

Olympics (2-5 Year Olds Athletes)

MONDAY

Craft:

[Ancient Greece Laurel Crown](#) (By Tried & True)

(I love this craft because your little one will love painting the “leaves”, cutting them out and punching the holes before you help them put this wreath together using a hanger or even a green pipe cleaner. While you are making this it will give you the chance to tell them a little about Ancient Greece and the beginning of the Olympic Games.)

Printable:

[Summer Olympics Events Alphabet Coloring Book](#)
(By Icanteachmychild.com)

Quiet Activities:

[Homemade Play dough](#) (By iHeartNaptime) – this recipe comes together in less than 5 minutes and is the perfect texture for your little one to enjoy. Break it apart and add a drop of food coloring to make a ball to match each color of the Olympic rings.

What to read:

[G is for Gold Medal: An Olympics Alphabet](#)
[Tokyo, A Book of Senses](#)

What to watch:

[Overview of the Olympics for Kids](#)
(Learn about the history of the Olympics)

TUESDAY

Fun with Food:

Ice Cream Cone Olympic Torches - Simply pop some popcorn for snack and instead of a bowl put it into ice cream cones to make “torches”.

(I love this because while its super simple to make your little one will love they get to eat out of the cone. For an extra treat you can also add M&Ms to show the colors of the Olympic rings.)

Other fun foods:

Breakfast: Use fruits in the color of Olympic rings for an athlete’s fruit plate (Blueberries, pineapples, blackberries, strawberries and grapes)

Printable:

[O is for Olympics](#) - Use Fruit Loops cereal and instead of coloring this printable have them match the rings on the bottom with the cereal and then follow the color pattern around the “O”.

Quiet Activities:

Painting with the Olympic rings – cut a toilet paper roll into 5 circles, sit out 5 bowls with the colors of the Olympic rings (blue, yellow, black, green, red). Your little one can dip the circles in the paint and then make their own Olympic ring design.

What to read:

[How to Train with a T.Rex and Win 8 Gold Medals](#)

WEDNESDAY

Fieldtrip:

In person:

For this field trip head to your local school track or even just find an open field. Have your stop watch and have your little one run and jump like an Olympic Athlete. They can try the 50 yard dash, 400M (one lap around the track), long jump or bring a Frisbee to try the Discus. A full list of the Olympic Track and Field events is [here](#).

Virtual “Fieldtrip”:

* [Acropolis Virtual Tour](#)
* [Livestream of Shibuya Crossing](#) (the world’s busiest pedestrian crossing)
* [Japan National Stadium Virtual Tour](#) (stadium where Olympics will take place in 2021)

Printable:

[Tokyo 2020 Olympics Coloring Page](#)

Quiet Activities:

Simply cut construction paper into circles the same color as the Olympic rings. Have your little one find small toys or items around the house and set on the color ring that matches that item.

What to read:

[She’s Got This](#)

THURSDAY

Activity:

[Salt Dough Olympic Medals](#)
(By The Imagination Tree)

(I love this craft because your little ones will love mixing and turning the dough. They will love seeing these become medals once they come out of the oven.)

While those are baking...

[Make an Olympic Torch](#)

(By Classy Mommy)

(I love this craft because with some simple supplies you can make a craft the kids will love. Once they make the torch have them practice running into Tokyo to light the Olympic flame.)

Printable:

[Olympic Rings: Color, Trace, Draw](#)

Quiet Activities:

Show your little one the medals for the [Japan 2020 games](#) and then let them design their own medal. Bonus: The Japan 2020 medals are made from recycled cell phones. What would your little one make theirs from?

What to read:

[Mia Hamm, Winners Never Quit](#)

FRIDAY

Move Your Body Activity:

Family Olympics – Gather the family in your backyard or even the living room for some healthy competition. Use [cones](#) to set up stations like:

*Javelin throw...stand at the cone and see who can throw a paper towel roll farther

*Set up laundry bins or buckets and label with points. Stand at the cone and toss [bean bags](#) to try to get the most points.

*Add some water (bonus to add some food coloring to make them each a different color) to recycled water/soda bottles. Stand at the cone and toss [rings](#) and try to see how many you can ring.

*Get creative with what you have. Sidewalk chalk? Set up a triple jump. Soccer ball and net? See how many goals you can kick. Pool noodle? Make some hurdles. At the end of your Family Olympics pass out medals for everyone!

Printable:

[Summer Olympics Tot Pack](#)

What to read:

[Curious George and the Summer Games](#)

Friday Night Movie Picks:

*Everyone’s Hero
*Air Bud