

### Slowly, Slowly

Slowly, slowly, very slowly (*run fingers up arm*)  
Creeps the garden snail.  
Slowly, slowly, very slowly  
Up the wooden rail.

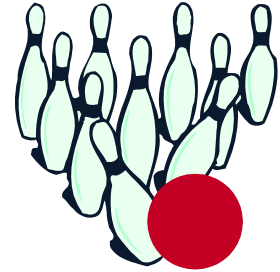


Quickly, quickly, very quickly (*run fingers up arm*)  
Runs the little mouse.  
Quickly, quickly, very quickly  
Round about the house.



### Indoor Bowling

What a great activity to keep in your “back pocket” for those cold, wet days to come.



Find a soft ball that rolls nicely.  
Set up 10 empty water bottles and set them up in an upside-down triangle shape. Let your child have fun rolling the ball and knocking the bottles down. Partly filling the bottles will make this activity more challenging.  
*Variation: You can also stack plastic cups in a pyramid and roll the ball to knock it down.*

### Dot Painting

You will need tempera paint, paper and possibly Q-tips.

Parent or adult can draw a simple picture in wide, dark marker. i.e. a flower  
(Older children may be able to draw the picture)  
Pour some paint onto a plastic or paper plate.  
Child can dip finger in paint and dab onto the drawing. Older children, who can hold a pencil well, can dip Q-tips and dab inside the picture.  
Variations of this activity:  
Use blue construction paper and white paint.  
Draw a snowman and dab the snowman and the sky to make snow.

### Mmmmm Cookie Dough

Store-bought sugar cookie dough in the tube is a delicious and fun item for children to experience (and safe since the eggs used in the dough are pasteurized). Set them down with some dough and cookie cutter and let them have fun! Bake their creations....if there is any dough left.

