing songs and recite rhymes with words in other languages.
- Make up a silly song about things you do every day like making your bed or putting on pajamas!
- Discover what your voice can do through mimicking sounds you hear in your environment (rustling trees, wind howling, rain falling, dogs barking, vehicle sounds).
- Listen to a song in another language. YouTube is a great source, but you can also explore radio stations around the world!\*
- Practice clapping games. Younger kids can start with Patty Cake, while older kids move on to master the Cup Game!\*
- Find your own percussion sounds with anything in your environment! Stomp on the ground or tap on the kitchen counter! Scrape a pencil across the spine of a spiral notebook! Get creative!
- Sing through your favorite rhyming book. Was it easier or harder than you expected?
- Sing counting songs like "1, 2, Buckle My Shoe."
- Attend a library storytime and sing along with the rhymes and songs!
- Use a drum or any hard surface to tap syllables while talking. For example, tap while saying "My name is \_\_\_\_\_. How are you?"
- Tap a steady beat on your lap while chanting your favorite nursery rhyme.
- Use body percussion with a friend. Stomp, clap, pat your knees, click your tongue, or snap your fingers to make your own beat!
- Have a family dance party in the living room and show everyone your unique dance moves.
- Watch a musical movie and sing along to your favorite songs.

### Stories

Just keep reading, listening, and imagining!

- Write a letter to someone! Want to make it extra special? Create your own cards, postcards or stationery.\*
- Have kids help with noises as you read.
- Ask an older person about their memories of being a kid. What kind of things did they like to read?
- Share books that have pictures of children from other parts of the world.
- Share a wordless picture book.
- Read the same book more than once. Kids, can you retell the story?
- Try out the library's Dial-A-Story! Call 708.816.2800 to start listening. Anyone can dial in, at any time and from anywhere!
- Read aloud to someone older than you, someone younger than you, or a pet.
- Read someplace unusual. You can define what "unusual" means!
- Listen to someone read you a short story or a chapter of a book without pictures. Close your eyes and imagine the story!
- Read a poem! How does the poem make you feel and what images do you see when you read it?\*
- Audiobooks are a great way to enjoy books! It's easy to check one out from Hoopla.\*
- Read a bilingual or braille picture book.
- Dress up like your favorite book character!
- Reading Without Walls Challenge 1: Read a book about a character who doesn't look like you or live like you.
- Reading Without Walls Challenge 2: Read a book about a topic you don't know much about.
- Reading Without Walls Challenge 3: Read a book in a format that you don't normally read for fun. This might be a chapter book, a graphic novel, a book in verse, a picture book, or a hybrid book.



### Artist in Residence

Let your creativity flow!

- Color a picture from an art museum.\*
- Use old magazines to make a collage. Combine cut out pictures with your own drawings or painting.
- Make a personalized ABC book with drawings or photographs.
- Make art on a Post-It Note. How does limiting your space affect your art?
- Find 5-10 items of the same color. Are they really the same? How are colors the same or different?
- Create a mini copy of a real object to be an accessory for a doll or stuffed animal.
- Draw your favorite book character.
- Paintbrushes are great, but what else could you use to apply paint? Paper towels, sponges, crisp fruits or veggies, or dried out markers?
- Use chalk to spread some colorful joy in your neighborhood.
- Send some of your art to a loved one, electronically or through the mail.
- Make a collaborative art piece as a family. You could add elements to a collage, take turns drawing a picture or color a design that someone drew.
- Check out a piece of public art. What does it make you think about?\*
- Use water to "paint" on an outside wall or sidewalk. Can you finish your masterpiece before it disappears?
- No time for paint? Use an online tool to make a Jackson Pollock-style masterpiece.\*

\*Links with videos or more instructions can be found in Beanstack.

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OAK PARK  
PUBLIC LIBRARY



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### Explore Our World

There's lots to discover right outside your window, around your block and around the Earth!

- Sort nature items found outside by size, color or other features.
- How close is that storm? Count the number of seconds between lightning and thunder, then divide by 5 to know how many miles away it is. 5 seconds = 1 mile\*
- Going someplace new? Take a small toy or some googly eyes along to make funny photos!
- Draw a map of your neighborhood and label 5 things you think every visitor should see.
- Go on a sensory nature walk and talk or think about what you see, hear, feel and smell. How many animals do you see? What is that bug doing? Which flower smells best? Which tree bark has the most interesting texture?\*
- OPPL's Multicultural Collection is full of amazing items from around the world, and you can borrow them.\*
- Imitate the animal sounds you hear around you. Do you know which kind of bird is making that song?\*
- Want to make lasting art with natural items? Try pressing a flower or leaf! Put the plant part between two pieces of wax paper and close it in a large book for at least a week.
- Draw a picture of your favorite tree. What kind of tree is it? The Arbor Day Foundation can help!\*
- Visit the garden at the Maze Branch and cut some herbs to use at home. We put them in freestanding planters for everyone to enjoy.
- Have a picnic. It doesn't have to be fancy, just get outside!
- Go to a free movie or concert in the park.\*
- Learning another language can bring us closer to other people, both near and far. Try out a lesson on Muzzy or Mango and treat your ears and mind to something new!\*
- Watch a sunrise or a sunset.
- Visit a farmer's market and ask questions about a new-to-you fruit or veggie.
- Check out a Museum Adventure pass from the library.\*

### Body & Mind

Moving your body helps keep your brain sharp. Caring for your mind and heart makes you resilient. Love all your parts, inside and out!

- Try some yoga. How many different poses can you do?\*
- Bounce a ball while singing a nursery rhyme or other favorite tune.
- Ready, set, race! Can you run from one end of your block to the other?
- Dance party time! No matter where you are dancing, your body and mind will thank you for the good energy.
- Talking through emotions when life is stressful is difficult for all ages. Miss Jenny's friend Ruthie the Camel has helped many of our friends feel better. Check out some Mindfulness and Social Emotional Learning videos, and lots more, online.\*
- If you're having overwhelming feelings and don't know where to put them, try using a Thought Bubble and watch them float away!\*
- How many 10 second hugs can you give in one day? No matter who you are hugging, always ask for permission first!
- Make a schedule for your week. Include "have-to-dos" as well as identifying where we can fit in our "want-to-dos." It's great for all ages to be able to see what's coming, as well as to look back and reflect on what we've done.
- Make a glitter jar! This fun project can be good for our minds, too. If you're feeling angry or anxious, try shaking the jar and watching as the glitter settles inside.\*
- Supporting well-being includes learning how to express ourselves and to respect everyone around us. If you have questions about gender identity, your own or someone else's, check out some of the great resources Mr. Hal has assembled on online. Together we can make our world safe and welcoming!\*
- Take a break by creating Affirmation Rocks with loved ones.\*
- Stop, look and listen: what are 5 things you can see, hear, feel and taste?
- Read a picture book biography about a ground-breaking athlete.



### Science Star

You don't need a lab! Science is for everyone and happens everywhere.

- Try a sound science experiment like the classic paper cup and string phone, water jar xylophone or listening to sounds underwater.\*
- Play with objects that float or sink in the tub and sort them by the result.
- Each time you take a walk, pick a new shape and count how many you see. Do some shapes occur more often in nature than others?
- Check out a Discovery Kit from the library.
- Read a "true" book about nature, technology or a favorite field of science. Non-fiction is for all ages!
- Look for patterns in nature and think about why they developed in that way. The ribs on a leaf? The spots on a ladybug? What purpose do they serve?
- Watch a nature or science documentary.
- Build a model of your home with blocks, LEGO or recyclables.
- Make a recipe as a family. You could trade off finishing steps or each take turns doing the chopping or stirring. Explore what changes you see when mixing ingredients together!
- Lie on your back and look for pictures in the clouds. Make up stories about what you see. What kind of weather is on the way based on the sky?
- Outer space is open for business! Explore what NASA has been up to and check out their activities for a range of ages.\*
- Read a picture book biography about a scientist or inventor.
- The Perseids are a meteor shower associated with the comet Swift-Tuttle that appear every year from July 17-Aug 24. Can you see any meteors in the night sky during this time? \*

\*Links with videos or more instructions can be found in Beanstack.