



PAJAMA PARTY!

WTG At Home, Winter Quarter Weeks 7 & 8

Materials in Purple provided at January 21st Art Pickup

Art Activity: Goodnight Book

Materials: “My Goodnight Book” pages and materials to glue on each page

Directions: Glue the appropriate materials to each page of the book:

- Page 1 – My Goodnight Book: write child’s name
- Page 2 – Wash My Face: small piece of cloth
- Page 3 – Brush My Teeth: paper toothbrush
 - Stick white sticker on for the bristles
- Page 4 – Put on Pajamas: cloth pj shirt
- Page 5 – Goodnight Stars: paper moon and star stickers



Assemble pages in order and staple for a fun bedtime book you and your toddler can read together!

Art Activity: Star Sticker Art

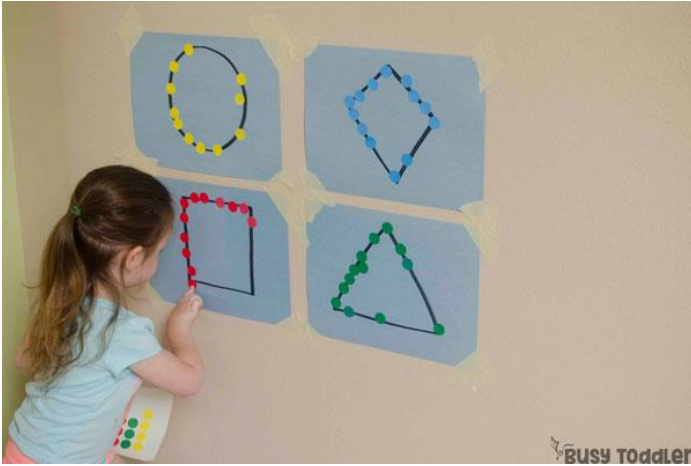
Materials: star shaped paper, glow-in-the-dark stickers, star stickers, yellow and white chalk, crayons, or paint (optional).

Directions: Give your toddler the materials and let them decorate the star shape.



Fine Motor: Dot Sticker Shapes

Materials: construction paper, Sharpie (or other marker), dot stickers



Directions: Draw a different shape on each piece of paper with a Sharpie (circle, square, triangle, diamond). Give your toddler the dot stickers and encourage them to stick the stickers on the outlines of the shapes. Peeling the white sticky part between the colored dots before giving it to them makes it easier for them to get the stickers off the paper. They do not need to use one color per shape.

Adaptations: Younger toddlers might have a hard time keeping the stickers on the lines. Encourage them to stick the stickers inside the shape instead. If peeling the stickers off the paper is too difficult for them, peel them off beforehand and stick them on the edge of a table or other similar surface.

Extensions: Challenge older toddlers by asking them to only use one color per shape, or by asking them to make a pattern with the stickers (blue, yellow, blue, yellow, etc.)

Gross Motor: Pillowcase Race

Materials: Pillowcase

Directions: Climb inside the pillowcase and hop to the finish line. Who is the fastest pillowcase racer?

Adaptation: If your toddler is too young to hop in the pillowcase, sit them on the pillowcase while you pull it behind you, or have them hold it behind them like a cape as they run the race.



Gross Motor: Flashlight Tag



Materials: Flashlights

Directions: Turn out the lights or go outside when it's dark. The person who is "it" has a flashlight and tries to freeze the other players by shining the light on them. Once everyone is frozen, choose someone else to be "it"!

Adaptation: Each player has a flashlight and tries to freeze the other players by shining their light on them.

Imaginative Play: Pajama Party!

Materials: Pajamas, flashlights, blankets, pillows, snacks, games, etc.

Directions: Have a Pajama Party! Use blankets and pillows to make a cozy area for your family to gather. You can play games together, sing songs, eat a special snack, watch a show or movie—whatever your family enjoys! Pajamas required!

Extension: Turn off the lights and give everyone flashlights. Shine the flashlights on the ceiling and sing "Twinkle, Twinkle, Little Star", and "Zoom, Zoom, Zoom".

- Zoom, Zoom, Zoom we're going to the moon
- Zoom, Zoom, Zoom we're going to the moon
- If you want to take a trip, climb aboard my rocket ship.
- Zoom, Zoom, Zoom we're going to the moon
- In 5, 4, 3, 2, 1 BLAST OFF!



Imaginative Play: Bedtime for Baby

Materials: Baby doll or stuffie, baby “bed”, blanket, book, toothbrush, etc.

Directions: Time for bed for baby (or stuffie)! Pretend to put a doll or stuffed animal to bed. Allow your toddler to play “parent” and go through a bedtime routine for their favorite friend. Don’t forget to brush teeth!

Extensions: Give the baby a bath before bed! Set up a small tub with water, soap, washcloth, etc. and allow your toddler to bathe their baby.



Game Time: Flashlight I Spy

Materials: Flashlights (one per player), darkened room

Directions: This is played just like regular I Spy, except in the dark with flashlights. In a darkened room, one person picks an object in the room and says, “I Spy something ____.” The player should say the color of the object or give a simple description of the object. The other players use their flashlights to try and find the object. Whoever guesses correctly gets to be the next person to spy an object.

Adaptations: For younger children, instead of giving a description of the object tell them the name and challenge them to find it with their flashlight.



Sensory: Playdough “Quilt”



Materials: Playdough in a variety of colors (see “WTG’s Famous Playdough Recipe” in your parent handbook if you need to make your own)

Directions: Show your toddler how to tear and press small pieces of playdough into a rectangle to make a bedtime quilt. Show them pages from [Llama Llama Red Pajama, by Anna Dewdney](#) to give them a quilt idea.

Extensions: Add a few drops of scents to your dough for another sensory dimension. Encourage older toddlers to make a pattern with the colors on their quilt.

Science: Play with Shadows

Materials: Source of light (flashlight, lamp with shade removed, etc.), dark room, wall, white sheet (optional)

Directions: Create your own shadows on the wall. In a dark room, shine a light on the wall. Put your hand in front of the light to create a shadow. Hold up your first two fingers to make a bunny or snap your thumb together with your fingers to make a crocodile. Once you have demonstrated, invite your toddler to experiment with making shadows.

Extensions: Move objects closer to the light and then farther away from the light. Ask your toddler what he/she notices about the shape and size of the shadow?



Cut figures from construction paper and glue them to craft sticks to make puppets. Use these as shadow puppets and make up a story to go along with your creations.

Put on a shadow play! Hang a white sheet over a table or from the ceiling. Shine a light toward the sheet. The performer stands in between the light and the sheet, while the audience sits on the other side. Older children can perform and make up their own story.

Sensory: Make a “Galaxy” Calm Down Bottle

Materials: Star Confetti, plastic bottle, mineral or baby oil, glitter (optional), food coloring (optional—if you use, get candy coloring. Regular food coloring is water-based so it will not mix well with the oil).

Directions: Pour the oil in to your bottle. Leave some space at the top so you can easily mix the bottle. If you are using food coloring, add it now. Candy coloring WILL stain, so this is a grown-

up job. Add the star confetti and glitter if desired. Use strong glue to glue the lid on or use tape to make sure the top stays on. Shake the bottle and watch what happens!



Science: Day and Night Sorting



Materials: Two containers, a variety of items associated with daytime (sunglasses, toys, cereal, etc.) and items associated with nighttime (pajamas, blanket, pillow, special bedtime stuffie, etc.)

Directions: Label one container with a picture of the sun and the word “Day”. Label the other with a picture of the moon and the word “Night.” Ask your child to sort the items into the correct

containers.

Adaptation: For younger toddlers, use a smaller number of items. Start with two very simple items. As they are successful, increase the number. You can also present the items to them one at a time and ask where they go.

Extension: Add more items for older toddlers. Ask your toddler to find their own items from the house to put in the bins.

Songs/Fingerplays:

[5 Little Monkeys Jumping on the Bed](#)

[Are You Sleeping \(Frere Jacques\)?](#)

[Twinkle Twinkle Little Star](#)

[Daytime and Nighttime](#)

[Sleep Baby Sleep](#)

[Rockabye Baby](#)

Read Alouds:

[Llama Llama Red Pajama, by Anna Dewdney](#)

[Pyjama Day, by Robert Munsch](#)

[Five Little Monkeys Jumping on the Bed, by Eileen Christelow](#)

[Sleepyheads, by Sandra J. Howatt](#)

[How Do Dinosaurs Say Goodnight, by Jane Yolen](#)

[Goodnight Moon, by Margaret Wise Brown](#)