

DIY Play & Learn Activities

A few ideas to keep you and your little one busy when a distraction is needed.



Handy with a Needle and Thread :-Make your own Fidget Blanket



<https://www.youtube.com/watch?v=kK9C7foQ1Eg>

Fidget Blankets can encourage children's curiosity and interest; develop fine motor control of their fingers; promote thinking & problem solving skills and increases focus and concentration.

For more ideas, take a look at <https://www.pinterest.co.uk/>



Handy with a pair of Scissors and a Glue Stick:-Make your own 'All About Me' Scrapbook



Personalise a book for your child.

Spending time with your child, looking at photographs and talking about important people and things in your child's life, helps to develop a sense of security. Keeping your language simple will help your child to begin understand names of familiar people, objects or places.

Books can be as simple as you like: with photographs only; have a bit more detail including words and textures <https://www.pathstoliteracy.org/strategies/all-about-me> or be complex works of art <https://www.youtube.com/watch?v=H6NHCLzkavk> with pull tabs, flaps, pop up pages, accessories etc.

Pages can be personalised to reflect your child's specific interests. Things you might want to include:

- ✓ All about me! A photograph of the child
- ✓ My Family – Important people in the child's life
- ✓ My Pets – Any pets
- ✓ My Home – A photo of your home
- ✓ My Favourite... Toys / Foods / Songs / Places to visit / Interests

Handy in the garden:-Make your own living 'Teepee'



<https://www.youtube.com/watch?v=gRswTdECMVM>

Children love to hideout. Finding 'crooks and crannies' to hide away offer children a quiet space to go when they need a little 'time out' and privacy. This reduces anxieties and offers children reassurance. Why not encourage your child to play outdoors with a Sweetpea Teepee or living Willow Den. As well as gaining their own little sanctuary, they will also benefit from the fresh air, Vitamin D having the opportunity to be with nature.

Handy at recycling:-Make your own Outdoor Band



<https://project.theownerbuildernetwork.co/2017/02/03/outdoor-music-wall/>

Home bands can be made from old pots and pans, wooden spoons etc. This can help children explore noise: loud, quiet, soft, hard, beat and rhythm. Children can develop hand and eye coordination as well as an awareness of how their body moves to aim and hit an object. Guttering can double up as a musical instrument or a ball, car, water run. Look around the house to see what other things you can creatively recycle to keep the kids, and yourself, busy for a bit.

Handy with a Hammer and Nails - Make your own Mud Kitchen



Mud kitchens offer a great opportunity for children to begin to learn about their world. By copying what they see others doing around them, they have the chance to practise through the safety of role play. It also gives children the opportunity to explore different textures and be as messy as they like, without you having to worry about the mess.

Check out the learning and exploring through play website for directions on how to make your own mud kitchen as well as gaining a whole host of other ideas that is sure to keep you busy.

<https://www.learningandexploringthroughplay.com/2016/03/diy-mud-kitchen.html>