

Two Ingredient Bread Dough



Supplies

- 1 cup of self-rising flour
- 2/3 cup of Greek yogurt

Directions

- In a bowl mix together flour and yogurt with your hands.
- Once mixed together form small dough balls and place on a cookie sheet
- Cook in oven at 350 until golden brown

<https://www.danyabanya.com/two-ingredient-bread-dough/>

Laughing Meditation

ACTIVITY # 1- LAUGHTER SONG

Here's a song you can sing to the tune of BINGO.

- There was a boy who liked to laugh 'cause laughing is such fun-oh, ha ha hahaha, ha ha hahaha, ha ha hahaha 'cause laughing is such fun-oh.
- There was a girl who liked to giggle 'cause giggling is such fun-oh, he he hehehe, he he hehehe, he he hehehe 'cause giggling is such fun-oh
- There was a mommy who liked to laugh 'cause laughing is such fun-oh, mwaa ha hahaha, mwaa ha hahaha, mwaa ha hahaha 'cause laughing is such fun-oh
- There was a baby who liked to laugh 'cause laughing is such fun-oh, tee-hee heeheehee, tee-hee heeheehee, tee-hee heeheehee 'cause laughing is such fun-oh.

ACTIVITY #2- LAUGH CHAIN

1. Start with one child lying on the ground on their back. Child #2 lays perpendicular with their head on the belly of the first child. Then, child #3 lays perpendicular to child #2 and puts their head on child #2's belly and so on until all the kids are lying down in the "laugh chain".
2. Starting with child #1, instruct them to let out a powerful (but not yelling) ha, ha, ha. The contraction of child #1's stomach muscles will cause child #2's head to bob up and down, completely funny in itself. Then, child #2 let's out a ha, ha, ha. Then, child # 3 and so on until it has gone through the entire laugh chain.

<https://dawnselander.com/laughing-meditation/>

Carnival Duck Race



Supplies

- Large plastic bin filled with water
- Little ducks (or multiple objects that float)
- Spray bottles

Directions

- Line the ducks up on one side of the bin
- On you mark, get set, go! Have the kids spray the ducks to see who can get them to the other side of the bin first.

<https://www.fantasticfunandlearning.com/duck-race-fine-motor-sensory-play.html>