

Have fun and enjoy some sensory play ideas, best do the messy ones outside.

SHAVING FOAM (maybe not dad's good stuff) supermarket own brand labels smell nice and it does the job. Either put it on a plastic tray or a suitable washable table, a few drops of food colouring or water based paint can be added to do colour mixing. Children love the feel of it and can make patterns, letter formation and drawings, you can even put a piece of paper over the pattern to make a textured print.

GLOOP - mix two cups of cornflour with one cup of water (a few drops of food colouring if you want) in a bowl or plastic tray and stir until all mixed together. Children love to see how it changes properties from solid to liquid either using their hands, forks, sieves, whisks. This is a great opportunity to introduce lots of new vocabulary ie. Solid, liquid, runny, squelchy etc.

BUBBLE BLOWING - mix some water based paint or food colouring with water and washing up liquid in a cup. Pierce a hole in the bottom of some straws (this makes it a bit harder to accidentally suck up) and tell the child to blow into the straw, have some paper beside the cup and watch as the bubbles cascade onto the paper allowing you to talk about the patterns, colours, shapes, size, and when they are dry they make lovely pictures.

LISTENING GAMES OUTSIDE/INSIDE - while sitting with your child get them to close their eyes and 'listen' then tell you what they can hear either close by or away in the distance, maybe make a list and see what additional noises can be added each day.

COPY CATS - this helps develop attention and co-ordination skills and can even be done while on video chats with other family members (please avoid actions that involve touching your face). Stand or sit facing each other and take turns at doing an action for the other to follow. Start with one action like hopping then increase to two or three part actions like hop, jump, and wave your hands. Talk about body parts, words for movements and positional language ie in front, behind, back and forward etc.

BACK TAPPING - sit with your child in front of you in a quiet area, use your fingers to tap out numbers on their back, start off by saying the numbers as you tap and once they get the idea let them count the taps on their own. Use your finger to draw out shapes or letters that are familiar like the first letter of their name. Recite nursery rhymes and tap in rhythm while also doing the actions such as the 'mouse running up the clock' in Hickory Dickory Dock or Humpty Dumpty 'had a great fall'.

Have fun and enjoy.