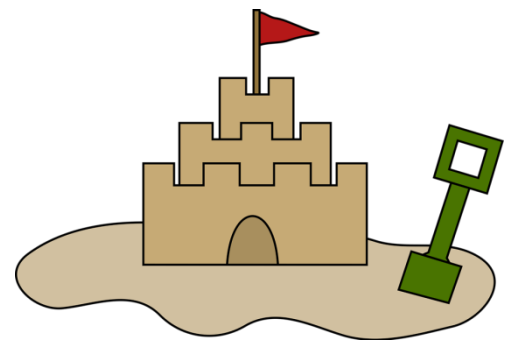
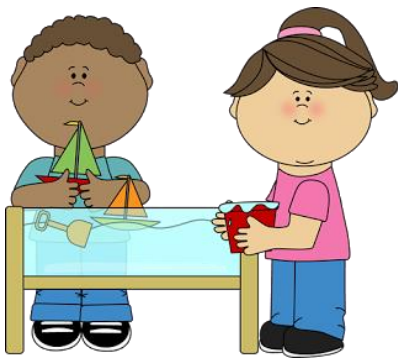


# Glenwood Family Centre

Ideas to do at home...



## Gloop

### Ingredients:

- Cornflour
- Cold water
- Food colouring (optional)



### Method:

- Add cornflour to a household basin or any large container
- Add cold water slowly and stir until it becomes a smooth paste
- Add a few drops of food colouring if you wish

### Play time:

- You can add glitter, lentils, small hard pasta to add some texture
- Put your hands in and get messy! Roll it up in a ball, and then watch it disappear!
- Gloop is fantastic to develop the senses. Talk to your child about how it feels and smells. This helps to develop the senses, vocabulary and language.

## Uncooked playdough

### Ingredients:

- One cup of plain flour
- Half a cup of salt
- One cup of water
- One tablespoon of vegetable oil (helps to add this into the cup of water)
- Few drops of food colouring (also helps to add this into the cup of water)



### Resources:

- Large bowl
- Tea/coffee cup
- Wooden/plastic spoon
- Rolling pin/cutters

### Method:

- Add the flour and salt together in the bowl
- Gradually add the water/oil/food colouring mixture to the bowl, continuously stirring
- Continue to mix until the mixture comes together into a soft dough – now it is time to get messy!
- Spread a little flour onto the table and empty out the bowl
- Mix the dough together with your hands. If it is a little sticky, add some more flour
- Excellent opportunity to develop numeracy skills, vocabulary and language and develop the senses

## Banana Cupcakes (Egg free)

Serves: 4

- 1 very ripe banana
- 30g sugar
- 25g melted margarine or butter
- 85g self-raising flour
- 1/2 teaspoon baking powder



1. Preheat the oven to 180c/Gas 4.
2. Place cupcake cases on a cupcake tray and set aside.
3. Mash the sugar and banana together in a large bowl.
4. Add the melted margarine and stir in.
5. Add the flour and baking powder, and mix well.
6. Spoon the mixture into cupcake cases.
7. Bake in preheated oven for about 20 to 30 minutes. Check by sticking a clean knife or skewer into the cake and it should come out clean when done.

## Shortbread

27g / 1oz Caster Sugar

90g / 3oz Plain Flour

Greaseproof Paper

63g / 2oz butter



### Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth. (Keep some sugar to sprinkle).
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/1/2in thick.
4. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

You could make different shapes!

### Have a living room picnic –

- Children could make their own sandwich. Encourage them to spread their own butter this helps to develop their fine motor skills.
- Pour drinks.
- Talk about different foods.

## Other ideas ...

### Help with Jobs around the Home

- Washing – hanging it out, putting the socks in matching pairs, sorting the clothes into who they belong to.
- Cooking – chopping, mixing
- Setting the table
- Make their bed
- Tidy their toys away



### Imaginative play

Look out some old scarves, hats, belts, material, bangles – no need for expensive dressing-up clothes! This encourages children to use their imagination and develop vocabulary and language. It is always a nice idea to have a mirror handy so the children can look at themselves as they play!

### Puppet show

Try having a selection of finger puppets, hand puppets, soft toys, dolls or other small toys. Encourage your child to think about the characters in their story such as who they were and what they were doing. Try using the back of your sofa to act as a 'puppet theatre'. This is an excellent way to develop your child's imagination, language and vocabulary. Why not make your own puppets – you could use an old wooden spoon or a sock to create a new character!

### Den building

That old saying 'why bother with the expensive toys, I should have given them the box'..... This is perfect for den building! Why not try providing a selection of old boxes, scarves, material cut-offs and pegs. Try adding an old shower curtain for outdoor den building. This helps to develop imagination and fantastic for developing problem-solving skills! This is great both indoors and out.

### Make an Obstacle Course

Talk about going up, down, under and over the obstacles – if it's raining why not use tables, chairs, cushions and blankets indoors!

### Play a Board Game

Practice counting and matching skills as you play games like dominoes, snakes & ladders or lotto. Waiting for your turn is an important skill too.

### Be a Detective

Hunt around your house and garden for different shapes, patterns, numbers or letters. You could take photos of what you find.

### Play I Spy

"I spy with my little eye" – look for colours, shapes, initial sounds, rhymes...

## Practise your Mark Making

- Shaving foam – just spread it out on a smooth surface and use your fingers to make patterns, letters, pictures...
- Paint brushes and water – paint the paving slabs, walls, fences however you like and watch your pictures disappear in the sun.
- Chalk – draw outdoors on the patio again... scrubbing it off will help to develop gross motor skills too!

## Share Stories and Rhymes

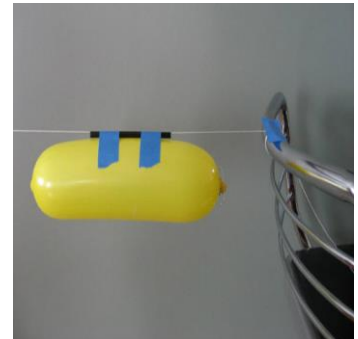
Don't forget to read stories together and even make up your own. Perhaps learn some new rhymes together.

## Become a Scientist

- Senses: Make a feely bag or box – can you guess what's inside just by touching it? You might like to make a smelly box too!
- Sound: Use recycled materials to make different instruments – shakers, drums, trumpets, guitars... How many different ways to make sounds can you discover?
- Water and Ice: Trap one of your toys (or your brother or sister's) in some ice – how will you melt the ice to rescue them?
- Make a Balloon Rocket

You will need: Balloon      Straw   String   Sticky tape  
(Paperclip)

- Tie one end of the string to a chair or other support
- Thread the straw onto the string
- Pull the string tight and tie the other end to another support
- Blow up the balloon (don't tie it) – pinch it closed, you could use a paperclip
- Tape the balloon to the straw
- Let go and watch it fly!



## Grow a Sunflower for the Orchardhill Sunflower Spectacular



This is a sunflower growing competition for adults and children being run by Orchardhill Parish Church and they want to create a display of sunflowers around the church and memorial hall. It will end with an art exhibition and sale on Saturday 29 August.

Don't forget to measure how tall yours is growing!

These are just a few ideas of things that you can do together at home.

It might be good to have a routine and plan one or two things you might do each day.

We would love it if you could share your child's learning with us. This can be done by taking photos and keeping notes of your child's comments which can later be added to their journals. You may also share them using Twitter ([@GlenwoodFC](#) [#Glenwoodlearningathome](#)). Please do, however, be aware of the importance of internet safety before posting photos of your child. Our Twitter feed is public so remember that anyone who can see a photo can also download or screenshot it, and could go on to share it.

In Glenwood, we follow East Renfrewshire Council's strict guidelines including not posting photos alongside the child's full name or containing any personal information and we avoid close-up and full face photographs of individual children. Many photos on our website and Twitter will deliberately feature the backs of heads!

Please also be mindful of your child's right to privacy and recognise that they should be included in any dialogue before sharing.

Keep a look out on our website for further ideas of fun things to do together.

**Most of all, HAVE FUN!!!**