



## PROJECT ACT

410-828-7700 ext. 1274

[www.anprojectact.org](http://www.anprojectact.org)

### **Project ACT Make & Take Descriptions**

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Move from theory to practice! Add a Make & Take activity to your training to extend learning by providing the opportunity to create something tangible that can be put to immediate use in the classroom. Engaging in a Make & Take helps participants process what they have learned through hands on activities. This increases the likelihood that participants will implement what they've learned. These activities are also fun and are a great opportunity for team building! Make & Takes can be added to any training, and typically take an additional 30 minutes. All facilitation and materials are provided by Project ACT.

Stand-alone Make & Takes are not available at this time.

Not sure which Make & Take is right for you? *We can help!*  
Interested in something that isn't on our list? *Let us know!*

For up to 20 participants: \$250

For up to 40 participants: \$325

#### **BUSY SEAT**

Create a busy seat to help children who need to fidget during seated activities in order to stay engaged. Fidgets can support children's ability to pay attention and stay focused. Participants will each create a durable mat with up to six fidget tools attached. This mat can be placed on a floor or chair for a child to sit on, giving them access to the fidgets while they participate in the activity. This a great tool for circle time, story time and wait times.

*Add it to: Now Doesn't That Make Sense, ADHD: Learning the Basics, Ants in Their Pants: Teaching Children Who Must Move to Learn, or Active Bodies, Active Minds*

#### **MINDFULNESS GLITTER BOTTLE**

You can never have enough tools to help young children calm and regain control of their emotions. Encourage calming and mindfulness with a Calm Down Glitter Bottle. Participants will create their own bottle to help support deep breathing and self-regulation. These bottles have sensory appeal which engages a wide variety of learners, and make a great addition to a cozy corner.

*Add it to: Mindfulness and Yoga for Young Children and Adults, Encouraging Healthy Social Emotional Development in the Young Child, or Fun with Feelings*

## CIRCLE TIME ACCESSORIES

Shake up your circle time with fun, interactive activities that engage all children. Large group learning is an opportunity for children to learn from each other, but it can be challenging for young children. Participants will create accessories to use during circle time that encourage engagement and support group participation. Is your group participating as classroom teams? The following options are available to ensure that teams create a variety of tools for their classroom: Job Board, Weather Spoons, & Movement Cube. Groups of 20-30 participants may choose 2 options, and each participant will make one accessory. Groups of 31-40 participants may choose all 3 options, and each participant will make one accessory.

*Add it to: Developmentally Appropriate Practices, Ants in Their Pants: Teaching Children Who Must Move to Learn, Building Classroom Communities, Enhancing Rituals and Routines, Introduction to Inclusion: Educating All Children Together*

## COZY CORNER ACCESSORY KITS

Calming activities for your Cozy Corner are essential! When children spend time in the Cozy Corner, it is an opportunity to increase their emotional literacy and their ability to self-regulate. Participants will create a kit containing activities that support learning about and regulating big feelings. Is your group participating as classroom teams? The following options are available to ensure that teams create a variety of tools for their classroom: Emotions Kit, Breathing Kit, & Calm Down Kit. Groups of 20-30 participants may choose 2 options, and each participant will make one kit. Groups of 31-40 participants may choose all 3 options, and each participant will make one kit.

*Add it to: Promoting Social Emotional Competence: Teaching for Success, Developmentally Appropriate Practices, Encouraging Healthy Social Emotional Development in the Young Child, or Keys to Inclusion & Behavior Management*

## FIND-IT ACTIVITY BAG

A Find-It activity bag is a great resource to have on hand for a child who needs a quiet activity during nap time, something to engage them during transitions or wait times, or an activity to focus on when upset. This activity is also a great way for children to practice early literacy skills! Participants will each create their own Find-It activity bag complete with visuals to support engagement.

*Add it to: Now Doesn't That Make Sense, Enhancing Rituals & Routines, Express Yourself! Discovering How to Extend Children's Natural Forms of Self Expression to Promote Early Literacy Skills, or Multiple Intelligences: Discovering Gifts & Empowering Children*

## ON-THE-GO VISUAL SUPPORT TOOLKIT

Visual supports are essential to supporting young learners of all abilities. Add to your toolkit for inclusive practice by creating a flexible visual support that can be changed to suit every activity, and can be taken on-the-go! Use your visuals to provide support during activities such as crafts,

circle time, or transitions. Participants will create a visual support toolkit that includes a display area for pictures and a pocket for storing pictures while not in use. This resource can be used as a task-analysis, a mini-schedule, or a first-then board.

*Add it to: Using Visual Supports to Create Inclusive Environments, Using a Positive Approach to Address Challenging Behaviors, Developmental Delays, Introduction to Inclusion: Educating All Children Together, or Including All Children and the American's With Disabilities Act*

## **POM POM JAR**

Effective classroom management is essential for minimizing challenging behaviors and maximizing fun! Using a Pom Pom Jar is a great way to provide positive reinforcement to children, as well as build the classroom community. Use pom poms to increase positive and pro-social behaviors in all children. Participants will create their own Pom Pom Jar, social story, and action plan. Worried that staff will forget to use it? Project ACT will send participants a reminder of their action plan in the mail to help them stay on target!

*Add it to: Autism 1: Learning the Basics, Time In, Using a Positive Approach to Address Challenging Behaviors, Keys to Inclusion & Behavior Management, or Building Classroom Communities*

## **SENSORY WALL**

Work together as a team and create a sensory wall for your program! Participants will work in teams to create a large sensory panels that can be hung on the wall in a hallway or classroom. Each panel will consist of different sensory materials that appeal to a variety of sensory needs.

*Add it to: Sensory Sensitivity, Autism 1: Learning the Basics, Setting up for Success, or Now, Doesn't That Make Sense*

## **SOCK PUPPETS**

Puppets are a fantastic way to engage children in language and literacy activities, as well as social emotional learning. Puppets can be paired with books or used to explain feelings. They are also a great tool for role play and problem solving. Each participant will design and create their own sock puppet to use in their classroom. Participating as a classroom team? Create a family of puppets, or puppets with a range of different emotions!

*Add it to: Encouraging Healthy Social Emotional Development in the Young Child, The Essence of Language: Appreciating the Importance of Language Development, Teaching Problem Solving Throughout the Day, or Fun with Feelings*

## **SOOTHING AROMATHERAPY RICE SOCK**

Self-care and stress management are essential elements for a highly effective classroom team. The combination of heat and aromatherapy will help relax your body and mind. Participants will make their own aromatherapy rice sock, using essential oils to customize their own soothing scent. Rice socks can be placed in the microwave for 2 minutes and will retain heat for

over 30 minutes. They can be used over and over again to help soothe sore muscles and provide stress relief.

*Add it to: Managing Stress at Any Age, Building Your Resilience, Mindfulness & Yoga for Young Children and Adults, or Treat Yourself*

## **TEXTURE BOOK**

Young children love to touch and learn through hands-on sensory experiences. Participants will create a texture book that supports language and literacy skills while engaging sensory learners. Texture books are also a great resource for a child who needs a quiet activity during nap time or something to engage them during transitions or wait times.

*Add it to: Now, Doesn't That Make Sense, Sensory Sensitivities, Terrific Twos, What Should We Talk About?, Language: The Key to Literacy, or Developmentally Appropriate Practices*

## **TRANSITION KIT**

Each day is full of transitions, both big and small. Create a transition kit for smoother transitions for all children! Participants will make a transition bell and transition shaker that can be used to provide auditory cues. Participants will also develop their own resource kit, full of transition songs, activities and catch-phrases! Reduce challenging behaviors and increase engagement by using intentional transitions with this kit.

*Add it to: Keys to Inclusion & Behavior Management, Establishing a Positive Approach, Enhancing Rituals and Routines, Classroom Schedules and Transitions: Tricks and Tips to Help Your Day Run Smoothly, or Developmentally Appropriate Practices*

## **VISUAL RULES POSTERS & PORTABLE LANYARD**

Clear expectations support all children's abilities to follow the rules. Create a visual rules poster with removable rule cards to help reduce challenging behaviors. Participants will create a rule poster that can be used in dynamic ways to help children learn and generalize developmentally appropriate rules. Participating as a classroom team? Each member of your team can choose to create one of the following projects: 1.) a rule poster for the classroom, 2.) a rule poster for the playground, or 3.) a set of visual rule lanyards for on-the-go use (up to 3). Developmentally appropriate rules are an essential component of every preschool environment. A great activity for the beginning of the school year!

*Add it to: Using Visual Supports to Create Inclusive Environments, Using a Positive Approach to Address Challenging Behaviors, Time In, I Won't and You Can't Make Me, or Keys to Inclusion & Behavior Management*