

# Community Helper Activities



# Dentist

LOW PREP

## Paint a Tooth with a Toothbrush

### Materials:

- Tooth Activity Page (Appendix D)
- White Paint
- Toothbrush
- Paper Plate

### Directions:

Ask your toddler if he would like to paint a picture of a tooth using a toothbrush. You can trace the tooth from the activity page onto a colored piece of paper, but you don't have to. Squirt some white paint onto a paper plate. Tell your little one that he is going to use the toothbrush to dip in the paint and paint the tooth.

Explain that he needs to brush the whole tooth because we clean our teeth by brushing all of them. You can also tell your little one that we go to the dentist's office so the dentist can check our teeth and make sure we are doing a good job brushing.



## Floss

### Materials:

- Four Prong Mega Block Legos
- Playdough
- Yarn

### Directions:

Break off three small pieces of playdough and stick the playdough in between the prongs of the mega block. Show your toddler that the mega block is like teeth in our mouth, and when we eat food sometimes pieces of the food get stuck in between our teeth. Tell him that the pieces of playdough are like little pieces of food stuck in between our teeth.

Now he will use floss to remove the food, to keep the teeth clean. Show him how to use the yarn as floss. Show him how to take the piece of yarn and pull it tight using both hands. Slide the tightened yarn under the playdough and lift the playdough away from the mega block. This is something he will probably enjoy doing many times!



## Smile Snack

### Materials:

- Apple Slices
- Peanut Butter
- Mini Marshmallows
- Plate
- Knife

### Directions:

Ask your toddler if he would like to make a smile snack. First, you will need to slice an apple. We used red apples so they would look like lips. Place one apple slice flat on a plate and ask your toddler to spread a little peanut butter on the white part of the apple. Now ask him to place mini marshmallows along the edge of the apple peel in the peanut butter. The mini marshmallows should look like teeth. Ask your toddler to spread peanut butter on the white part of another apple slice. Now your little one can place the apple slice on top of the mini marshmallows, peanut butter side down. Enjoy your smile snack!



# Doctor

LOW PREP

## Doctor Tool Sorting

### Materials:

- Doctor Tools Activity Page (Appendix E)
- Scissors
- Glue

### Directions:

Ask your toddler if he would like to learn about the tools doctors use. Show him the *Doctor Tools* activity page. You will need to cut out the pictures from the bottom of the page. Your toddler is welcome to cut out the pictures, if your toddler wants to try. After the pictures are cut out, show your toddler there is a “yes box” where he will put the tools doctors use, and there is a “no box” where he will put tools doctors do not use. Hold up a picture, ask him what it is, and then ask him if a doctor uses it. Let him place it in the correct box and glue it down.

For example, hold up a picture of a stethoscope, and ask him what it is. You might have to help him with the name. Now ask him if he has seen this tool when he goes to the doctor. He should say yes. Let him glue the stethoscope picture in the yes box.



## Band Aid Letter Cover Up

### Materials:

- Box of Band Aids
- Marker
- Half a Piece of Poster Board

### Directions:

You will need to do a little prep before starting this activity. Cut a piece of poster board in half (You will use the other half during the farm activities). Draw a human outline onto the poster board. Mine was more like a gingerbread man shape. Make sure you try to fill the whole poster board. Now write ABCs (all uppercase letters) all over the person, in random order.

Ask your toddler if he would like to play a game where he pretends to be a doctor who puts band aids on letter boo-boos. Tell him you will say a letter, and he has to find the letter on the person, in order to put a band aid on the letter. It is helpful to call the letters out in order since they are already mixed up.



LOW PREP

## Glitter Germs

### Materials:

- Hand Sanitizer
- Glitter

### Directions:

Ask your little one if he would like to see how germs are spread. Squirt some hand sanitizer in his hands, and then pour some glitter on top of the hand sanitizer. Ask him to rub his hands together until glitter is all over them. Now ask your toddler to go around the room and shake hands with you, touch toys, the light switch, open the door, read a book, etc. After he has had enough fun touching things, ask him to look at his hands to see if all the glitter is still there. Now have him look around the room for glitter. He should find spots where glitter transferred from his hands.

Tell your little one that germs are like the glitter on his hands except we can't see germs. Every time we touch something or someone, we spread germs. Some germs can make us really sick. This is why we need to wash our hands. Now have your toddler wash his hands with soap and water to see what happens to the germs. Most of the glitter germs should wash away.



# Fireman

Community Helper  
Activities

LOW PREP

## Fire Safety Experiment

### Materials:

- Two Candles
- Matches
- Large Jar
- Small Jar

### Directions:

Ask your toddler if he would enjoy an experiment with fire. Tell him you are testing to discover how long a covered flame will continue to burn. Show him two candles. Tell him you will light the candles. After you light the candles remind your toddler that candles can become very hot and should not be touched! Now tell your toddler that oxygen helps fires burn. Explain that oxygen is the air you breathe, and it's all around us.

Now show your toddler the two jars. Show him the jars are two different sizes. Tell your toddler you are going to put the jars over the candles to see which candle stops burning first. Carefully place the jars over the candles. Ask your toddler which candle he thinks will go out first. After the flames go out, explain that the fire went out because it used up all of the oxygen in the jar. Explain to your toddler that the smaller jar had less oxygen. So, the candle in the smaller jar went out first.

## Squirt the Fire

### Materials:

- Squirt Bottle
- Water
- Scissors
- Crayon
- Red, Yellow, and Orange Construction Paper

### Directions:

Cut out numerous fire flames of various sizes from construction paper. (I cut out 25 flames because I was working on numbers 1-10 with my 2 year old and numbers 1-15 with my 4 year old.) After you cut out the flames, use your crayon to write one number on each flame. Spread the flames out in the bath tub.

You may choose to write ABCs on the flames instead of numbers. You may choose to write the letters from your toddler's name on the flames. If your toddler is still working on color recognition you could cut out one flame from each color. It is totally up to you.

Ask your toddler if he is ready to be a fireman and squirt out the fire. Show him all the flames in the bathtub. Give him the squirt bottle filled with water and tell him it is the fire hose he will use to squirt the fire. Explain that you will call out a number and he will need to find the number and squirt it to put out the fire. My boys loved being firemen!

LOW PREP

## *Crawl Under the Smoke*

### *Materials:*

- Sheet

### *Directions:*

Ask your toddler if he would like to practice crawling under smoke from a fire. Place a sheet over a few chairs or a table. Explain to your toddler that fire makes a lot of smoke and smoke makes it really hard to see and breathe. If there is ever a fire at your house, you want him to be able to get out of the house safely. Explain that smoke rises, so he will need to get really low to the ground and crawl on his hands and knees or even slither on the ground like a snake. Tell him to pretend the sheet is smoke, and that he needs to crawl under the smoke to get outside safely. You can show him how to crawl.



# Mailman

## *Deliver Mail*

### *Materials:*

- Construction Paper
- Tape
- Crayons
- Bag

### *Directions:*

Ask your little one if he would like to play mailman where he picks up letters and delivers them to people's mailboxes. Tell him that first, he will have to make some mailboxes. (Each member of our family made one.) Let each person pick a colored piece of construction paper and fold it almost in half—you will want to leave a little lip at the top to make it easier for the mailman to slide letters into the mailbox—then tape up the sides. Write each family member's name on the mailbox so the mailman can clearly see who to give the correct letter. Decorate the mailboxes. Next, place the mailboxes on the appropriate family member's bedroom door, on a wall, or on the refrigerator.

Now it's time to write letters. Let each member of the family write a letter to another family member. Encourage each family member to write a sweet note or draw a picture. Make sure the name of the person the letter is for is clearly written at the top of the letter, so the mailman will be able to match the names with the correct mailbox. After the letters are written ask the mailman, your toddler, to come pick up all the mail.

He can use a bag in which to place all of the mail. After he picks up the mail, ask him to pull out a letter. You might have to help him read the name on it. Next, ask him to place the letter in that person's mailbox. See if he can match the name on the letter to the name on the mailbox before you show him where the correct mailbox is located. Once all the mail is delivered, each family member can open his or her mail. This is a fun game that we played all week.



LOW PREP

## Mail Counting

### Materials:

- 10 Envelopes
- Marker
- Counters (Post-it notes, pieces of paper, coins, etc.)

### Directions:

Ask your toddler if he would like to count mail. Write numbers 1-10 on the flap of each envelope—each envelope should have one number. Lay the envelopes in numerical order in front of your toddler. Count the numbers together. Now explain to your toddler he is going to place the same number pieces of mail in the envelope, as the number written on the envelope. You can show him an example.

For example, show him the envelope with the number four on it. Now count out four objects (counters: representing four pieces of mail) and place them inside the envelope.



LOW PREP

## Mail a Letter

### Materials:

- Paper
- Crayons, Pencil, Markers
- Envelope
- Pen
- Stamp

### Directions:

Ask your toddler if he would enjoy mailing a letter to someone. It could be a grandparent, aunt, uncle, friend, etc. Encourage him to draw a picture or write a sweet note on the letter. Help him fold the letter to fit in the envelope. Let your toddler slide the letter inside the envelope. Let him lick the envelope and seal it. Show him how to place the stamp on the top right hand corner of the envelope. You will probably need to write the return address and recipient's address since it needs to be small. Walk to the mailbox with your little one and allow him to place the letter in the mailbox and raise the flag. He will probably want to watch for the mailman to come pick up his letter.



# Police

## Paper Plate Police Car

### Materials:

- Paper Plates
- Blue Paint
- Paintbrush
- Black, Red, and White Construction Paper
- Glue
- Scissors

### Directions:



Ask your toddler if he would like to make a police car. You will need to cut a paper plate in half. Now lay the paper plate half in front of you with the straight edge facing you. You will want to make an L-shaped cut at the 2 o'clock position of the paper plate. Make a backwards L-shaped cut at the 10 o'clock position of the paper plate. Remove those L-shaped cuts from the paper plate. The plate should look similar to a car shape now.

Let your toddler paint the car blue while you cut out two black circles from construction paper for the wheels. Cut out a white rectangle for the window. Cut out a red rectangle to be the siren at the top of the police car.

Once the paint is dry, let your toddler glue the white window onto the police car. Place the window in the top portion of the car. Let him glue the wheels to the bottom of the police car. Now let him glue the siren to the top of the police car. You can help him write the word "police" in the center of the police car to finish it.

LOW PREP

## Build a Police Officer

### Materials:

- Police Officer Activity Page (Appendix F)
- Scissors
- Crayons or Paint
- Glue

### Directions:

Ask your toddler if he would like to make a police officer. Tell your little one that police officers protect us and keep us safe. Police officers help people who need help. Show him the *Police Officer* activity page. You can let your little one color or paint the police officer pieces first. Next, cut out the pieces and let your toddler put the police officer together. Once he has the pieces in the correct place, let him glue the pieces together.

LOW PREP

## 911 Collage

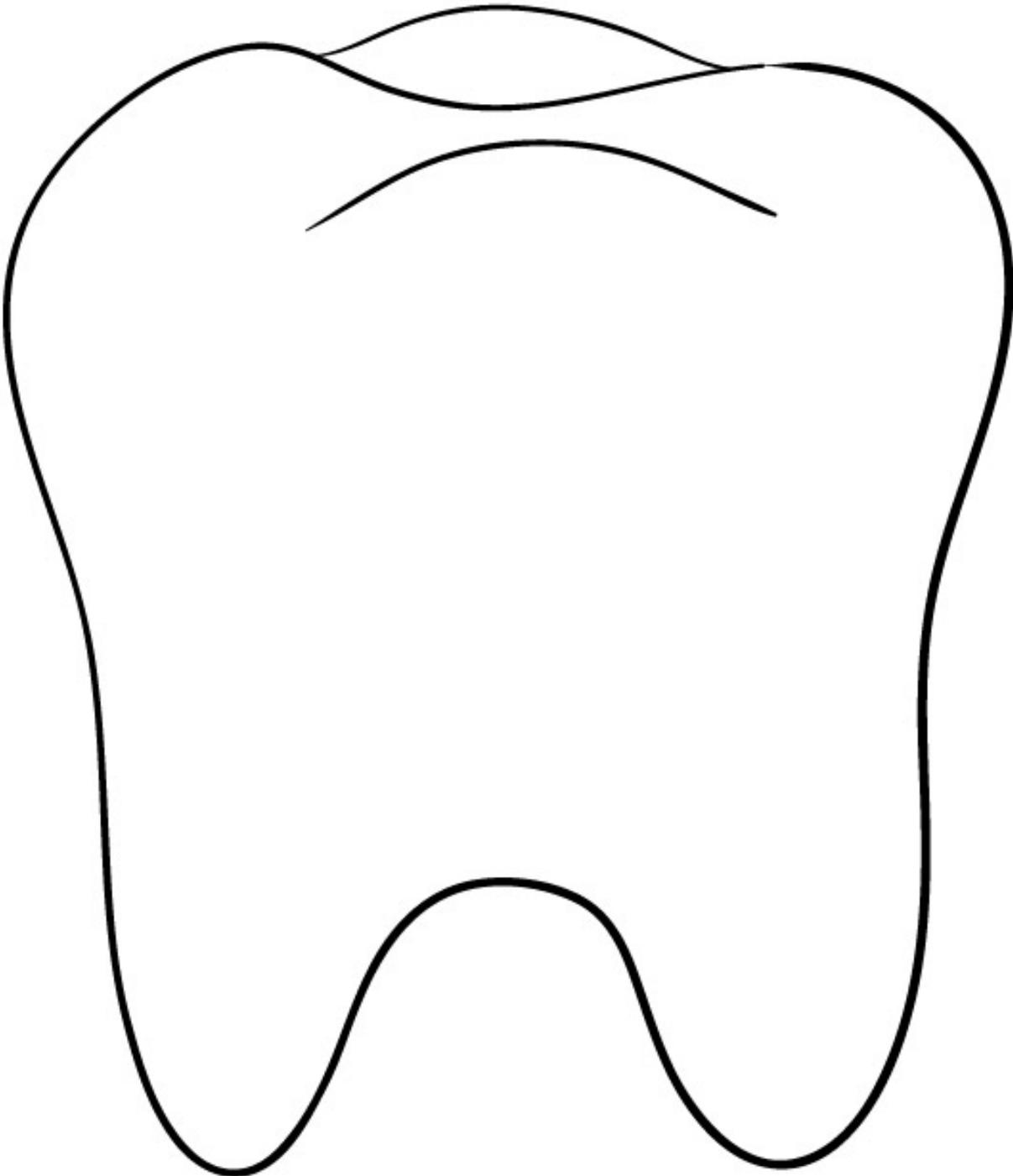
### Materials:

- 911 Activity Page (Appendix G)
- Blue Tissue Paper or Construction Paper
- Glue

### Directions:

Tell your toddler that if he ever needs help from a policeman or fireman, he can call 911. You may want to show him how to dial 911 on your phone. Show him the *911* activity page. Tell him that he can tear the blue paper into little pieces. After he tears the paper, let him spread glue all over the "9," and then he can place the blue pieces of paper on the "9." Do the same thing for the "1s". When your toddler finishes, ask him who he should call if he needs help. Ask him what number he should dial.

cut along line

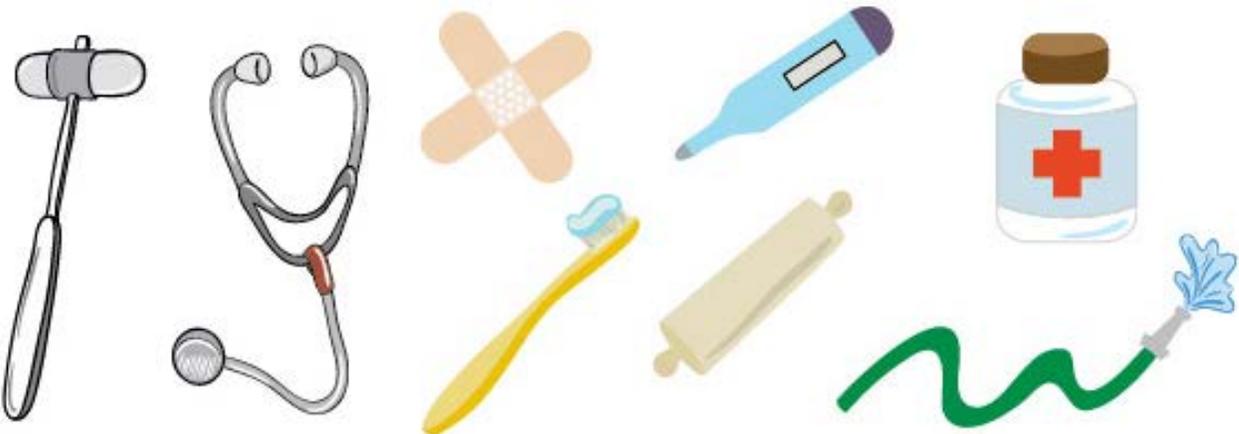


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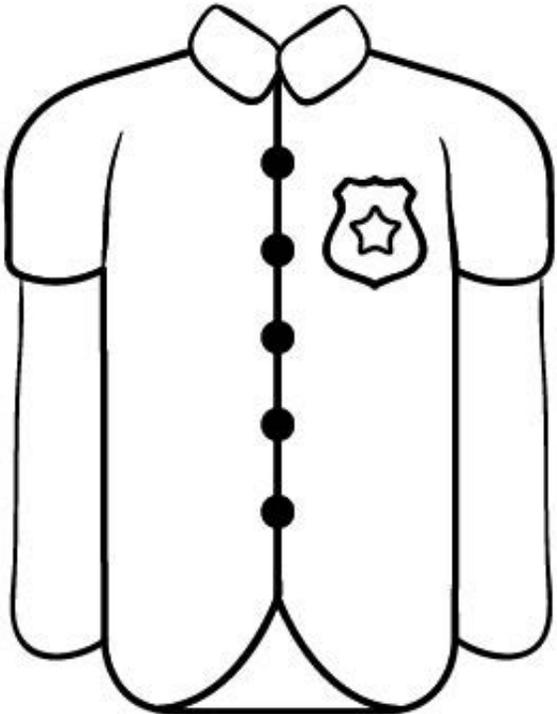
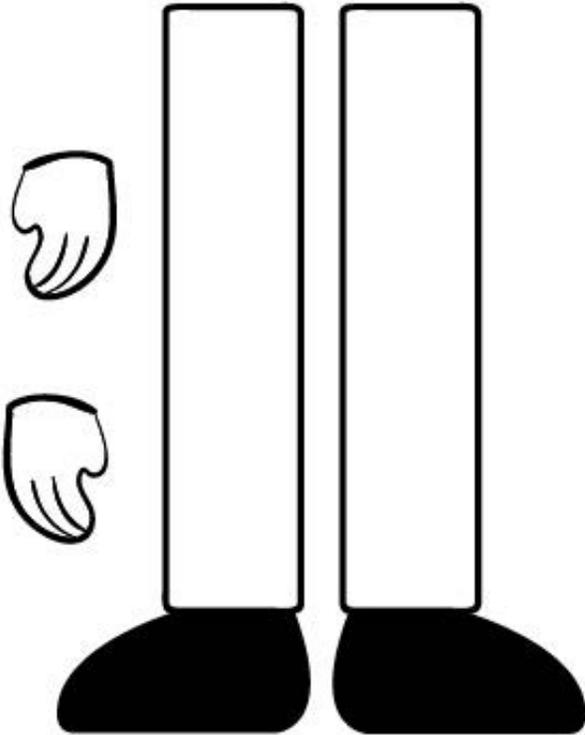
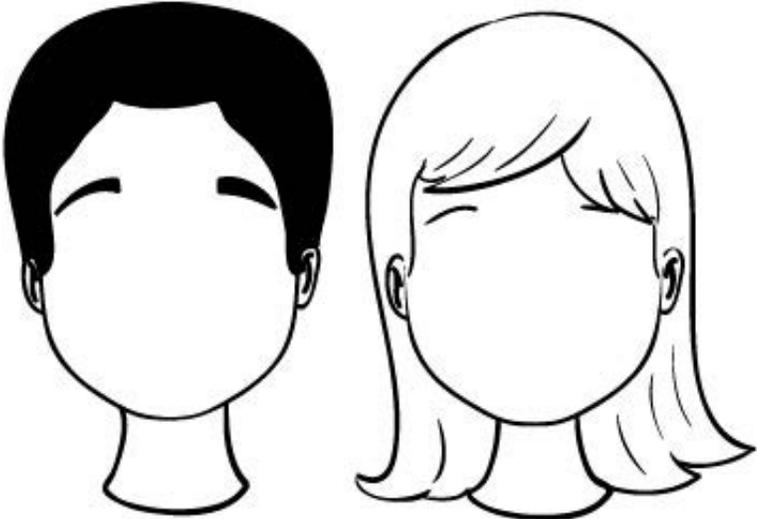
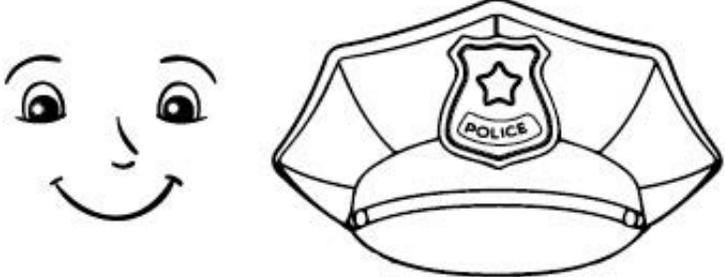
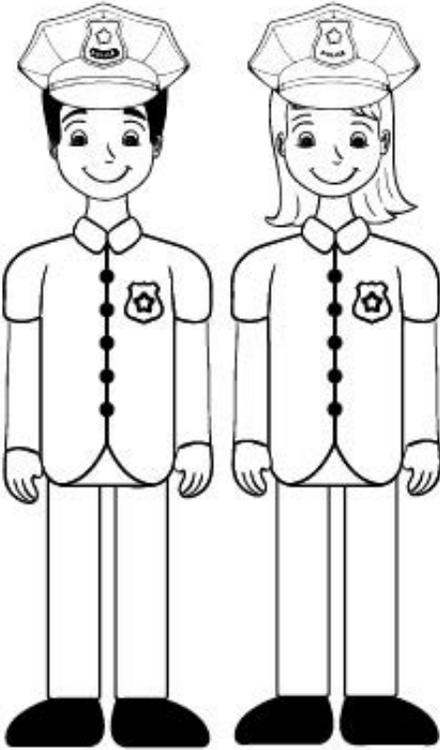
# DOCTOR TOOLS

YES 😊

NO 😞



cut along line



cut along line

