

# Pre-School Home Teaching

## Early Years Summer Activities



Here are some cost effective activities you might find useful to keep you and your child busy during the summer. These themed activities are intended to be carried out in any order. There is enough activities to try a different one each day of the holidays, if you choose. Just one or two of the key skills that can be learned are highlighted and underlined in the activity description for your information.

The activities are designed to be shared activities that you can do along with your child. Please ensure, for health and safety reasons, that your child is supervised at all times when participating in the activities or when they have access to the resources.

Have fun!

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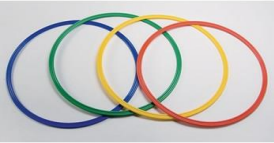




**Time for a Siesta!**

## Fun in the Sun!






<p>Day 1</p>		<p><b>Applying the Sun Cream - Summer Massage</b></p> <p>Rather than rushing to apply sun cream, try taking your time to combine sun cream application with a <b>relaxing</b> massage developing <b>body awareness</b> and <b>balance</b>.</p> <p>Prepare the child by showing them the bottle and verbally stating 'Sun cream'. Squeeze a blob on your hand so the child begins to recognise the noise as a cue. Allow the child to <b>explore</b> the scent. Gently state 'Sun cream On' and rest your hands gently but firmly on the child's legs. Begin a milking action down the leg until it is completely covered, including over the feet and gentle rolling each toe. Do the same for the arms and hands. Move onto back using a flats hand to make butterfly or circular motions before moving up the neck and gently placing your hands on the side of the child's face; sweeping down to the chin, over the forehead and eyebrows, and down the nose.</p> <p><a href="https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/">https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/</a></p>
<p>Day 2</p>		<p><b>Beach Ball Play</b></p> <p>A beach ball is ideal for little ones in summer. It is <b>LARGE</b> enough to <b>catch</b> easily, <b>LIGHT</b> enough to <b>throw</b>. Does interesting things including making <b>SOUNDS</b> when <b>BOUNCES</b>, <b>FLOATS</b> and <b>SPINS</b> in water, <b>ROLLS</b> with the slightest breeze etc.</p> <p>As well as <b>turning taking</b> games including <b>rolling</b> or catching the ball, you could have fun bouncing your child on the ball, rolling them over the top of the ball; or set up plastic bottles for some ten pin bowling!</p>
<p>Day 3</p>		<p><b>Cool down with Ice Cube Play</b></p> <p>-Place a selection of small toys with water into an ice cube tray before freezing. <b>Feel</b> the frozen cubes. Place them into a bowl of water and <b>watch</b> them bob up and down as they melt in the water.</p> <p>-Do the same with food colouring and use the coloured ice cubes to <b>create</b> water colour pictures.</p>
<p>Day 4</p>		<p><b>Sparkle and Shine</b></p> <p>-Have fun learning <b>fine motor skills</b>, painting with a bucket of water and brush. Try: different sizes of brushes, sweeping brushes, Paint brushes, Hand brushes, Rollers, Paint Pads etc.</p> <p>-Use some water and bubble bath to clean anything you can find with Cloth's and Sponges.</p>
<p>Day 5</p>		<p><b>Off for a Sensory Walk</b></p> <p>Place a row of 6-8 trays or a plastic runner on the ground. Fill the space with different sensory experiences for little ones to <b>explore</b> with their feet (or hands). Tubs can be filled with: Jelly, Spaghetti, Cornflakes, Shaving Foam, Rustling Paper, Pom Poms, Cold Water , Leaves &amp; Twigs, Water Balloons, Bubble Wrap Etc.</p>

# Rain, Rain, Go Away!

<p>Day 1</p>		<p><b>Make a your own musical Rainmaker</b>  <a href="https://www.activityvillage.co.uk/homemade-instruments-rainmaker">https://www.activityvillage.co.uk/homemade-instruments-rainmaker</a>  <b>To <u>make</u> your own rainmaker, you will need:</b>                  A snack tube or a long cardboard tube (such as used for kitchen foil)                  Paint (gold or silver)                  Glitter and sequins                  Glue                  Lentils or rice</p>
<p>Day 2</p>		<p><b>Jumping Bubbling Puddles</b>  <b>To help your child recognise <u>cause and effect</u>, you will need:</b>                  Waterproofs and Wellies                  A large tray, play pool or area to create your own puddle.                  A basin of water                  A squirt of bubble bath                  A touch of Glycerine – Optional but makes great bubbles!  <i>Extension Activity – Add some sweeping brushes to create some large bubble paintings.</i></p>
<p>Day 3</p>		<p><b>The Rain on the Window race</b>                  Support your child to sit by the window and just <b>listen</b> quietly to the sounds of the rain on the window. <b>Watch</b> the interesting paths the raindrops take as they race down the window. If you're happy to clean the windows afterwards – encourage your child to <b>feel</b> the cool glass and if they allow you, help them to use a '<b>pointy</b> finger' to follow the tracks of the raindrops.  <a href="https://www.youtube.com/watch?v=SYkJED5mZgM">https://www.youtube.com/watch?v=SYkJED5mZgM</a>  <i>(NB – Please be extra cautious around windows. Always check windows are securely locked. The child should not be left unattended by a window and there should be no furniture/access they can climb on in the future, in your absence. Ideally, where possible, try to use a patio / full length window.)</i></p>
<p>Day 4</p>		<p><b>Create a rainy day music session.</b>                  Place a number of Plastic Tubs Upside Down, Pots, Baking Tins, Jars (if it is safe to do so) outside in the rain and quietly <b>listen</b> to the 'tip tap' noises of each as they are hit by the rain.  <a href="https://mothernatured.com/nature-play/50-ways-to-play-in-the-rain/">https://mothernatured.com/nature-play/50-ways-to-play-in-the-rain/</a>  <a href="https://www.youtube.com/watch?v=G0LmB1sXEnk">https://www.youtube.com/watch?v=G0LmB1sXEnk</a></p>
<p>Day 5</p>		<p><b>Sail boats or hook a duck from a puddle!</b>                  Watch a boat float across a puddle. <b>Watch</b> it twist and turn in the wind. If you haven't got one, why not try making one from paper! Or...why not set those bath duck loose for a bit and watch them swim while <b>singing</b> 'One little duck'. Try 'hook a duck' using a brush developing <b>hand/eye co-ordination</b> etc.</p>


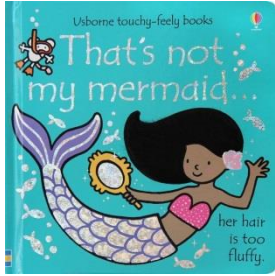


<h1 style="color: #76b82a;">Do the Hula, Hula, Hula!</h1>		
<h2 style="font-size: 2em;">Day 1</h2>		<p><b>The Hula Hoop Challenge!</b></p> <p><b>Explore</b> how many different ways you and your child find to use a Hula Hoop developing <b>gross motor physical skills</b>.</p> <p>A few suggestions to get you started: Roll &amp; Chase; Step Up &amp; Climb Through; Upright Spin; Flat &amp; Jump In; Step on, Circle &amp; Balance.</p>
<h2 style="font-size: 2em;">Day 2</h2>		<p><b>Giant Bubbles</b></p> <p>You will need: Hula Hoop, Bubble Mixture and a Paddling Pool</p> <ul style="list-style-type: none"> <li>-Create giant bubbles. Have giant bubble <b>fun!</b></li> <li>-If your child is feeling brave, encourage them to stand in the hoop and lift the hoop so the child is 'in the bubble'</li> <li>-Lift the hoop out the water and angle it slightly. Have fun throwing balls through the hoop into the bubbles.</li> </ul>
<h2 style="font-size: 2em;">Day 3</h2>		<p><b>Rock &amp; Roll Music Session</b></p> <p>Sit inside the hoop with the child and head off to sea with a <b>push/pull</b> action singing 'Row, Row, Row the Boat'</p> <p>Sit the child in the ring, in the upright position and <b>rock back &amp; forth</b> (like a Trapeze Artist) 'Rock, Rock, Rock the Boat'</p> <p><a href="https://www.youtube.com/watch?v=IHSDJdC7rwY">https://www.youtube.com/watch?v=IHSDJdC7rwY</a></p>
<h2 style="font-size: 2em;">Day 4</h2>		<p><b>Tactile Hoop for the Senses</b></p> <p>To create your own sensory hoop to develop <b>curiosity</b> and <b>stimulate the senses</b>, you will need:</p> <ul style="list-style-type: none"> <li>-A hula Hoop</li> <li>-Scrap Materials of different, colours, textures, patterns</li> <li>-Ribbons, Fine Cords, Beads, Bath Scrunchies</li> </ul> <p><i>(NB – Please do not leave a child unattended with a Tactile materials including ribbons and beads)</i></p>
<h2 style="font-size: 2em;">Day 5</h2>		<p><b>The World of the Hoop</b></p> <p>For a bit more <b>fun</b> and <b>new ideas</b> – Check out the link below for some more activities from The Son-Rise Programme in America</p> <p><a href="https://www.youtube.com/watch?v=FhoL1egbpWM">https://www.youtube.com/watch?v=FhoL1egbpWM</a></p>

## Down the Beach!

<p>Day 1</p>		<p><b>Beach Sensory Activity Bags</b>          To encourage your child to <b>investigate</b> &amp; explore you will need:          Thick Zip Lock Bags          Sand, Hair Gel, Shells, Pebbles, Small Sea Creatures  <a href="https://nurturestore.co.uk/sensory-bags-babies-toddlers-beyond">https://nurturestore.co.uk/sensory-bags-babies-toddlers-beyond</a></p>
<p>Day 2</p>		<p><b>Mini Sand Pit</b>          Create a small indoor/outdoor sandpit with a bag of play sand; basin, welly tray or kitchen dinner tray. Add Spoons, Egg Cups, Small plant pots with holes.</p> <ul style="list-style-type: none"> <li>-Sieve a small amount onto a smooth surface to make marks or <b>drawings</b> using a 'pointy finger or paint brush'.</li> <li>-Place common everyday objects on a clear surface and sieve sand over the top. Lift the objects and encourage the child to match the shapes of the <b>shadows</b> with the items e.g. Forks, Spoons, Knives; Dinosaur or Sea Creature Shapes etc.</li> <li>-Add plant pots, sieves, small bottles, measuring spoons to <b>tip and pour</b> Dry Sand.</li> <li>- Add water to create Damp Sand add small playdough moulds, egg cups and spoons to <b>make sand castles</b>.</li> </ul>
<p>Day 3</p>		<p><b>She Sells Sea Shells on the Sea Shore!</b>  <b>Listen</b> - What noises do they make in a bucket together?  <b>Say</b> ...the rhyme quickly to engage the child's interest!  <b>Look</b> ...at the different shapes, sizes and colours  <b>Feel</b> ...Different Textures – Rough, smooth, bumpy, sharp, long  <b>Make</b>...Shapes, Pictures, Imprints in dough etc.  <b>Do</b>...Tower Tall/ Post / Hide / Find</p>
<p>Day 4</p>		<p><b>Homemade Water Slides</b>          If you have a child who loves the bath or loves slipping and sliding:- use a large piece of plastic sheeting and cover it with water and bubbles. Support your child to <b>roll</b> on their tummy, <b>turn</b> and gently <b>slide</b> on their back. Let them explore the different sensations and control over their body in different contexts. Place them in the centre of a rubber ring or small inflatable and gently <b>spin</b> the child.</p> <p><a href="https://www.whichinflatable.com/water-slides/make-homemade-diy-water-slide-kids/">https://www.whichinflatable.com/water-slides/make-homemade-diy-water-slide-kids/</a></p>
<p>Day 5</p>		<p><b>Something Special – Take a trip to the beach with Justin!</b>  <a href="https://www.bbc.co.uk/iplayer/episode/m000fbtj/something-special-were-all-friends-series-12-9-beach-boats-and-birds">https://www.bbc.co.uk/iplayer/episode/m000fbtj/something-special-were-all-friends-series-12-9-beach-boats-and-birds</a>  <a href="https://www.bbc.co.uk/iplayer/episode/b03ybm4c/something-special-were-all-friends-series-9-22-beach">https://www.bbc.co.uk/iplayer/episode/b03ybm4c/something-special-were-all-friends-series-9-22-beach</a></p>

## A Summer Outing!

<p>Day 1</p>		<p><b>'A Whole New World!'</b></p> <p>Swap the building blocks for cardboard boxes. Take a trip anywhere you like by <b>lining up</b> boxes, <b>tower</b> boxes, <b>climbing</b> in boxes, <b>hiding</b> in boxes etc to take you on a journey to 'the unknown'.</p>
<p>Day 2</p>		<p><b>Off on the 'Rocky Road'</b></p> <p>-Have fun 'baking' some Rocky Road: <b>break</b> chocolate, <b>bash</b> biscuits, <b>squeeze</b> marshmallows, <b>stir</b> with a spoon, <b>taste</b> the ingredients, <b>smell</b> the mixture. Lovely!!!</p> <p><a href="https://www.bbcgoodfood.com/recipes/easy-rocky-road">https://www.bbcgoodfood.com/recipes/easy-rocky-road</a></p>
<p>Day 3</p>		<p><b>Out for Lunch</b></p> <p>-Take lunch outdoors and have some <b>imaginary</b> fun with a Teddy's Picnic and/or have your own little 'High Tea' with Sandwiches and Cakes.</p> <p><a href="https://www.bbc.co.uk/cbeebies/watch/my-pet-and-me-teddy-bear-picnic">https://www.bbc.co.uk/cbeebies/watch/my-pet-and-me-teddy-bear-picnic</a></p> <p>-Stay indoors and <b>make</b> your own 'foody' pictures.</p> <p><a href="https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/5-a-day/colourful-foods">https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/5-a-day/colourful-foods</a></p>
<p>Day 4</p>	 <p><b>LAUNDRY HAMPER FISHING BOAT!</b> +4 more ways to play in a hamper!</p>	<p><b>Let's go Fishing</b></p> <p>-Place a blanket on the floor and use a box or washing basket as a boat and/or a pillow as a rock. Open a paper clip to create a hook and hang it from a wooden spoon. Place cardboard fish on the floor, with a large paper loop and practise fishing. Once your child can successfully <b>catch</b> a fish, substitute some of the fish with cut outs or photos of everyday objects to practise <b>naming</b> key words: 'Shoe', 'Toothbrush', 'Spoon', 'Cup' etc</p> <p><a href="https://www.pinterest.com/pin/69383650486892919/">https://www.pinterest.com/pin/69383650486892919/</a></p>
<p>Day 5</p>		<p><b>Party Fun</b></p> <p>Pull the curtains; turn out the lights; wear dark sunglasses; find some glow sticks, get some dancing scarves or ribbons; use a disco bulb in a lamp; turn up the <b>music</b>, and <b>dance!</b></p> <p>If this is all 'a little too much'...what about trying a silent disco! ...Or just some gentle, children's disco visuals</p> <p><a href="https://www.youtube.com/watch?v=r2b2bvkiRcI">https://www.youtube.com/watch?v=r2b2bvkiRcI</a></p>

Time for a Siesta!		
Day 1		<p><b>Hammock Swinging Games</b></p> <p>For children who have Proprioception Sensory Needs or simply liked to be <b>hugged</b>, squeezed or wrapped have fun with a sheet or large blanket and with the help of a friend, create a swinging hammock</p>
Day 2		<p><b>Sun, Story and Chill!</b></p> <p>Usborne <b>Sensory Books</b> by Fiona Watt:            'That's Not My Plane'            'That's Not My Mermaid'</p> <p>DK Books Pop up Peek-A-Boo – Under the Sea</p>
Day 3		<p><b>Mindful Cloud Watching</b></p> <p>Lie flat alongside your child quietly and encourage your child to just look at the sky and cloud <b>watch</b>. Or, lie next to a plant and just allow your child time to look at flowers in details or gently <b>movements</b> of the leaves in the wind.</p>
Day 4		<p><b>Summer Themed Yoga</b></p> <p>Enjoy a little gentle <b>exercise</b> with these Summer Yoga Themed Poses. Which Sea Creature are you? Crab, Boat, Octopus, Dolphin or Shark?</p>
Day 5		<p><b>Finding a hide out!</b></p> <p>Had enough sun and need a little <b>time out / hide</b> away! Use black out blinds, dark tents, summer tents, wind breakers, beach towels over chairs, forest dens etc to create a cool, dark shaded space to hide away!</p>



## Links and References

<https://www.bhf.org.uk>

<https://www.bbc.co.uk/cbeebies>

<https://www.bbcgoodfood.com>

<https://nurturestore.co.uk>

<https://www.pinterest.com>

<https://mothernatured.com/nature-play/50-ways-to-play-in-the-rain/>

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>