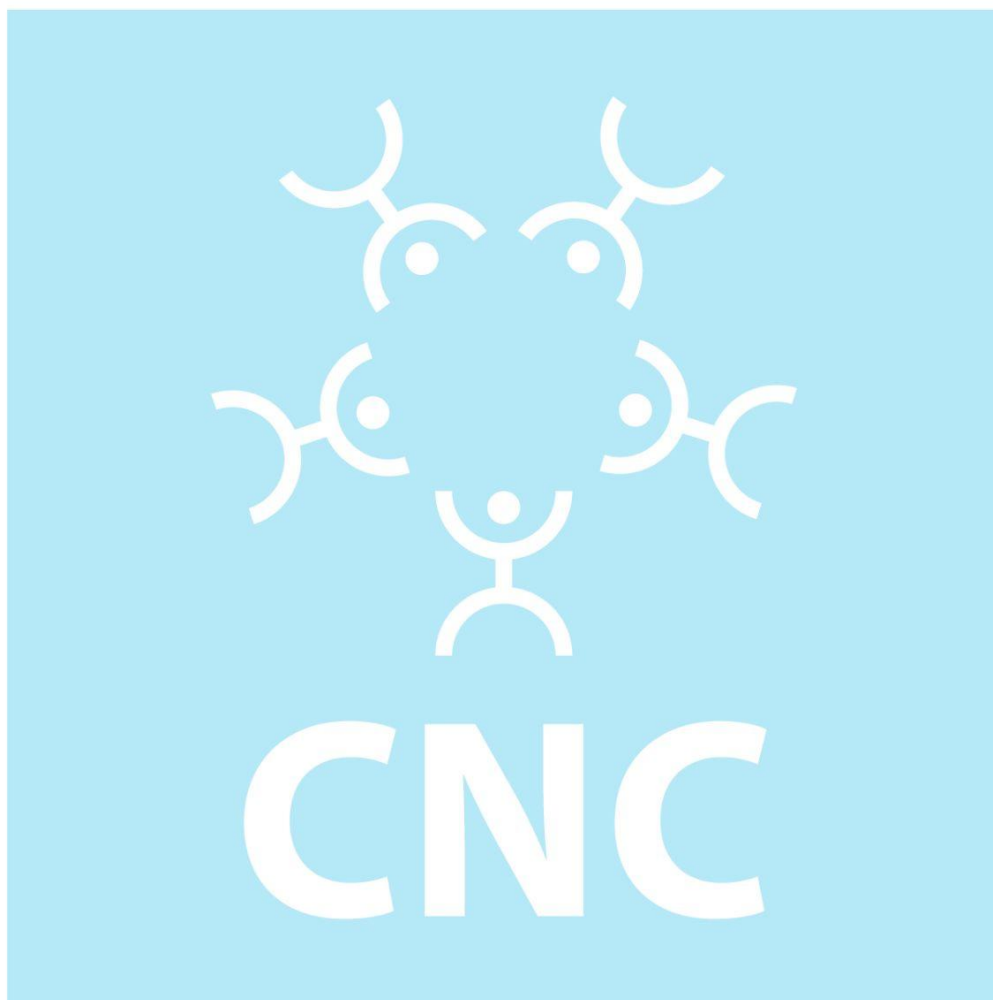




# Programming Activities Resource

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TRICIA KASSOTIS, RECE

September 2025

# Programming Activity Inspirations



**Line Walking**  
and more gross motor play  
SENSORY PROCESSING



Infant, toddler, preschool & kindergarten school age  
fine motor and gross motor  
small space activities  
messy play

# Programming Activity Inspirations

## POPSICLE STICK CATAPULTS

popsicle sticks  
spoon  
elastics



Infant, toddler, preschool & kindergarten school age  
fine motor and gross motor  
small space activities  
messy play

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Infant, toddler, preschool & kindergarten school age  
fine motor and gross motor  
small space activities  
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Infant, toddler, preschool & kindergarten school age  
fine motor and gross motor  
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messy play 

# Programming Activity Inspirations



Infant, toddler, preschool & kindergarten school age  
fine motor and gross motor  
small space activities  
messy play

# Programming Activity Inspirations



Wool  
Pompoms  
Utensils



Infant, toddler, preschool & kindergarten school age  
fine motor and gross motor  
small space activities  
messy play



"Expect a  
mess when  
kids are  
learning."

## MESSY PLAY RECIPES

### Sensory Dough



#### INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup coarse sea salt
- 2 tbsp cream of tartar
  - 1 cup water
- 2 tbsp vegetable oil
  - Food colouring
- Sensory spices/herbs

#### METHOD

1. Combine flour, salt, and cream of tartar in saucepan.
2. Add sensory spices/herbs (pumpkin, rosemary, etc.).
3. Mix water and oil; add colouring.
4. Cook until mixture forms a ball.
5. Stir into flour mixture; knead until smooth.
6. Store in sealed container.

## Cinnamon Dough



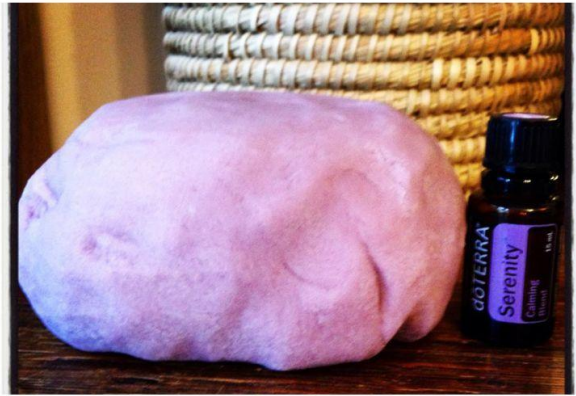
### INGREDIENTS

- 1.5 cups ground cinnamon
- 1 cup applesauce
- 1/4 cup white school glue
- Ribbon/yarn for hanging

### METHOD

1. Mix cinnamon, applesauce, and glue.
2. Knead; cover 30 mins.
3. Roll, cut shapes, make hole with straw.
4. Dry 3-5 days or bake.
5. Thread ribbon through hole.

## Clough Dough



### INGREDIENTS

- 5 cups flour
- 1 cup baby oil (or cooking oil for taste-safe)
- Play tools

### METHOD

1. Mix flour and oil in sensory bin.
  2. Adjust flour/oil ratio until moldable.
  3. Play with tools.
- 

## Kool-Aid Dough



### INGREDIENTS

- 2.5 cups flour
- 2 packs unsweetened Kool-Aid
- 1/2 cup salt
- 1 tbsp cream of tartar
- 2 cups boiling water
- 3 tbsp oil

### METHODS

1. Add ingredients in listed order.
2. Mix until combined.

## Spa Dough



### INGREDIENTS

- 1 part hair conditioner
- 2 parts cornstarch

### METHOD

1. Mix and knead.
  2. Enjoy soft, moldable texture.
- 

## Play Clay



### INGREDIENTS

- 1 cup flour
- 1/2 cup salt
- 1/2 tsp alum or cream of tartar
- 1/2 cup water

### METHOD

1. Mix dry ingredients.
2. Gradually add water and knead.
3. Store in airtight container.

# Slime



## INGREDIENTS

- 1/2 cup corn starch
- Water (few drops at a time)

## METHOD

1. Mix cornstarch and water slowly.
  2. Stop when texture is both solid and runny.
- 

# Puffy Paint



## INGREDIENTS

- 1 cup flour
- 1/2 cup salt
- 1/2 tsp alum or cream of tartar
- 1/2 cup water

## METHOD

1. Mix dry ingredients.
2. Gradually add water and knead.
3. Store in airtight container.

# Loose Parts & Materials Checklist



## Natural Materials

- |                                      |                                        |                                               |
|--------------------------------------|----------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Pinecones   | <input type="checkbox"/> Twigs         | <input type="checkbox"/> Seashells            |
| <input type="checkbox"/> Wood scraps | <input type="checkbox"/> Pebbles       | <input type="checkbox"/> Blocks (general)     |
| <input type="checkbox"/> Sticks      | <input type="checkbox"/> Smooth stones | <input type="checkbox"/> Feathers             |
| <input type="checkbox"/> Leaves      | <input type="checkbox"/> Acorns        | <input type="checkbox"/> Dried flowers/leaves |
| <input type="checkbox"/> Driftwood   | <input type="checkbox"/> Tree rings    | <input type="checkbox"/> Seeds                |



## Craft Materials

- |                                          |                                                        |                                       |
|------------------------------------------|--------------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Wooden blocks   | <input type="checkbox"/> Pom-poms                      | <input type="checkbox"/> Buttons      |
| <input type="checkbox"/> Pipe cleaners   | <input type="checkbox"/> Corks                         | <input type="checkbox"/> Cotton balls |
| <input type="checkbox"/> Fabric scraps   | <input type="checkbox"/> Popsicle sticks               | <input type="checkbox"/> Ribbon       |
| <input type="checkbox"/> Cardboard tubes | <input type="checkbox"/> Beads (wood, glass, colorful) | <input type="checkbox"/> Cardboard    |



## Miscellaneous Items

- |                                                |                                            |                                           |
|------------------------------------------------|--------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Bottle caps           | <input type="checkbox"/> Pie plates        | <input type="checkbox"/> Plastic lids     |
| <input type="checkbox"/> Paper muffin cups     | <input type="checkbox"/> Plastic jars      | <input type="checkbox"/> Magnetic letters |
| <input type="checkbox"/> Paper clips           | <input type="checkbox"/> Wooden spools     | <input type="checkbox"/> Clothespins      |
| <input type="checkbox"/> Small containers/lids | <input type="checkbox"/> Marbles           | <input type="checkbox"/> Small mirrors    |
| <input type="checkbox"/> Dice                  | <input type="checkbox"/> Rubber stoppers   | <input type="checkbox"/> Washers          |
| <input type="checkbox"/> PVC pipes             | <input type="checkbox"/> Large flat screws | <input type="checkbox"/> Nuts/bolts       |
| <input type="checkbox"/> Aluminum tart cups    | <input type="checkbox"/> Keys              |                                           |



## LOOSE PARTS ACTIVITIES

can be created  
from the loose  
parts list







## LOOSE PARTS ACTIVITIES

can be created  
from the loose  
parts list







## LOOSE PARTS ACTIVITIES

can be created  
from the loose  
parts list



## MAKING STATION



## Tips for Looseparts Success

 Supervision – Always supervise children, especially with small items that could be choking hazards.

 Open-Ended Play – Let children lead their exploration and create their own rules.

 Rotation – Rotate materials regularly to maintain interest and introduce new challenges.

 Documentation – Take photos of creations before cleanup to celebrate their work.

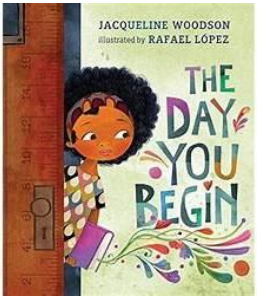
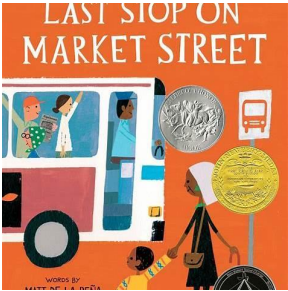
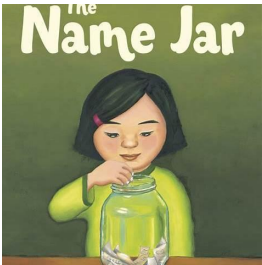
 Clean-Up – Make sorting and organizing materials part of the activity to teach responsibility.

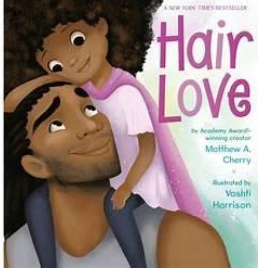
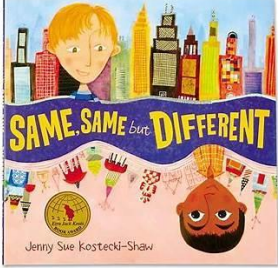
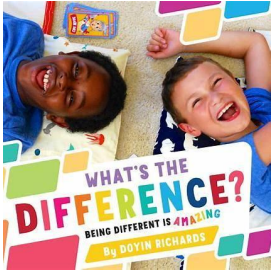
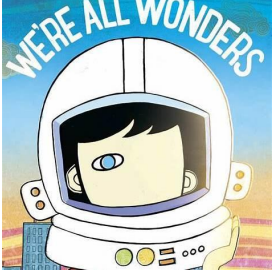
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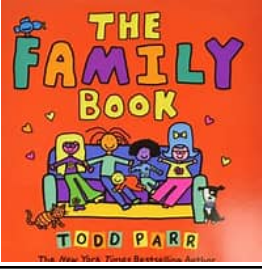
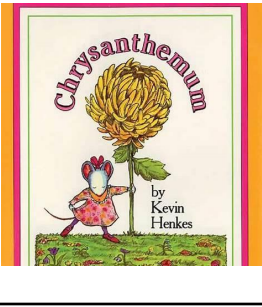
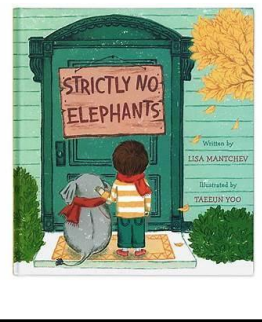
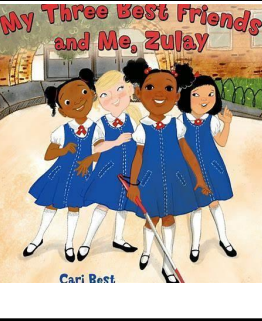
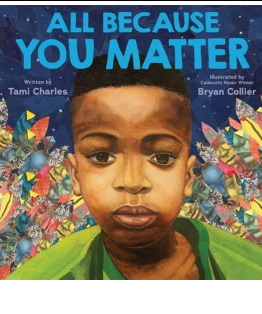
“You don’t love someone for their looks, or their clothes, or their fancy car, but because they sing a song

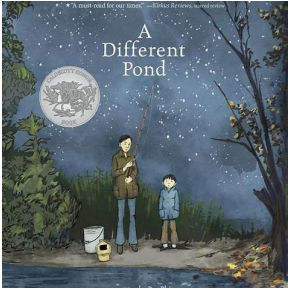
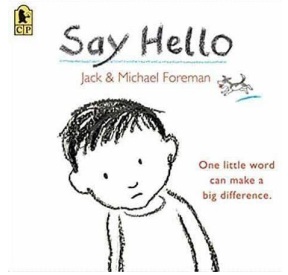
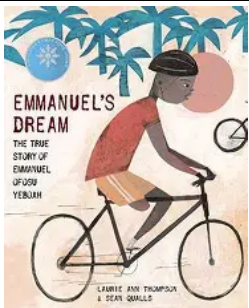
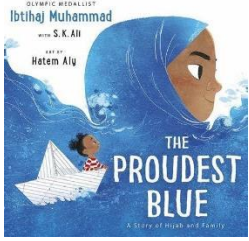
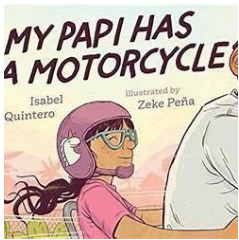
only you can hear.”  
*Oscar Wilde*

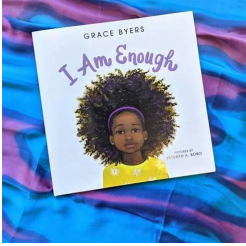
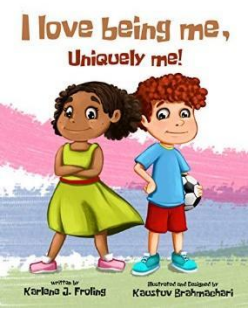
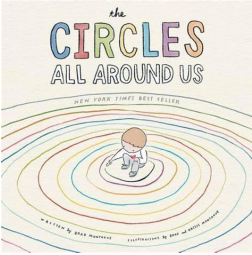
## Inclusive Book List

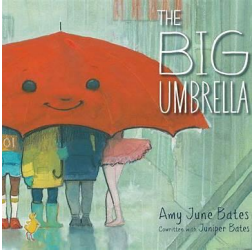
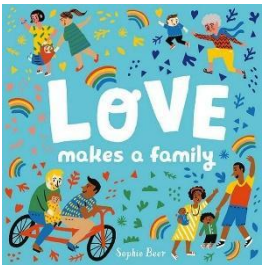
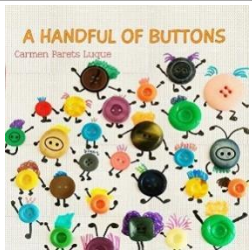
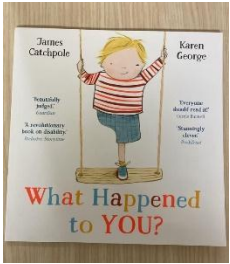
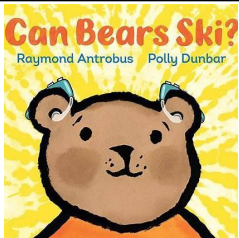
| Book Cover                                                                          | Book Title and Author                                      | Brief Book Description                                                                                                           |
|-------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|    | <p>"The Day You Begin"<br/>by Jacqueline Woodson</p>       | <p>A story about feeling different and finding the courage to connect, emphasizing inclusion and embracing diversity.</p>        |
|    | <p>"All Are Welcome"<br/>by Alexandra Penfold</p>          | <p>Celebrates a school where diversity is valued, and every child is welcomed and respected.</p>                                 |
|  | <p>"Last Stop on Market Street"<br/>by Matt de la Peña</p> | <p>A heartwarming tale about a boy and his grandmother that highlights community, kindness, and seeing beauty in all people.</p> |
|  | <p>"The Name Jar"<br/>by Yangsook Choi</p>                 | <p>Focuses on cultural identity as a girl newly arrived from Korea tries to fit in while also embracing her heritage.</p>        |

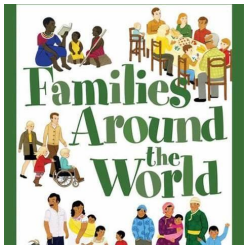
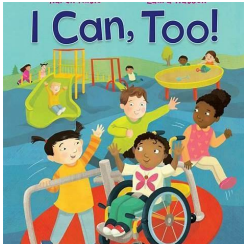
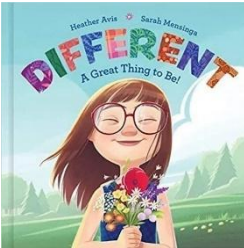
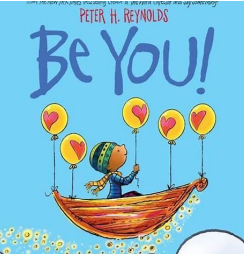
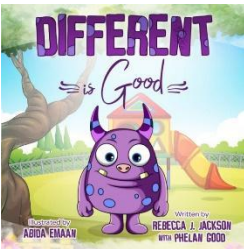
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|    | <p>"Hair Love"<br/>by Matthew A. Cherry</p>                                      | <p>A beautiful story about self-acceptance and celebrating natural hair and diversity in appearances.</p>           |
|    | <p>"Same, Same but Different"<br/>by Jenny Sue Kostecki-Shaw</p>                 | <p>A story about pen pals from different countries discovering the similarities and differences in their lives.</p> |
|   | <p>"Our Class is a Family"<br/>by Shannon Olsen</p>                              | <p>Highlights how classrooms can foster inclusivity and belonging, celebrating diverse students as a family.</p>    |
|  | <p>"What's the Difference? Being Different is Amazing"<br/>by Doyin Richards</p> | <p>A celebration of the uniqueness of all children and the importance of embracing differences.</p>                 |
|  | <p>"We're All Wonders"<br/>by R.J. Palacio</p>                                   | <p>Based on the book <i>Wonder</i>, it encourages empathy and acceptance of children with differences.</p>          |

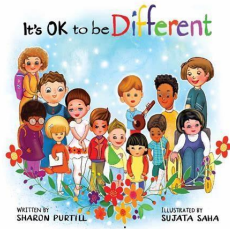
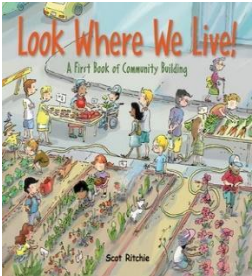
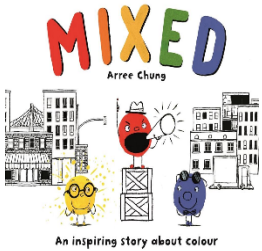
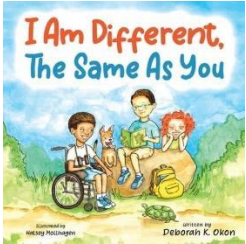
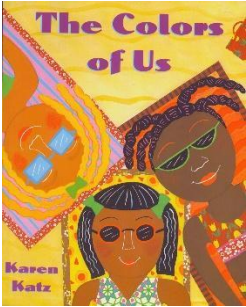
|                                                                                     |                                                                       |                                                                                                      |
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|    | <p>"The Family Book"<br/>by Todd Parr</p>                             | <p>A colorful celebration of the many forms that families can take.</p>                              |
|    | <p>"Chrysanthemum"<br/>by Kevin Henkes</p>                            | <p>A story about a little girl learning to appreciate her unique name despite teasing.</p>           |
|   | <p>"Strictly No Elephants" by Lisa Mantchev</p>                       | <p>A tale about inclusion and the importance of welcoming everyone, no matter their differences.</p> |
|  | <p>"My Three Best Friends and Me, Zulay"<br/>by Angela N. Johnson</p> | <p>A heartwarming story about a blind girl proving she can do anything her friends can do.</p>       |
|  | <p>"All Because You Matter"<br/>by Tami Charles</p>                   | <p>A poetic affirmation celebrating every child's value and potential.</p>                           |

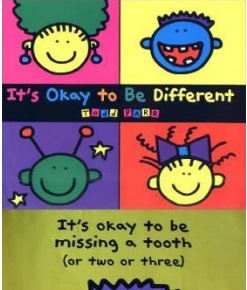
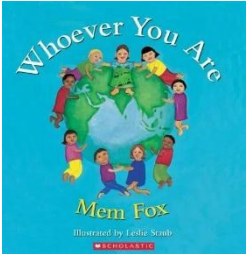
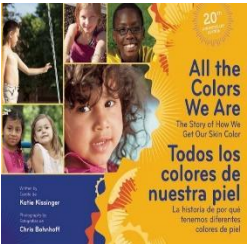
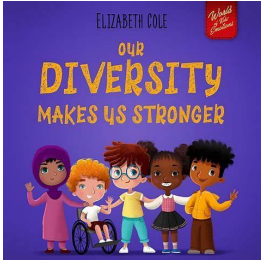
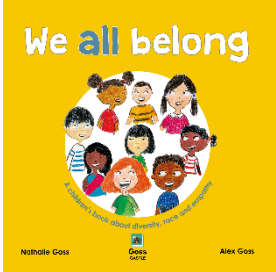
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|-------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|    | <p>"A Different Pond"<br/>by Bao Phi</p>                     | <p>A father-son story that reflects on cultural heritage and family bonds.</p>                              |
|    | <p>"Say Hello" by Jack and Holman Wang</p>                   | <p>A simple and engaging story introducing greetings in multiple languages.</p>                             |
|   | <p>"Emmanuel's Dream" by Laurie Ann Thompson</p>             | <p>An inspiring true story of a disabled boy in Ghana who shows extraordinary courage and perseverance.</p> |
|  | <p>"The Proudest Blue" by Ibtihaj Muhammad and S. K. Ali</p> | <p>A beautiful story about a girl's first day wearing a hijab and the pride it brings.</p>                  |
|  | <p>"My Papi Has a Motorcycle" by Isabel Quintero</p>         | <p>A loving depiction of family, community, and cherished traditions.</p>                                   |

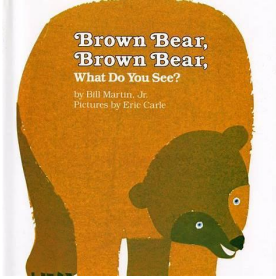
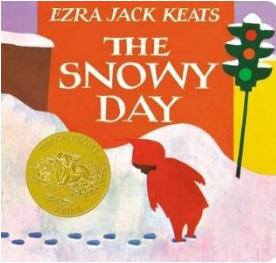
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|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------|
|    | <p>"Julian is a Mermaid"<br/>by Jessica Love</p>    | <p>A tale about self-expression and the importance of being true to yourself.</p>        |
|    | <p>"I Am Enough"<br/>by Grace Byers</p>             | <p>A poetic ode to self-confidence and embracing who you are.</p>                        |
|    | <p>"When We Are Kind" by Monique Gray Smith</p>     | <p>A gentle reminder of the power of kindness and gratitude.</p>                         |
|  | <p>"I Love Being Me" by Kids for Culture</p>        | <p>A simple bath book celebrating diversity and individuality, ideal for water play.</p> |
|  | <p>"The Circles All Around Us" by Brad Montague</p> | <p>A story about expanding your circles of care and kindness.</p>                        |

|                                                                                     |                                                             |                                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|    | <p>"The Big Umbrella"<br/>by Amy June and Juniper Bates</p> | <p>A metaphorical tale about how there's always room for everyone under a big umbrella.</p>         |
|    | <p>"Love Makes a Family"<br/>by Sophie Beer</p>             | <p>A joyful depiction of diverse family structures united by love.</p>                              |
|   | <p>"A Handful of Buttons"<br/>by Carmen Parets Luque</p>    | <p>A celebration of family diversity and the many shapes families can take.</p>                     |
|  | <p>"What Happened to You"<br/>by James Catchpole</p>        | <p>A compassionate story about living with a disability and addressing curiosity with kindness.</p> |
|  | <p>"Can Bears Ski?"<br/>by Raymond Antrobus</p>             | <p>A tale that raises awareness about hearing loss through the perspective of a young bear.</p>     |
|  | <p>"Birdsong"<br/>by Julie Flett</p>                        | <p>A moving intergenerational story about friendship, nature, and creativity</p>                    |

|                                                                                     |                                                          |                                                                                                                                                   |
|-------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p>Families Around the World<br/>Margriet Ruurs</p>      | <p>A vibrant exploration of different family structures and traditions from various cultures, showing that love and connection make a family.</p> |
|    | <p>I Can Too! Karen Autoio</p>                           | <p>An inspiring story that highlights the abilities of children with diverse needs, fostering inclusion, confidence, and understanding.</p>       |
|   | <p>Different - A Great Thing To Be!<br/>Heather Avis</p> | <p>Encourages children to embrace their uniqueness and see differences as something to celebrate, fostering confidence and self-love.</p>         |
|  | <p>Be You!<br/>Peter H. Reynolds</p>                     | <p>A motivational picture book that inspires kids to be true to themselves, follow their dreams, and embrace their individuality.</p>             |
|  | <p>Different is Good<br/>Rebecca J. Jackson</p>          | <p>A heartwarming book that teaches children to celebrate what makes them unique while fostering kindness and self-acceptance.</p>                |

|                                                                                     |                                                            |                                                                                                                                         |
|-------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|    | <p>It's OK to be Different<br/>Sharon Purtill</p>          | <p>A charming, inclusive book that reassures children that their differences make them special and should be embraced with pride.</p>   |
|    | <p>Look Where We Live<br/>Scott Ritchie</p>                | <p>A fun and educational look at how communities function, highlighting the roles of people and the importance of working together.</p> |
|   | <p>Mixed<br/>Arree Chung</p>                               | <p>A creative and engaging story about colors learning to mix, symbolizing diversity, inclusion, and unity in a beautiful way.</p>      |
|  | <p>I am Different, The Same As You<br/>Deborah K. Okan</p> | <p>A thoughtful book that highlights both our differences and commonalities, encouraging empathy and understanding among children.</p>  |
|  | <p>The Colors of Us<br/>Karen Katz</p>                     | <p>A joyful exploration of different skin tones through the eyes of a young girl, celebrating the beauty of diversity.</p>              |

|                                                                                     |                                                                                      |                                                                                                                                               |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p>It's Okay To Be Different<br/>Todd Parr</p>                                       | <p>A bright and playful book that encourages kids to embrace their uniqueness, love themselves, and be accepting of others.</p>               |
|    | <p>Whoever You Are<br/>Mem Fox</p>                                                   | <p>A lyrical and heartfelt book that highlights our shared emotions and experiences, despite cultural and geographical differences.</p>       |
|   | <p>All the Colors We Are / Todos los colores de nuestra piel<br/>Katie Kissinger</p> | <p>A bilingual book that combines science with storytelling to explain skin color, promoting understanding and appreciation of diversity.</p> |
|  | <p>Our Diversity Makes Us Stronger<br/>Elizabeth Cole</p>                            | <p>A meaningful story that teaches children the value of diversity in building strong, inclusive, and supportive communities.</p>             |
|  | <p>We All Belong<br/>Nathalie Reiss</p>                                              | <p>A gentle and affirming book that shows children that no matter their differences, everyone has a place where they belong.</p>              |

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|  | <p>Brown Bear, Brown Bear, What Do You See?<br/>Bill Martin Jr.</p> | <p>A classic, rhythmic book that introduces young readers to colors and animals, encouraging observation and language development.</p>           |
|  | <p>The Snowy Day<br/>Ezra Jack Keats</p>                            | <p>A timeless story about a young boy's joyful adventure in the snow, celebrating childhood wonder and diverse representation in literature.</p> |

*"The greatest sign of success for a teacher is to be able to say,  
"The children are now working as if I did not exist."*

*Maria Montessori*