



**Pre-School Home Teaching Service**

**Learning through Scotland**

## **Scottish Food Play**

### **Haggis**

Haggis has some wonderful spices to stimulate your child's senses.

(Keep food play separate from your child's regular mealtime, dinner plates etc.)

Put some cooked and cooled haggis on a tray or play mat. Your child will instantly experience the smell of the spices. If they are confident to put their hands in, they will have the opportunity to explore the grainy texture through touch. Haggis can be interesting to look at. Your child can see the colours and movements as it forms a shape or rolls across the tray. Do not put any pressure on your child, however if they choose, they can taste the Haggis and explore the texture within their mouths.

You can give your child spoons, forks, pots to encourage play. If you or your child is vegetarian, you can also substitute for a vegetarian haggis.



### **Irn Bru**

Irn Bru can have a tremendous amount of fizz!

Just opening a can or bottle in front of your child can have an instant reaction.

Put a small amount of freshly poured Sugar Free Irn Bru into a plastic shot glass and gently holding it to the side of you little one's cheek, can really grab their attention; encouraging your child's shared attention.

Not only will they feel the soft bubbles shooting gently against their skin, they will also be able to listen to the fizzing sound of the juice in the glass.

(If you child becomes upset at any stage in the activity, stop.)



### **Shortbread Fingers**

Short bread fingers can be great fun to use as a drum stick, during a Scottish sing-song with some pots and pans.

Crumble shortbread biscuits and run a car through it for a variety of textures and sounds.

Dip in yogurts and use it as a Shortbread Finger as a spoon.

Mix with a little bit of milk, to a paste consistency and mark make in your own edible paint.

## **Finger play song**

This is a nice traditional Scottish song to sing with your wee one. You can do the actions as described under the song or use puppets or finger puppets. There is a link at the bottom of the page to an example of someone singing this if you are not familiar with the tune.



## **THREE CROWS**

**Three crows sat upon a wa  
Sat upon a wa, sat upon a wa aw aw aw  
Three crows sat upon a wa  
On a cold and frosty mornin.**

*(hold three fingers of right hand clenched in left fist, and wave them)*

**The first crow was greet'in for its maw.**  
*(indicate first finger, then mime crying)*

**The second crow fell and broke its jaw**  
*(indicate second finger, then smack self gently on jaw)*

**The third crow could'ny flee at aww.**  
*(indicate third finger, then waggle elbows trying to fly)*

**The fourth crow wis'nae there at aww.**  
*(hide all fingers, then shrug and open hands out)*

<https://www.youtube.com/watch?v=Ckhyx9QCMpo>

## **Some other Scottish Songs your might enjoy singing with your little one:**

- Oh ye, canny shove yer Granny awf a bus!
- Ally Bally, Ally, Bally, Bee!
- Wee Willie Winkie!

## **Scottish Bookbugs!**

‘Sharing stories, songs and rhymes with babies and young children has many benefits including supporting children’s language, learning and social skills. It’s fun, free and simple, and the benefits will last their lifetime’. – About Bookbugs <https://www.scottishbooktrust.com/>

Why not dig out those Bookbug activity packs or visit Bookbug’s online for a wealth of Scottish activities and online sessions

<https://www.scottishbooktrust.com/bookbug>

WE ♥  
BOOKBUG!

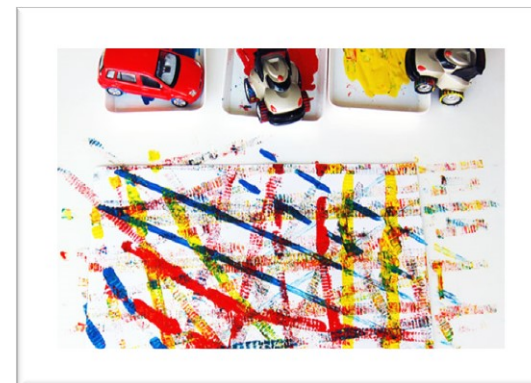


## **Make and Do at Home in Scotland!**

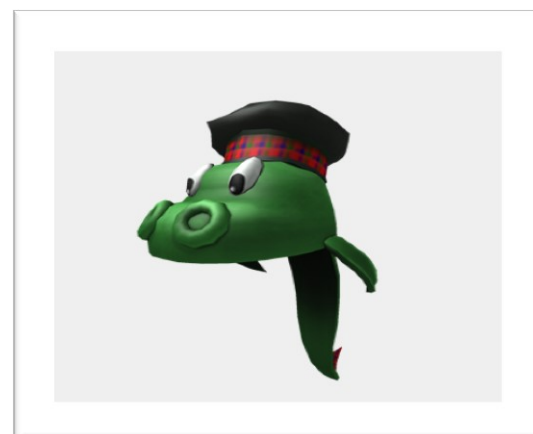
Build those **shared attention** skills by play ‘catch and roll’ with some homemade Pom, Pom Sheep.



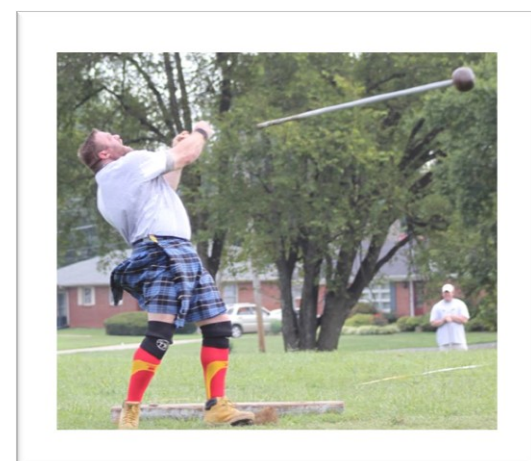
If you want to focus your child’s interest in **spinning or lining up**, make your own tartan by rolling cars through paint.



Make your own Loch Ness Monster Hat and encourage your little one to build their **vocalisations and imitation skills** as you have fun ‘stomping’ and ‘roaring’ and ‘hiding’ like the Loch Ness Monster.



Roll some socks and push them into the toes of an old pair of tights. Tie a knot at either end of the socks to create a haggis. Little ones who are developing their **vestibular** and **proprioception** through spinning and throwing activities will love it!



## **Get Outdoors – Scotland Treasure Hunt**

### **-Dress up warm to explore Scotland's Countryside**

Take your little Scottish flag and head off for a walk in the wind. Jump in muddy puddles. Feel the icy cold air on your cheeks. Feel the rain on your face, take a walk in countryside try: Polkemmet, Becaigs, Linlithgow Loch, Almondell & Calderwood .

### **-Climb hill's together**

Start Small – No need to head for the Munro's just yet -Help your child climb up and run back down hills builds their balance; raises awareness of different muscles, offers the opportunity to experience different forces (or even angles if they are in are in a wheelchair/buggy), develops confidence, increases awareness of safety.

### **-Go on a hunt for some Scottish animals**

-If you feeling brave and it is safe to do so, get up close to: Scottie Dog's, Sheep, Shetland Ponies, Highland Cows. (Looking for places in/around West Lothian to try: Urban Nature, Almond Valley Farm, Five Sisters Zoo, Scottish Owl Centre, Muiravonside Country Park etc)

### **-Visit Castles and Palaces! The clue is in the detail!**

You don't even need to go in. Just walk around the outside of Linlithgow Palace for example. Let your child stand beside the wall and just experience its sheer size. The brickwork alone can have an immense amount of detail that is of interest to little ones. Look out into the open air, with a loud voice, help your child to experience echo. With the correct supervision, the uneven surfaces and surrounding rocks can provide amazing climbing opportunities!

