



Activity ideas to keep your young brains busy and your 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
- Sharing a family meal and talk about your day.

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 family 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

This is not a tick list for you to work down, choose your favourites and do them as many times as you like – repeating them is good!