

# FUN ACTIVITIES TO SHARE AT HOME

## Indoor Activities

### *Playdough*

It's easy to make your own playdough and the children love to help their teachers with this at pre-school.

Recipe – 2 cups of flour,  $\frac{3}{4}$  cup of salt, 2 cups of lukewarm water, 4 teaspoons of cream of tartar, 2 tablespoons of vegetable oil, couple of drops of food colouring.

Method - mix together, put in microwave for 2 minutes, stir and repeat till firm to touch (approx. 8 minutes)

And then try out these fun ideas ... [Playful Playdough Activities! - How Wee Learn](#)

### *Lego*

This is a locally run club who are challenging children via Facebook to build something from Lego & upload a picture of it.



### *Tin Can Decorating*

As mentioned in the newsletter it would be great if each child could decorate a tin can which can be hung in the trees on our return to pre-school.



### ***Joe Wicks Workout***

This live workout takes place every weekday at 9.00am. The class lasts for 30 minutes, which includes a warm-up and a cool down. There are no PE lessons at the weekend. All you have to do is head to The Body Coach YouTube channel [here](#). We'd advise getting there five minutes early to ensure you're ready and raring to go for the 9.00 am start time.

### ***Dance and movement***

Make up a dance or moves to a favourite nursery rhyme.

### ***Puppet Shows***

Cut out pictures from a magazine and attach to a stick or similar and make a puppet show. Alternatively recreate a popular story like The Three Little Pigs maybe using an old Peppa Pig magazine or toy and one of the Paw Patrol characters to be the wolf. Re-calling of stories is great for literacy and creating your own story is great for imagination and recreating the real world through play.

### ***Build a den/cosy corner***

Our children this year love playing in a cosy corner while they're playing. Help your child to build a den or a cosy corner using blankets, sheets, and cushions. Encourage your child to use words that describe what they're building and what they're going to use next. Afterwards, it can be used for imaginary role-play, to read books together in, or even eat a snack/lunch in.

### ***Indoor treasure hunt***

Take turns in hiding a toy and then use words like 'warmer', 'colder', or clues to describe where the hidden object is. Your child can practice numbers by counting to 10 or 20 before they find the hidden toy, which help their number skills and patience!

### ***Baking***

This is always popular but how about simple cooking instead? Children could prepare their own lunch or snack.....make sandwiches, fruit faces or pizzas.

## Sharing books together

The children regularly enjoy stories being read to them so here are a few links to virtual story times:

- [CBeebies - Jackanory Junior - Episode guide](#)
- [Seven Stories The National Centre for Children's Books](#) will be holding virtual story times every Friday at 10am on their Facebook page -
- Oliver Jeffers will be reading one of his books every weekday at 6pm on Instagram Live - [Oliver Jeffers \(@oliverjeffers\)](#) • [Instagram photos and videos](#)
- A free website helping parents and young children enjoy sharing books together - [lovemybooks \(@lovemybooksUK\) | Twitter](#)

## Junk Modelling

Build people out of objects that you can find around the house, such as cardboard tubes and string. Talk about what you're doing, using words to describe colours, textures and patterns. You could turn the people into superheroes, princesses, football players, a 'friend', anything you like, and use them afterwards in an imaginative role-play game. Or try making Elmer the Elephant from a milk carton! These activities would help your child to explore their creativity and gain confidence in speaking.



## Sock Matching

Collect socks around your house, put in a pile and pair them up again. Count how many pairs and talk about colours and patterns.

## Scissor Skills

Cut out pictures from old magazines or junk mail and then use glue to make a lovely collage.

### ***Silly hair day***

Make fun hair styles on each other, with water, or product, or clips and bands and take photos of each other. Children get to make parents/siblings look funny, using technology to take pictures.

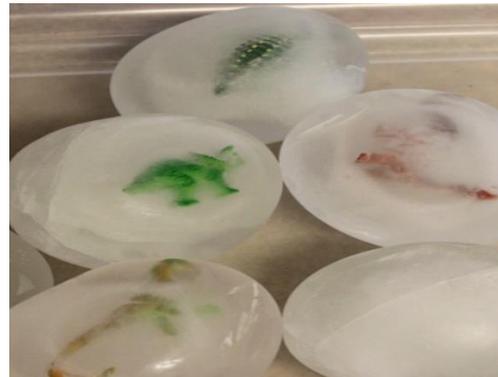
### ***Maths and Literacy Ideas***

- [The BEST Math and Literacy Learning Activities for Preschoolers - Frugal Fun For Boys and Girls](#)
- [14 Indoor Games for Easy Inside Play & Entertainment](#)

## **Outdoor Activities**

### ***Dinosaur Eggs***

Make dinosaur eggs for excavation - put dinosaurs or any small objects into a balloon, fill with water and freeze overnight. See photos below:-



### ***Treasure Hunt learning numbers, colours and shapes***

Enjoy a short walk along your road, remember to keep 2 metres apart from anyone you see! Before going create a small list of shapes, colours, numbers, sounds or animals you might spot and see if you can find them. Tick them off as you find/see/hear them giving you an opportunity to chat about them, what do they, look, smell, feel, how heavy, light sound like etc.

### ***Chalk Mark making***

Chalking shapes, numbers, names, drawing pictures or making colourful rainbows.

### ***Bubbles***

Blowing bubbles and having fun trying to catch them.

## Comparing Footprints

Members of the family make a wet footprint on the path. This is a fun sensory experience, with an opportunity to discuss size, who has the biggest, smallest, widest etc and if you are quick and have chalk, you could each draw round the wet footprint and create an animal or alien face. Then watch them fade as they dry understanding the warm sun dries up the footprint. Put one in the shade, one in the sun, which dries quickest? Perhaps see how many times you have to count to 10 before they disappear, but if it's not a warm day you might be counting further than 10!

## Gardening

This is great fun and something we do in pre-school especially during terms 5 and 6. Some local garden centres are operating online. This website gives some good ideas -

<https://learn.eartheasy.com/guides/gardening-with-children/>

## What's Your Name Fit Activity

### what's your name! fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

## Gross Motor Skills

This website gives great examples of some gross motor activities.

<https://empoweredparents.co/gross-motor-skills-for-preschoolers/>