














Home Activities for Under 5's and their Families



Idea	Activity	What will I need?
	<p><u>Make your own paint</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • 1/2 cup flour • 1/2 cup salt • 1/2 cup warm water • Food colouring <p>Mix 1/2 cup of flour with 1/2 cup of salt. Add 1/2 cup of water mix until smooth and creamy (add more water or flour if needed). Then mix in your food colouring.</p>
	<p><u>Make your own play dough</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • 4 x cups of flour (different flour makes different textures) • 2 x cup of warm water • 2 x cup of salt • Food colouring or paint to colour (you could also add glitter or dried herbs) • 4 tsp of oil to give shiny texture <p>Mix the flour, water, salt together in a bowl. Add a little colour and/or glitter and oil. Knead together. You can keep in an airtight container in the fridge for up to 1 month</p>

	<p><u>Make your own slime</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • 75g cornflour • 120ml baby shampoo • Green food colouring (any colour will do) <p>Put the cornflour and baby shampoo into a bowl and mix together until smooth. Add the food colouring and mix again.</p>
	<p><u>Painting with forks</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Forks • Paint • Paper <p>Why not replace the traditional paint brush and use a fork instead? The challenge could be finding other items to paint with.</p>
	<p><u>Sink or Float?</u></p>	<p>You will need</p> <ul style="list-style-type: none"> • A variety of different objects from around your home (some that will float and some that will sink) • A tub of water (deep enough for the objects to sink or float) <p>With your child, look around your home and choose a collection of objects. Fill a tub of water and take it in turns to put one of the objects in the water. Before you put it in, guess with your child whether you think it will sink or float. Explain to your child that floating means the object will stay on top of the water and</p>

		<p>sinking means it will go under the water.</p>
	<p><u>Colour hunt</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Either a bucket, box, bag or container <p>Give your child the box or container (tell them what colour your looking for) and help them to look around your home to find objects match the colour.</p> <p>You can also look for shapes, numbers and letters.</p>
	<p><u>Walk the line</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Tape <p>Tape a line on the floor in different ways (zig zag, curvy, shapes or straight) and have you child walk along it, trying to balance their best. Can they do it forwards? Can they do it backwards? Can they hop along it? Can they crawl along it?</p>
	<p><u>Make a band with pots and pans!</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • A selection of pots, pans, colanders, baking trays and cooking utensils • Your best singing voice <p>Lay out a selection of pots and pans and cooking utensils. Bang the pots and pans listening to the sound each one makes. Talk to your child</p>

		<p>about the different sounds. See if you can tap out a short rhythm for your child to follow.</p>
	<p><u>Building a den</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Blankets/sheets • Cushions/pillows • Box or basket • Pegs • Torch or fairy lights <p>Extend this by setting up a role play e.g. picnic in the front room.</p>
	<p><u>Shadow drawing</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Sunshine/ torch/ light • Paper • Pen or pencil • Objects of interest i.e. favourite small toy <p>Position the object on the paper in the line of light, creating a shadow. Using a pencil draw around the shadow.</p> <p>You can even colour the pictures in?</p>
	<p><u>Soft play</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Collect all the pillows/ cushions/ blankets/ duvets from around the home. <p>Clear a floor space and place them collectively forming a soft and safe area.</p>

		<p>You could make this into a relaxing activity, sing soothing songs, listen to music or look at a book together .</p>
	<p><u>Threading dome</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Colander • Shoe laces <p>Remove Shoe laces and tie a knot at one end.....thread away. Challenge yourself by trying to go through each of the holes in the colander. Don't forget to re thread the shoes afterwards!</p>
	<p><u>Treasure baskets</u></p>	<p>You will need</p> <ul style="list-style-type: none"> • a round, low-sided basket, or a sturdy cardboard box. • Carefully select a range of about 20 objects that are safe for your babies to handle and put in their mouth. • Look around your home as there will be lots of things that you can use. <p>What should I put in it? Look for natural things like wooden spoons; cotton reels; a selection of brushes; wooden curtain rings; large shells; keys; metal spoons; metal bowls; small wooden bowls; a tea strainer; a large flat pebble; a cork coaster and a whole lemon. Add pieces of fabric – scarves; ribbons; knitted coasters.</p>

	<p><u>Shakers</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Empty containers -water bottles with lids, jars with lid, tins with lids • Fillers - Rice, dried popcorn, pasta, lentils dried beans. • Stickers to decorate • Sticky tape to secure <p>Place your chosen 'fillers' into the container. Varying amounts provide different sounds. Place the lid on and secure with tape.</p> <p>You can even decorate the shakers</p>
	<p><u>Sock target practice</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Socks rolled up • Pots. Pans, baskets, cardboard boxes or pyramid of plastic cups <p>Set up your targets and roll up your socks into a ball.</p> <p>You can introduce a scoring system and vary the range and size of target to make it more tricky.</p>
	<p><u>Make your own road map</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Tape <p>Tape out road markings. Be creative allowing your child's</p>



toy car to travel to a new destination each time!



DIY catcher

You will need:

- Plastic Milk Bottle
- Scissors
- Tape edge
- Paper

Carefully cut off the bottom of the milk bottle. Using the tape cover any sharp edges on the opening. Scrunch up the paper into a ball and secure with tape. Feel free to decorate. If you make more than 1 you can play catch together.



Miniature home maker

You will need:

- Cardboard Box, Pens, Crayons, buttons, cotton wool, coloured paper, glue, scissors, tape

Get the family involved and make a street with a school and shops!

Good news, children learn from every day experiences....

- Involve children in household activities e.g. help with sorting washing, setting tables and cleaning
- Encourage children to tidy up after play e.g. 'where do the cars belong?'
- Enjoy cooking together e.g. making sandwiches, cakes and trying new foods
- At mealtimes encourage your child to sit at the table, serve themselves and pour their own drinks.
- Encourage physical movement e.g. dancing, stretching and light exercise
- Share stories and look at books together extend this by talking about emotions e.g. how does a character feel? Why do they feel this way?
- Sing familiar songs and rhymes together
- Encourage mark making and early letter formation e.g. drawing lines and circles and give meaning to their drawings
- Look at text and find letters that are in their name
- Use objects within the home to encourage counting e.g. count coins into a cup or number of steps on the stair case
- Find numbers around the home e.g. on the clock and TV controls
- Encourage your child to follow instructions throughout the day e.g. 'Go and get your...'
- Talk about shapes and colours in the home e.g. What colour is your shirt? What shape is the window?
- Use scissors to snip paper and practice cutting. You could cut shapes in half to make new shapes e.g. circle = two semi – circles and a square = two rectangles
- Encourage turn taking when playing games e.g. 'Your turn, my turn'
- Practice self-help skills e.g. putting coat on, fasten zips/buttons/laces and clothing such as socks and shoes
- Promote mathematical language such as heavy, light, empty, full, tall, short, big and small.
- Have a selection of items on a tray and take something away 'What's missing?'
- Use open ended questions whilst playing with your child such as 'Which shape looks like a ball?'
- Construction activities e.g. Lego and building structures
- Complete fine motor activities such as puzzles and threading

Please remember to supervise your children at all times