

Westfield Nursery Class



Home activity ideas

Playdough

3x cups of flour

1-1.5x cup of water

Tablespoon of oil

Paint or food colouring optional for colour

Mix together in a bowl, additional flour or water may need added if too dry or too sticky



Gloop

Cornflour

Water

Food colouring optional for colour

Pour desired amount of cornflour into large mixing bowl, add water until it absorbs and play!



Sensory bottles/bags

Using an empty bottle or zip lock bag you can add things like, shaving foam, jelly, hair gel, paint, glue, glitter, pom poms, water, rice, pasta, gloop, shampoo, tissue paper, small toys, foam shapes, flour etc. to make sensory bottles to shake or sensory bags to feel.



Shaving foam

Add paint or food colouring to shaving foam or use it as is, in a tray, in a bowl, on the floor/table to explore the feeling of it and get messy!



Chalk pictures

Use paper, card, cardboard or cleanable floors to mark make with chalk



Car/block painting

Dip building blocks or animals into paint and print onto paper, card or cardboard. Dip toy cars into paint and roll them along paper, card or cardboard to make tyre prints.



Hand/feet/finger painting

Use brushes, sponges or just dip hands, feet or fingers into paint to print onto paper, card or cardboard.



Post it note game

Stick post it notes around the house for children to collect, you can alter this game for ages. 0-2: ask children to collect specific ones in specific areas e.g “can you collect me the post it note from the couch”. 2-3: make it a bit more advanced by using different coloured or sized post it notes e.g “can you find the big blue one or the small pink one”. 3-5: Add shapes, numbers and letters onto them e.g “can you find me one with the number 4 on it”.



Fairy dough

Mix cornflour and conditioner together in a bowl until it creates a playdough like form.



Obstacle courses

Use pillows, hula hoops, tunnels, chutes, bean bags, chairs, boxes, balls and cones to create your own at home obstacle course.



Pots and pans band

Use pots, pans, cups, bowls and wooden spoons to make your pots and pans band. You can also put rice or pasta in a cup, tape it over to make a shaker.



Pasta Necklaces

Use wool, string, pipe cleaners or ribbon and thread through pasta to make necklaces or bracelets and develop fine motor skills.



Treasure hunt

Hide objects such as toys, coins etc. around the house for children to find. You and your child could also draw a treasure map to help find these objects.



Tape Road

Use tape to make a road on the floor to push cars around or pretend to be a car and walk around.



Self Portraits

Give your child a mirror, paper and pencils/crayons, encourage them to look at their face in the mirror and draw their own self portrait.

Promoting independence

Practice zipping jackets, putting on shoes and jackets, tying shoe laces, washing hands and face, toilet training, dressing themselves.



Sock matching

Use different coloured or patterned socks for your child to match the pattern or colour.



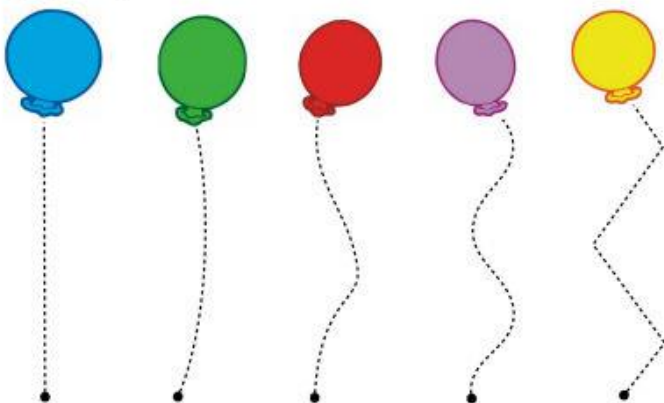
Cutting with scissors (older children)

Draw lines, straight, curved, zig zag on the paper for the child to follow them with scissors to cut the paper.

Balloons Cutting Practice

Carefully cut along the dotted lines.

Activity
village



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Overwriting (older children)

Write words, letters and numbers with a highlighter and encourage the child to write over them.



Internet/ Educational ICT

Storybots, DR Bincos, Blippi, Cbeebies, Me Too, Cosmic kids yoga, Topsy & Tim, GoNoodle, kids Zumba.



