






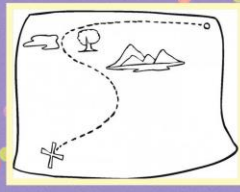





Home Activities for Under 5's and their Families

Idea	Activity	What will I need?
	<p><u>Make a matching puzzle</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Large piece of paper/ card • Pen • Household objects <p>Draw around lots of different household objects. Let your child then match the item to the drawing. To make it harder you could put the items away so they have to find them first.</p>
	<p><u>Spray bottle painting</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • 1 or 2 spray bottles (make sure they are free from any chemicals) • watered down children's paint • large paper or old bedsheet <p>Water down some child safe paint and fill a spray bottle. Let your child spray at the paper or old bedsheet (you can pin to a fence or lay on the floor). If you don't want too much mess just fill with water and spray at a fence- they will see the pattern fade in the sun!</p>

	<p><u>Make a natural collage</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • leaves/ sticks/ flowers (collect from your garden or on your daily walk) • PVA glue • paper and pens <p>Collect some leaves and sticks on your daily walk. Use PVA to stick down on paper, you can make animals, people... the list is endless!</p>
	<p><u>Use your foot to measure!</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Scissors • Pen • Paper <p>Daw around your foot and cut it out. Then you can use it to measure things around the house- "how many feet is the kitchen table?" Make this harder by using an adults foot too- "will it be the same number of feet?"</p>
	<p><u>Ice painting</u></p>	<p>You will need</p> <ul style="list-style-type: none"> • Ice cube tray • Lolly sticks • Food colouring • Paper <p>Fill an ice cube tray with coloured water and put a lolly stick in. Freeze overnight. Paint with your ice brushes!</p>

	<p><u>Make a straw necklace</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Straws • String • Scissors <p>Cut up straws into 'beads'. Let your child thread them onto a long string and make a beautiful necklace!</p>
	<p><u>Make a milk bottle Elmer Elephant</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Milk bottle • Scissors • PVA glue • Tissue paper • Stick on eyes or pen <p>Carefully cut an elephant shape from the milk bottle.</p> <p>Glue on tissue paper squares to make Elmer's patchwork. Stick or draw on eyes when it is dry.</p>
<p>Hide a toy</p>  <p>Draw a map for someone Can they find the treasure?</p>	<p><u>Make a treasure map</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Paper and pens • Something to hide! <p>Hide some treasure!</p> <p>Draw a treasure map for someone to follow to find the treasure.</p>

<p>Shopping</p>  <p>Use the things in the house to make a shop.</p>	<p><u>Make a shop!</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Table top • Items from around the home- clothes/ toys/ food • Box or basket • Play or real money <p>Set up a role play shop at home! You can start to set prices if your child understands the value of money.</p>
	<p><u>Pouring and filling</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Large tray (or use the bath!) • Different size jugs/ cups/ pans/ bowls • Water • Food colouring <p>Use the different cups and jugs to mix different colour water if you have used food colouring.</p> <p>Which holds more water? Which holds the least water? How many cups to fill the jug?</p>
	<p><u>Make a magic wand</u></p>	<p>You will need:</p> <ul style="list-style-type: none"> • Sticks • Paint • Wool/ ribbon/ feathers (whatever you can find at home!) <p>Make sure your stick doesn't have any insects on it! You can tie ribbon or fabric scraps to your wand, paint it, tie feathers on, wrap with wool... be creative!</p>

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