

(52) RAINY DAY IDEAS FOR RAP

*Play some lively background music (or soothing depending on the emotional climate of the room);
it often cheers up a rainy day!*

Games & Musical Activities

1. Bingo.
2. Play Charades.
3. Guess how much it will rain! Put a cup outside and measure it when it's finished raining. You can also leave cup out overnight. Make a chart for estimates.
4. Jokes...riddles... tongue twisters and games...mad libs...knock-knock...trick questions
5. Lip Sync.
6. Music /dancing of own choice.
7. Musical chairs.
8. Name that Tune!
9. Rhyme Time--Think of words. Children take turns seeing how many "real" rhyming words they can think of. When one word is worn out, choose another word. Remind them 'nice' words only!
10. Static Electricity--Rub a balloon vigorously against hair or a sweater. Chart how long it will stick to different items and laugh at what it does to hair.
11. Tape record voices on a cell phone. Record different voices ahead of time. Play the recording at group time. Try to guess 'who is who?'
12. Trivia or Jeopardy--- played tic-tac-toe style.
13. Wild Hairdo Contest (one or two children do another's hair). Have a 'Hair-Fasion' show.

Physical Activities

14. Aerobics/exercise.
15. Jump rope marathon.
16. Obstacle course.
17. Play 'Follow the Leader' in the gym.
18. Relay Races. Play inside instead of outside!
19. Run laps around the gym.
20. 'Simon Says'. Play 'Simon Says' based on the season or theme: 'Bunny Says', 'Elf Says', 'Santa Says', 'Pumpkin Says', etc.

Educational Activities

21. Learn new card games; play favorite card games.
22. Learn yoga.
23. Teach/Talk Pig Latin: To all words beginning a vowel (a-e-i-o-u, add the syllable 'way' to the end of the word. 'Eat' becomes eatway and 'over' becomes 'overway'. For words that begin with a consonant, move the first letter of the word and add it to the end--add 'ay' after the consonant.
Example: Man = Anmay; Cat = Atcay; Ice Cream= Iceway reamcay
24. Reverse writing. Take a sentence or paragraph and try to write it backwards.
25. Start learning sign-language.
26. Try to learn the 'ABC's' backwards.

Creative Activities

27. Build a Lego/block /toy animal and people village; keep adding to it.
28. Compile a list of things you like to do at your RAP program. Can you get to 30 or more? Complete the list with dreams and goals of what you'd like to do in the future! Illustrate if you like. (*This can be an on-going project*).
29. Create from recycled material bins/tubs. Develop a recycled art/project box.
30. Creative story telling. Form a group circle and have one person start a story. Use an object such as a small ball; when the first person is done with his/her two or three lines, the object is passed along, until the story is complete. Telling the story works best when the sentences are stopped at mid-point. The last person completes the entire sentence.
31. Creative story on long roll paper. The procedure is written on paper. Have each child use a different color marker and stop in mid-sentence, until the last sentence completes the story. This can be on-going.
32. Dramatic play day! Do you have equipment/supplies to play: House, Acting/Movie Star, Bank, Court, Doctor/Nurse/Hospital, Animal Hospital, Office, Restaurant, School, Travel, T.V. News/Weather?
33. Make some original word-search puzzles.
34. Paper airplanes-Make them and then fly them in the gym / cafeteria.
35. Random Acts of Politeness: Decide on a RAP activity to demonstrate politeness / kindness.
36. Spontaneous/Spur of the moment party.
37. Start a Community Service project.
38. Start an Idea Box. Have each person put activity ideas they would like to do, in the new box; keep idea box going. Already have one? Pull out some ideas to do or refresh with new ideas! Think about making this part of your program. Each week, Bi-weekly or monthly, pull out one of the ideas and do it! (*Previously, screen ideas*)
39. Tell stories/add on stories.
40. Start a 'Who's Who Book' (pages about each child in the program)
41. Write an original (positive) RAP song about your program or school.

Artistic Activities

42. Group draw. Have groups draw together on one large piece of paper... self-portraits are an idea.
43. Face painting.
44. Graffiti Wall. Put up a large sheet of roll paper in area where there are no black/whiteboards. Write title 'Graffiti Wall' on it. Put any sub-title you like. It can be Draw on Me, Write on Me or change it every week with sub-headings of ...Things That Make Me Happy! Favorite Things to Do, Pet Peeves, etc. (Good for sharing feelings).
45. Invention bags. Fill bags with identical items for kids to create something original--1 bag for 1 to 3 children.
46. Jewelry making: yarn, cord, beads.
47. Michelangelo Painting: Tape large pieces of paper to the underside of tables or desks. Put out a variety of art supplies. Kids paint/color/draw lying on their backs-just like Michelangelo did! Discuss how he spent four years doing this to complete the Sistine Chapel frescoes.
48. Paint to music and how it makes you feel.
49. Rain Art. Kids take heavy duty paper plates outside. Sprinkle a few drops of food coloring onto plates and watch as designs appear. For a batik effect, first draw on the plate with white crayon and then add the food coloring.
50. Stickers: Use 'office labels' and kids decorate them with markers or paint.
51. Make some bookmarks.
52. Trace your body: fill with things about yourself-either drawn or cut out from magazines.