

Continue the
adventure after each
episode with our
Everyday Magic
Activity Guide!

Thank you for being
magical with us!



Ep. 5:

Born to be Wild

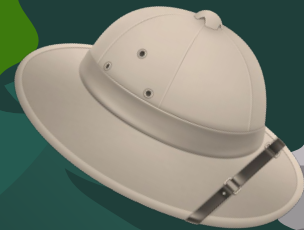


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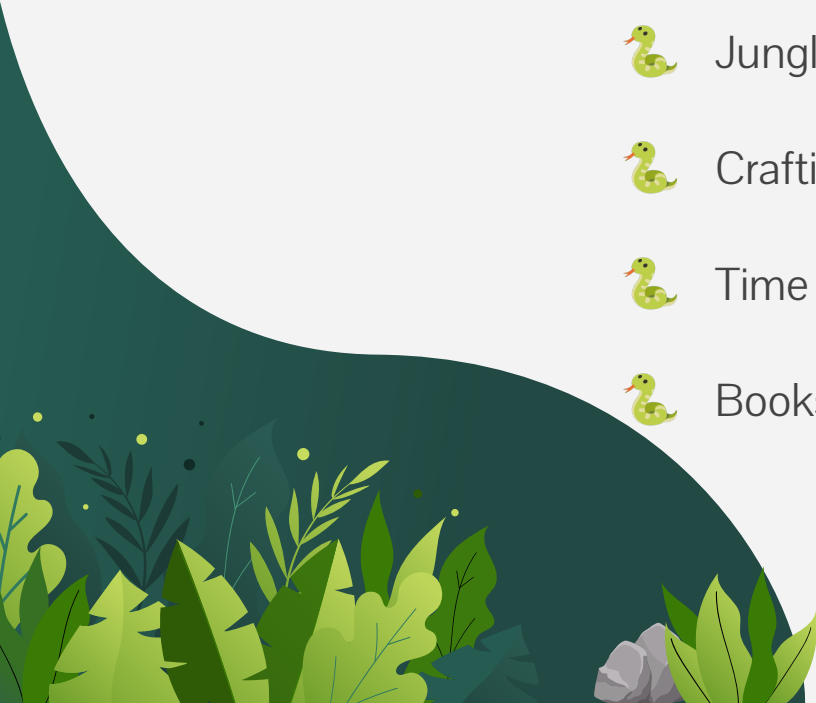
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Time for Talking



Books to Read





Jungle Scavenger Hunt

Guide your little one to find these suggested outdoor treasures:



Long sticks



Uniquely shaped pebbles



Other jungle items that you
come up with!



Rocks



Flowers



Leaves



Long grass

Give them clues for where to look such as “Find something long and thin that grows on trees.” See how many different shapes, sizes, colors, and textures they can find!

Let them describe how each of the items feels. Encourage them to tell a story using each of the items, turning their treasures into a creative play, magical sensory experience.

Bonus: Use some of these jungle treasures to make a sensory bin - don't be afraid to get messy!



Jungle Jam

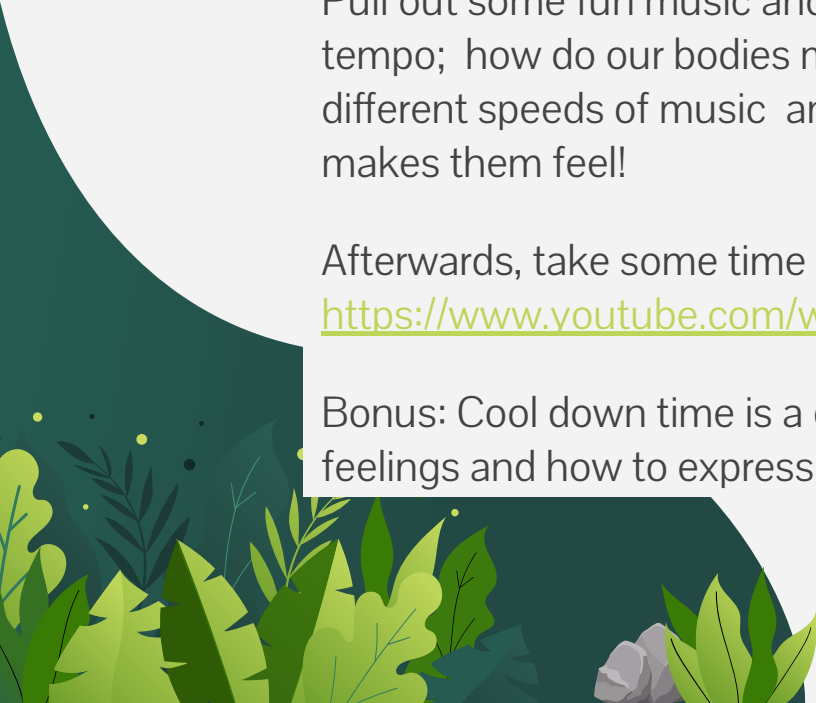


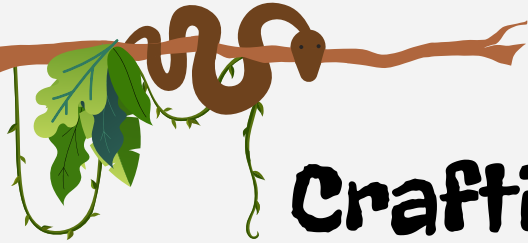
We love to dance just like Michael! Let's bring the dance party to your home!

Pull out some fun music and have yourself a big dance party! Play with tempo; how do our bodies move to fast beats and slow beats? You can use different speeds of music and let your little one move the way the music makes them feel!

Afterwards, take some time to relax by listening to the sounds of the jungle:
<https://www.youtube.com/watch?v=pPrO2ilay40&t=20s>.

Bonus: Cool down time is a great chance to talk to your little one about their feelings and how to express them!





Crafting Corner: Rainstick

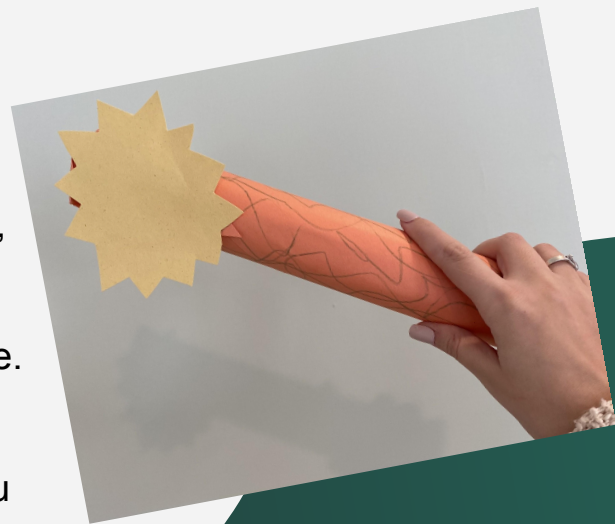
Materials: paper towel roll, paint, markers, beans, construction paper, tape, rubber bands

Step 1: Take a paper towel roll and decorate it. You can use whatever you have handy--paint, markers, crayons, stickers, construction paper, you name it!

Step 2: Cover one end of your rainstick with construction paper or tape. You can use rubber bands or more tape to make sure it's tight.

Step 3: Add some beans to the rainstick. Don't fill it up all the way--you want to give those beans room to dance and make noise in there!

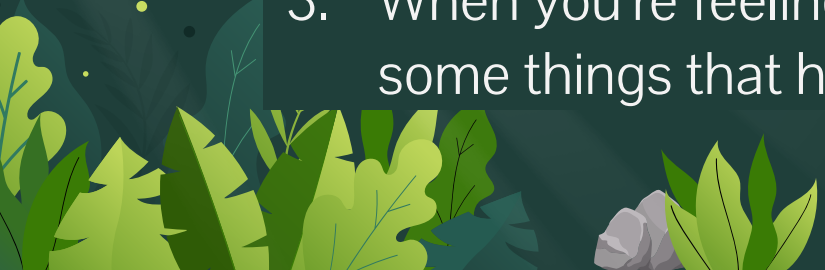
Step 4: Close the other end of the rainstick with construction paper and tape. Then move it left, right, up, down, fast, and slow to see what sounds it can make.



Time for Talking



Michael learned this week that feelings are our friends. Use the questions below to start a conversation with your little one about their feelings:

1. What are some of the feelings you had this week? What made you feel that way?
 2. What are some things we can do when we are feeling sad? Feeling excited?
 3. When you're feeling sad or disappointed, what are some things that help cheer you up?
- 

Books to Read



Giraffes Can't Dance by Giles Andreae

I Got the Rhythm by Connie Schofield-Morrison

Mela and the Elephant by Dow Phumiruk

My Friend is Sad by Mo Willems

The Rabbit Listened by Cori Doerrfeld



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