

1. Monster Tunnel

Got a spare cardboard box, Let's get creative!

Try making a Monster Tunnel at home. Cut different sized holes into the box and use coloured pens to decorate your monsters. Number each monster to be used as a scoring system later. Find some balls and play the game! Take turns rolling the ball and see which monster gobbles it up. Encourage your child to mark the scores on a piece of paper and total up the scores at the end.



Links to the EYFS

Personal, Social and Emotional Development - Begins to accept the needs of others and can take turns and share resources.

Mathematics - Shows an interest in representing numbers. Beginning to represent numbers using fingers, marks on paper or pictures. Records, using marks that they can interpret and explain. Finds the total number of items in two groups by counting all of them.

Physical Development -Shows increasing control over an object in pushing, patting, throwing, catching or kicking it

2. Letter Pegs

Write some familiar words/names on paper. Write the letters on individual pegs and place them in a bag. Encourage your child to match the letters and create the word themselves. Effectively encouraging use of pincer grip while using the pegs.

Simple, yet effective.



Links to the EYFS

Physical Development - Holds pencil near point between first two fingers and thumb and uses it with good control.

Literacy - Recognises familiar words and signs such as own name and advertising logos. Links sounds to letters, naming and sounding the letters of the alphabet.

3. BINGO Colours

Who doesn't love a game of bingo!

Create some colourful bingo cards and use buttons to cover the spaces called out. A great game to match and recognise colours. Take turns leading the game as the 'caller' and saying the colours out loud.

You could extend the activity and challenge each other by calling out mixed colours e.g. yellow and blue make? GREEN.



Links to the EYFS

Expressive Art and Design - Experiments with blocks, colours and marks. Explores colour and how colours can be changed.

Communication and Language - Maintains attention, concentrates and sits quietly during appropriate activity. Listens to others one to one or in small groups.

Personal, Social and Emotional - Enjoys responsibility of carrying out small tasks.

4. Cheerio Tower

Who can build it? You can you can. Can you build it? YES YOU CAN!

All you need is a tray, handful of cheerio's or hooped cereal, spaghetti or skewers and some play dough.

Allow your child to critically think and explore placing the spaghetti upright into the playdough to help their structure before they start to /thread their hoops onto the spaghetti using fine motor skills.

Extend the activity by counting how many Cheerio's used altogether. You could also explore identifying size e.g. which tower is big, small, tall, short.



Links to the EYFS

Expressive Art and Design – Joins construction pieces together to build and balance. Constructs with a purpose in mind, using a variety of resources

Mathematics – Begins to make comparisons between quantities. Recites numbers in order to 10. Uses some language of quantities, such as '*more*' and '*a lot*'. Estimates how many objects they can see and checks by counting them. Begins to use the language of size.

Communication and Language - Developing understanding of simple concepts (e.g. big/little).

5. Emotion Masks

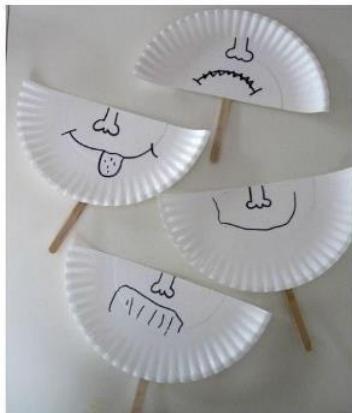
A great way to share your feelings.

Use a mirror to express different emotions on your face that you may feel e.g. happy, angry, sad, funny etc.

Once you've done this grab some paper plates and cut them in half. Use mark making materials to draw the different emotions on the plate.

Glue or tape a lollipop stick onto the back and hold them up against your face to express different feelings.

paper plate EMOTION MASKS



Links to the EYFS

Personal, Social, Emotional - Can express their own feelings such as sad, happy, cross, scared, worried. Aware of own feelings, and knows that some actions and words can hurt others' feelings.

Physical Development - Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. Draws lines and circles using gross motor movements.

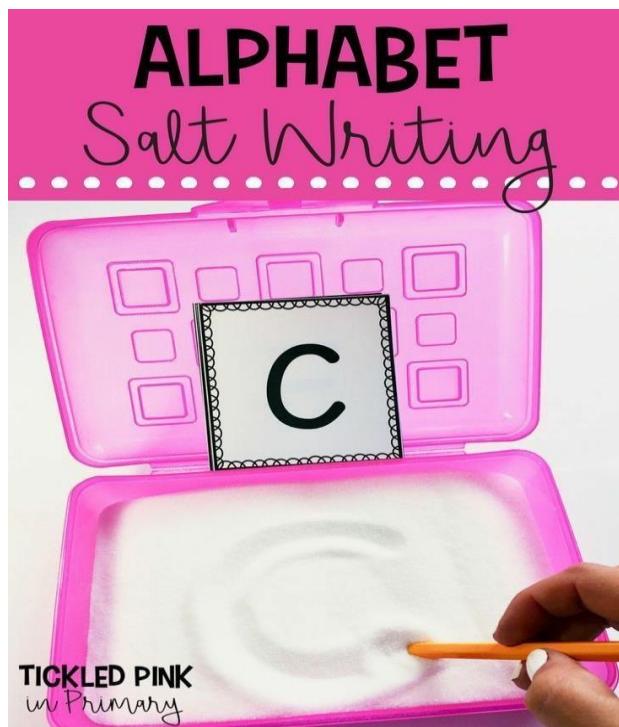
6. Salt Writing/Mark Making

Let's encourage some mark making!

A spare tray or box will do, pour in some salt.

Make some alphabet cards and explore identifying different letters in the salt. Encourage your child to try form the letter using their finger or a stick in the salt.

You can extend the activity by removing the cards and challenging them to recall what the letter written in the salt could be, C for Car.



Links to the EYFS

Physical Development – Draws lines and circles using gross motor movements. Can copy some letters, e.g. letters from their name. Begins to form recognisable letters.

Literacy – Gives meaning to marks they make as they draw, write and paint.

Characteristics of Effective Learning - Being involved and concentrating. Being willing to 'have a go'.

7. Playdough Letters

Another great way to encourage recognising upper case and lower case letters and sounds.

All you need is some play dough, scissors to make snips when shaping the play dough, Alphabet cards (you could even draw them on some paper) and your hands! It's as easy as that!

Encourage your child to identify the letter and sound and create the letter. Manipulate the play dough using their hands to fit the letter space. You could also explore different sizes to help identify upper case and lower case.



Links to the EYFS

Literacy - Distinguishes between the different marks they make. Links sounds to letters, naming and sounding the letters of the alphabet

Physical Development - Uses one-handed tools and equipment, e.g. makes snips. Can copy some letters, e.g. letters from their name. Uses simple tools to effect changes to materials.

Expressive Art and Design - Realises tools can be used for a purpose. Manipulates materials to achieve a planned effect. Uses simple tools and techniques competently and appropriately.

8. Sensory Writing

On your next walk or even in your garden collect some lovely pebbles or stones to be used later for some sensory writing fun!

You need some brown playdough, alphabet cards, a bowl full of the pebbles/stones you collected and a tray to put it all in.

Explore identifying and forming the letters shown on the different cards in the dirt like playdough. Individually place the pebbles to create the letter shown using fine motor skills.

Don't have brown play dough, don't worry! You can use soil to still achieve the planned effect.

Sensory Writing Tray



Links to the EYFS

Physical Development – Can copy some letters, e.g. letters from their name. Begins to form recognisable letters.

Characteristics of Effective Learning - Being involved and concentrating. Being willing to 'have a go'. Finding out and exploring.

9. Colour Puzzle

Have you got any cardboard lying around? Great!

Cut it up into different shapes and pieces so they fit together like a puzzle e.g. two triangles, a bridge and a semi-circle, two semi-circles.

You could also colour the pieces you've made to help identify a matching pair that fits together.

So simple yet so effective!



Links to the EYFS

Communication and Language - Maintains attention, concentrates and sits quietly during appropriate activity.

Mathematics - Uses shapes appropriately for tasks. Beginning to categorise objects according to properties such as shape or size. Selects a particular named shape.

Expressive Art and Design - Experiments with blocks, colours and marks.

Characteristics of Effective Learning - Making links. Finding out and exploring. Being involved and concentrating.

10. Ice Cube Painting

Let your inner artist shine!

Explore different colours using ice cube paints.

Mix food colouring with water and fill up an ice cube tray, make sure you add lollipop sticks in each colour so you can hold onto them later when painting.

Once frozen, take them out and explore mark making! Explore mixing the colours together and watch them change as the cube melts.



Links to the EYFS

Expressive Art and Design - Experiments with ~~blocks~~, colours and marks. Explores colour and how colours can be changed.

Literacy - Distinguishes between the different marks they make. Gives meaning to marks they make as they draw, write and paint.

11. Yoga Spinners

Let's get moving!

Make your own yoga spinners, simply using card and a pointer to spin.

Draw different ways to move on each section of the spinner. It could be an animal, a building, an object it could even be an emotion!

The aim is to get moving in so many different ways!



Links to the EYFS

Physical Development - Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Can stand momentarily on one foot when shown.

Characteristics of Effective Learning - Keeping trying. Being willing to 'have a go'

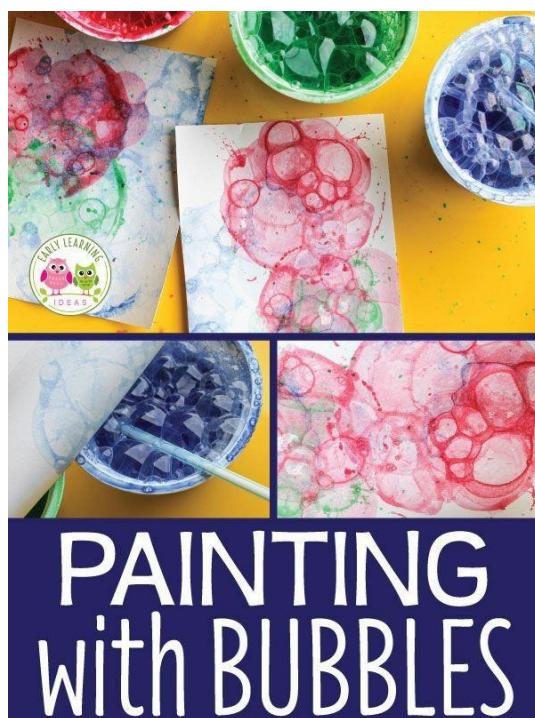
12. Bubble Painting

Make your own bubble paint mixture by simply mixing in some washing up liquid into your paint mix – don't have paint? Use food colouring and water!

Using a straw to blow bubbles into your paint until it foams up making lots and lots of bubbles!

Place your paper on top of the bubbles and peel it off Voila! Explore the pretty patterns you've made!

To extend this you could count how many bubble rings were printed onto your paper.



Links to the EYFS

Expressive Art and Design - Experiments with ~~blocks~~, colours and marks. Explores colour and how colours can be changed.

Mathematics - Uses some language of quantities, such as 'more' and 'a lot'. Recites numbers in order to 10.

13. Matching Nuts and Bolts

A great way to develop fine motor skills.

Simply gather a tray of nuts, bolts and washers and a colander.

Encourage your child to place the bolts through holes and twist the nut and washers onto the bolt.

Count up how many they managed to pair together.



Links to the EYFS

Physical Development - Handles tools, objects, construction and malleable materials safely and with increasing control.

Communication and Language - Focusing attention – still listen or do, but can shift own attention.

Characteristics of Effective Learning - Keeping trying. Being willing to ‘have a go’. Finding out and exploring.

14. Matching Numbers

Recognising numerals by scooping and sorting numbered balls. A great activity to focus your child's attention while exploring a love for numbers, recognising 1:1 correspondence and sorting!

All you need is an egg tray, some spoons, a tray and a dozen balls if not more! Ensure each object is numbered 1-12 (unless exploring bigger numbers) e.g. the balls, spoons and spaces in the egg tray.

Explore finding and matching numerals and count up how many you've scooped up.



Links to the EYFS

Mathematics – Recites some number names in sequence. Sometimes matches numeral and quantity correctly. Recites numbers in order to 10. Counts up to three or four objects by saying one number name for each item.

Physical Development - Uses one-handed tools and equipment. Shows a preference for a dominant hand.

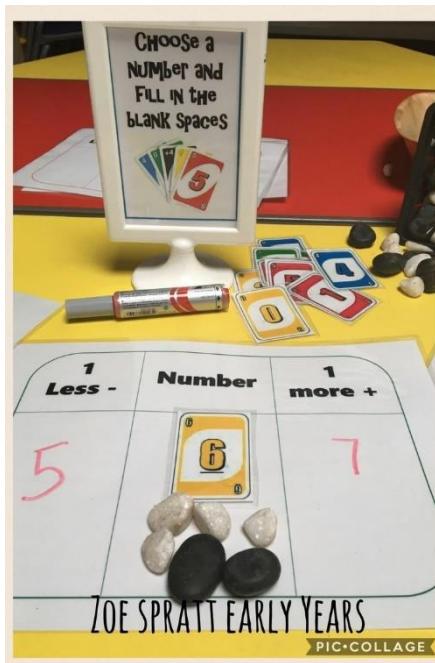
15. Number Problems

Who knows? UNO!

Explore 1 less or 1 more using uno cards or any number cards you've got lying around.

Make a grid with 3 columns marked as; 1 less, Number, 1 more. Place one of the numbered cards in the middle column and explore finding 1 less and 1 more of that given number.

Ensure you have objects available to support counting and recognising quantity e.g. stones, counters, buttons, lego it could be anything!



Links to the EYFS

Mathematics – Recites numbers in order to 10. Knows that a group of things changes in quantity when something is added or taken away. Knows that numbers identify how many objects are in a set. Counts up to three or four objects by saying one number name for each item. Finds one more or one less from a group of up to five objects, then ten objects.

16. Pine Cone and Elastic Bands

A super-simple fine motor activity using just pine cones and some elastic bands!

A great activity for strengthening those little hand muscles crucial for writing development later on. It is also good for concentration and hand eye co-ordination too.

To extend the activity you could remove the elastic bands and count how many were used altogether!



Pine Cone & Elastic Band *fine motor activity*



Links to the EYFS

Physical Development - May be beginning to show preference for dominant hand.

Mathematics – Recites numbers in order to 10. Counts up to three or four objects by saying one number name for each item.

Characteristic of Effective Learning - Being involved and concentrating. Keeping trying. Being willing to 'have a go'.

17. Water Skittles

Ready, steady, SPRAY!

An activity to strengthen those little hands playing a game of water skittles.

Line up the skittles and take turns knocking them down using only water spraying from the bottles.

Using a tally system, make note of how many skittles were knocked down.



Links to the EYFS

Mathematics – Creates and experiments with symbols and marks representing ideas of number. some number names accurately in play. Recites numbers in order to 10. Beginning to represent numbers using fingers, marks on paper or pictures.

Characteristic of Effective Learning - Keeping trying. Being willing to ‘have a go’.

Physical Development - May be beginning to show preference for dominant hand.

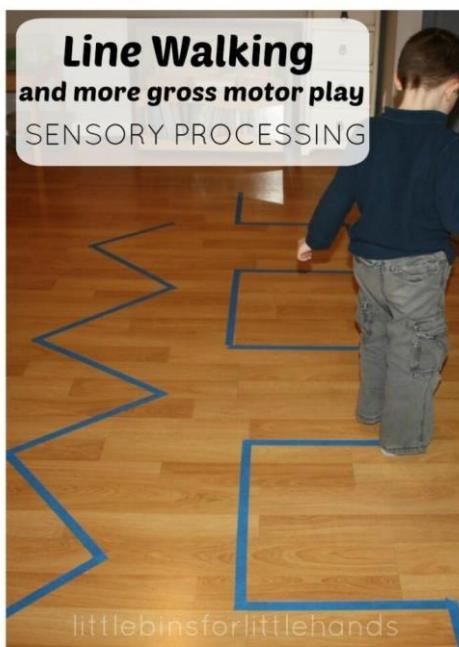
18. Line Walking

Got some coloured tape? Make a sensory walkway or path for your child to explore.

This activity is a great way to encourage development of your child's gross motor skills. Encourage them to follow the tape and get those muscles moving.

You can extend this activity by;

- Asking them to crawl, slither, hop, jump along
- Hold an object as they move e.g. a ball, a tin of soup, loaf of bread.
- Encouraging them to roll their ball or drive their little cars along the path.



Links to the EYFS

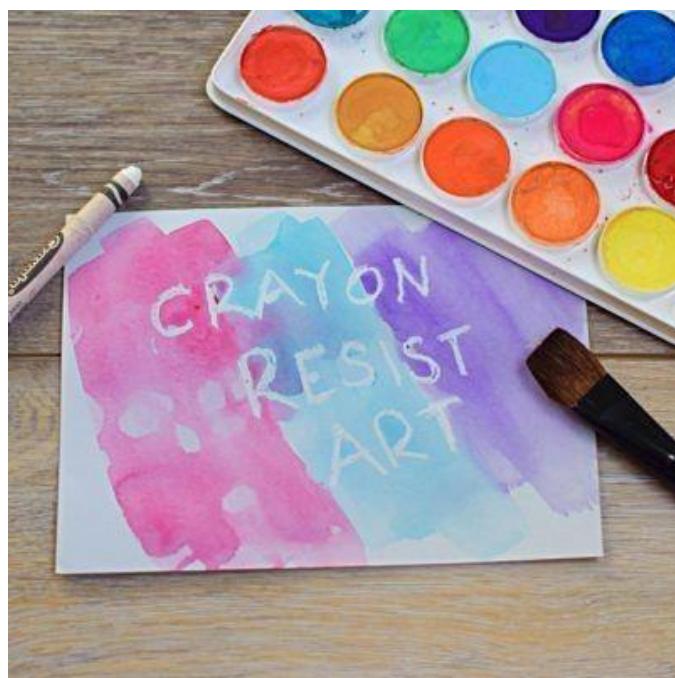
Physical Development - Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Experiments with different ways of moving.

19. Crayon Art

Water colour resist with Crayons. It's like magic!

All you need is a white crayon, and some water colour paints. Mark make using the white crayon and then paint over using the water colours and VOILA! The crayon will repel the watercolour and show the marks you've made!

An activity that encourages mark making, exploring colours and using fine motor skill techniques with a hint of magic. Give it a go!



Links to the EYFS

Physical Development – Draws lines and circles using gross motor movements. Can copy some letters, e.g. letters from their name. Begins to form recognisable letters.

Expressive Art and Design - Experiments with blocks, colours and marks. Explores colour and how colours can be changed.

Literacy – Gives meaning to marks they make as they draw, write and paint.

20. Balls and Tunnels

An activity that focuses attention and encourages hand eye coordination while also being really fun!

You just need some balls, paper and tape.

Tape the paper onto the floor as small tunnels for the balls to go through. Encourage children to take turns rolling the ball throw the chosen tunnel.

You could also make a scoring system and mark make how many balls made it through the tunnel!



Links to the EYFS

A great way to develop hand eye coordination and aspects of their physical development.

Physical Development - May be beginning to show preference for dominant hand. Shows increasing control over an object.

21. Lentil Mark Making

Enjoy some sensory play with lentils.

All you need is a tray of lentils and your fingers!

Explore making different lines and patterns in the lentils, you can introduce mark making some familiar letters too.

You could also use other objects to encourage mark making such as a stick, a straw, lollipop stick.



Links to the EYFS

Physical Development – Draws lines and circles using gross motor movements. Can copy some letters, e.g. letters from their name. Begins to form recognisable letters.

Literacy – Gives meaning to marks they make as they draw, write and paint.

22. Paper Plate Ring

An activity to develop fundamental movement skills such as underarm throwing.

Make your own homemade ring toss game with the following resources; kitchen roll tube, and paper plates! That's all you need!

Make your quoits to throw using the paper plates, cutting the middle out to make a ring. Use pens to decorate your rings and tube.

Tape your tube to the floor and begin throwing your quoits using an underarm motion. Have fun!



Links to the EYFS

Physical Development - May be beginning to show preference for dominant hand. Shows increasing control over an object. Shows increasing control over an object in ~~pushing, patting, throwing, catching or kicking it~~.

Characteristic of Effective Learning - Keeping trying. Being willing to 'have a go'.

23. Hurdles Game

Let's get jumping!

An easy and fun game to set up to get the body moving!

All you need is some coloured tape.

Cut the tape approximately 50cm long (or whichever length you prefer) leaving a gap wide enough between each strip of tape. Begin with 5 strips of tape then add more later!

Encourage your child to jump over each line and land safely on their feet.

You could extend this activity by moving in different ways e.g. hopping. You can also challenge them by asking them to jump forward/backward 1.



Links to the EYFS

Physical Development - Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Experiments with different ways of moving.

24. Mark Making with Water

Explore writing development using the following resources; Chalk, paint brush, water.

Using a chalkboard or even the ground outside write some words using the chalk. Encourage your child to make the letters disappear using the paint brush and water.

This not only encourages their mark making development but also letter recognition and exploring new words.



Links to the EYFS

Literacy - Distinguishes between the different marks they make. Recognises familiar words and signs such as own name and advertising logos. Links sounds to letters, naming and sounding the letters of the alphabet.

Physical Development - Can copy some letters, e.g. letters from their name. Uses simple tools to effect changes to materials.

25. Lego Towers

Explore making some colourful towers using Lego!

All you need is some Lego, paper, coloured pens.

Make some coloured tower patterns using the paper and pens.

Encourage your child to observe the pattern and then try create building the tower using the same amount of bricks (counting out how many they will need) and identifying which colour comes next.



Links to the EYFS

Mathematics - Recites some number names in sequence. Recites numbers in order to 10.

Expressive Art and Design - Uses various construction materials. Experiments with blocks, colours and marks. Joins construction pieces together to build and balance.

Characteristic of Effective Learning - Being involved and concentrating.