

Fun Family Science Activities



Many activities can be adapted according to the age of your child. As your child gets older, don't discontinue doing this type of interactive learning together; make it more challenging! Don't assume that children need spectacular demonstrations to learn science. They enjoy things on their level best. Consider your interests and personality as well as where you live and what's available to you when choosing activities.

- Observe the moon each night and draw its shape to see how it changes over the course of a month.
- Cook together. Cooking is a great example of science in action. Identify solids, liquids and gases. Watch what happens when heat is added to a mixture or when vinegar is added to milk.
- Go for a walk and talk about things you observe in nature. Observe similarities and differences in various animals or plants, habitats for different animals, running water after it rains, and more.
- Make a bubble solution with dishwashing detergent and water. Use a variety of items such as clothes hangers made into circular shapes or sifters to blow bubbles. Discuss the science in this fun. There is actually gas trapped inside the soapy liquid, until the shell pops.
- Explore with water. Fill a large bucket or sink with water and experiment with various items to see if they sink or float. Have your child make predictions before dropping in items.
- Collect items from outside such as leaves, rocks, flower petals, and dead bugs. Talk about these items. How could you categorize them? (size, shape, hardness, smoothness, color, etc.)
- Plant flower or vegetable seeds in a small pot indoors. Discuss what is necessary for plants to grow (sunlight and water). Have your child observe the change in the plant as it grows and keep notes in a journal.
- Recycle waste products from your household. As a family, discuss what types of things can be recycled and organize your method to do so.
- Watch the weather forecast on the news or a weather channel and discuss weather patterns happening across the country.

The activities listed are just to get you started. The sky's the limit when it comes to having fun with your child while developing and reinforcing science skills. Being "scientific" involves being curious, observing, asking how things happen and learning how to find the answers. Curiosity is natural to children, but they need help understanding how to make sense of what they see and to relate their observations to their existing ideas and understandings. This is why being involved is so important in children's science education!