***Activity ideas to keep young brains busy and***

***growing bodies developing***

**Personal, Social and Emotional Development**

* Share stories – retell and act them out
* Make bread together
* Chop the vegetables for dinner together
* Give your children responsibility to help with household chores – spray the window cleaner and clean the windows is a favourite!
* Look at Cosmic Kids Yoga on YouTube and join in together

**Physical Development**

* Threading pasta on to wool or string
* Water play in the bath – scooping, pouring and measuring
* Design a treasure hunt around the house
* Junk modelling
* Make playdough together <https://www.youtube.com/watch?v=jv73CEzY1jg> This is how!
* Musical movement games – like musical statues
* Lego and block play.  Plan to build something and see if you can follow your plan
* Make sensory tray with shaving foam, soap, jelly etc
* Painting with water in the garden
* Phonics  <https://www.youtube.com/watch?v=1Qpn2839Kro>
* Rough and tumble play
* Building dens and tunnels with blankets and under the kitchen table

**Communication and Language**

* Storytelling with homemade puppets – use old socks, lolly stick and straws
* Singing nursery rhymes and action songs, such as Simon Says
* Make music with saucepans and pots
* Play guessing games – such as think of an animal and model giving clues to help your child guess the animal
* Play memory or language board games
* <https://wetalkmakaton.org/> - Learn to sign the Makaton Sign of the Week

**Maths**

* Pairing socks
* Playing board games with dice and counters
* Bigger and Smaller games – describing the 3 Billy Goats Gruff or using Goldilocks
* Add numbers to pegs and get your child to help order them
* Measuring ingredients to cook/ help make dinner
* Sing number songs
* Sorting toys by colour or shape
* Sorting coins playing money games like shops
* Build train tracks in different shapes
* Build towers from blocks – how many blocks did you use? Can you use the same blocks to build a different tower?
* Make a bowling game with toilet rolls

**Literacy**

* Share story books and talk about what is happening on each page
* Play lotto games – matching pictures
* Sing Phonics songs
* Hide an object in a ‘mystery bag’ and give clues to what might be inside
* Tap out syllables to break up your name on musical instruments

**Understanding the World**

* Blowing bubbles
* Make bread or pizzas for the family to share
* Read information books on frogs and chicks etc.
* Hunt for bugs in the garden
* Use Nature Detectives for lots of exciting activities to do at home: <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
* Planting seeds such as cress – and watching them grow
* Look at science experiments for Early Years <https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs/>
* Observe the weather each day and make a weather chart
* Make a family tree – who is in your family
* Freeze small toys in ice – and work out how to get them out of the ice
* Feed the birds in the garden and keep a tally of which birds visit your garden
* Make seed bombs by mixing seeds with clay to make a small ball.  Dry them out and wrap to give as presents.  Make a label to attach.

**Expressive Art and Design**

* Dancing to music – make up a routine
* Sing familiar songs and make up your own words to nursery rhyme tunes
* Make shakers with pasta or rice in pots
* Make your own paint with shaving foam or coloured ice
* Make props for your favourite story and act it out together
* Rough and tumble play
* Building dens and tunnels with blankets and under the kitchen table