

# Ideas for home from the Serendipity Suite



While we can't be together right now, we have put together a few ideas of things you might like to try at home.



**Read together! Sing songs, nursery rhymes and play games!**

Every day in the Serendipity Suite we make time for all these things. They are crucial to your child's development of key skills - such as listening, taking turns and sharing. What's more they promote laughter and fun too! Take the time to relax, chill and really enjoy quality time with your children.

Some simple games we enjoy in the Serendipity Suite are;

## Shopping Memory Game

'I went to the shop to buy a ...' or 'In my suitcase I packed a...'

In this game you have to remember the words that each person has chosen in the correct order.

**Hide and Seek, I-Spy - Oldies but goodies!**

## Kim's game

Start with four items, e.g. spoon, pencil, sharpener, comb. Any items can be used. Put them on a table or tray and let the children look at them, hide them under a tea towel and take turns removing an item while the others are not looking. The others then have to identify which item is missing. As the children's attention span begins to improve you can gradually increase to more items.

**Get out your board or learn a new card game, laugh have fun and play!**

Give these Growth mindset songs a wee listen,  
I'm sure they'll make you smile!

- Bruno Mars – Don't give up  
<https://www.youtube.com/watch?v=pWp6kkz-pnQ&safe=active>
- Will-i-am – What I am  
<https://www.youtube.com/watch?v=cyVzjoj96vs&safe=active>
- Janelle – Power of Yet  
<https://www.youtube.com/watch?v=XLeUvZvuvAs&safe=active>

Why not try to make your own playdough together?  
Here is our favourite easy recipe.

## No cook playdough recipe

- 2 cups of flour
- 1 cup of salt
- 1 cup of water
- food colouring
- 1 tablespoon oil

### Method

1. Add food colouring and oil to the water.
2. Mix the dry ingredients in a bowl.
3. Add the water to the flour and salt and mix with a spoon.
4. Dust the table with flour and knead the dough.



Look at the “Messy play at home” section of our  
Nurture page for more ideas.

Ask your child how they are feeling.



Maybe they'd like to write or draw a picture of how they are feeling.

Try to make time to check out at the end of the day too. This is a useful way to follow up with a child who is showing signs of stress, worry or anxiety at the beginning of the day/week. It can also help children to reflect on their worries/anxieties. It can help them recognise that things were not as bad as they might have been thinking and to realise that they coped, and maybe, enjoyed some aspects of their day/week. Questions or prompts could include:

How do you feel now compared to earlier today/this week?

What good things have happened today/this week?

## Our quiet corner and calm kit



In every class we provide calm boxes and where possible quiet spaces

Work together with your child to create your own at home. Children are more likely to use something they have helped create and have ownership over.

Possible items you could include in yours might be:

- colouring book and pens
- stress ball
- bubbles
- skipping rope

See the other information on our Nurture page for some more ideas of what you could include in your own calm kits at home.

# Relaxation activities



The Smiling Mind - This is a free Mindfulness App with a range of meditations and relaxation tracks for all ages from young children to adults. Includes classroom programs.

<https://www.smilingmind.com.au/>



In the Serendipity Suite we love Cosmic Kids Yoga with Jaime! Have a browse - she has loads to choose from - nursery rhymes, longer Yoga sessions to familiar stories and some shorter mindfulness meditations. Give it a go!!

<https://www.youtube.com/user/CosmicKidsYoga>

Had enough of screens? Try some of these in the garden!

# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



© Childhood 101 & Kids Yoga Stories

printable yoga poster

# Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



**1 How many different words can you make from the letters in this sentence, below?** Grab a pencil and paper and write a list!

'Learning from home is fun'

**2 Thank a community hero.** Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

**3 Get building!** You could build a Lego model, a tower of playing cards or something else!



**4 Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5 Start a nature diary.** Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6 Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7 Build a reading den.** Find somewhere cosy, snuggle up and read your favourite book!



**8 Use an old sock to create a puppet.** Can you put on a puppet show for someone?



**9 Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?

**10 Design and make a homemade board game** and play it with your family.



**11 Do something kind for someone.** Can you pay them a compliment, make them something or help them with a task?



**12 Can you create a story bag?** Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13 List making!** Write a list of things that make you happy, things you're grateful for or things you are good at.



**14 Design and make an obstacle course at home or in the garden.** How fast can you complete it?



**15 Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.



**16 Keep moving!** Make up a dance routine to your favourite song.



**17 Write a play script.** Can you act it out to other people?



**18 Read out loud to someone.** Remember to read with expression.



**19 Write a song or rap about your favourite subject.**



**20 Get sketching!** Find a photograph or picture of a person, place or object and sketch it.



**21 Junk modelling!** Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22 Draw a map of your local area** and highlight interesting landmarks.



**23 Write a postcard to your teacher.** Can you tell them what you like most about their class?

**24 Draw a view.** Look out of your window and draw what you see.



**25 Get reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?