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## *July Parenting Tip of the Month...*

# Indoor Fun with Recycled Materials

Summers in Kansas are a great time for outdoor activities! Unfortunately, the heat and humidity can limit how long or when to go outdoors. This can lead to children looking for something new to do indoors or gravitating toward a screen. If you are looking for some simple, no-cost ideas to entertain your children indoors and away from a screen, consider some of the following activities using recycled materials found in your home.

A **cardboard box** can be used in many ways to inspire your child's creativity. The box can be used as a surface to paint or draw on or as an easel that paper is attached to. It can also be used as a container for a sheet of paper as your child rolls a ball dipped in paint onto the paper. Additionally, the box can be decorated and turned into a castle, car or anything else your child imagines.

**Toilet paper or paper towel tubes** are also versatile and can be used in many ways. They can be dipped in paint to make circular prints. Several tubes can be taped together to make a tunnel for cars, balls or marbles to extend children's play. They can also be used to make musical instruments like maracas. [Click here](#) to visit Education.com for instructions on how to make your own maracas.



If you have a collection of **broken crayons**, they can be reused and turned into unique crayons to add a new experience for coloring. [Click here](#) to visit Rethink Recycling's website for instructions.

**Cereal boxes** make a great surface to glue items on. Just cut the box out and provide



your child with a collage of items to glue like strips of construction paper, fabric, newspaper ads, yarn, tissue paper, greeting cards and other items found in your drawers. You can also turn the front of the cereal box into a puzzle by cutting the cover into four or more pieces to put together. While your child is putting the pieces together, you can help them practice learning the name and sound of letters or practice reading with them.

Many children love to build with blocks, so provide them with some tape or glue and invite them to build with the items listed above (boxes, toilet paper/paper towel tubes and cereal boxes), as well as other items you have around the house.

[Click here](#) to visit Education.com for more ideas on creating with recycled materials based on your child's grade level.



*Some materials used to create with may be considered choking hazards and not appropriate for children under 3 years old. If items are small enough to fit inside a toilet paper roll, they are considered a choking hazard and require close supervision.*

## Happy upcycling!

**Looking for child care or parent resources?**  
*Don't forget to contact our Referral Center at 785-357-5171,  
877-678-2548 toll free, and select option 1!*

*Child Care Aware® of Eastern Kansas supports the development and learning of young children by offering programs and services that improve the quality and accessibility of child care for working families.*



To contact Child Care Aware® of Eastern Kansas,  
call 785-357-5171 or 877-678-2548 toll free.  
Visit our website at [east.ks.childcareaware.org](http://east.ks.childcareaware.org).

