**Early Years Learning Activities**

Health and wellbeing

1. Have some races in the garden:

* tattie and spoon race
* make an obstacle race – you could use a sheet to crawl under or make a hurdle to jump over using a broom or mop handle.
* a crawling race
* use toys and do a fetch and carry race, you could use cuddly toys or cars or duplo blocks
* have a roly poly race, roll like a sausage

1. Find some petals, leaves and grass and ask an adult to fill a container with water, see if they float or sink. Then you could make an outdoor recipe using what you have found. What else can you add in?
2. Have a look at mindfulness meditation for kids. <https://www.youtube.com/watch?v=Bk_qU7l-fcU>

Numeracy

1. Ask an adult if you can make some playdough. Help to measure out the ingredients. See the recipe attached.
2. Can you cut the playdough in half and then in quarters?

Literacy

1. Act out a story.
2. Put on a show, singing nursery rhymes and your favourite songs. You could make some puppets to use in your show. Have a look at the following link for some ideas. <https://www.youtube.com/watch?v=iyIDg6m4gA0>