



INSIDE PHYSICAL ACTIVITIES

Apps

Ioga selog, Cyw tiwb,





On the Internet

Ffit Cymru - You Tube

P.E with Joe Wicks - You Tube

Dance with Oti Mabuse -Facebook

Dancing Party



Put tape (masking tape) on the floor for your child to walk on it - practise balancing skills.



Treasure Hunt around the house. Hide and seek



Move chairs to create an obstacle course -crawling, through, under...

Create Den

Ideas on Pintrest



Balloons

Keep the balloon in the air

Pass the balloons without using hands.

Socks

Have a snowball fight with white socks.

Throw socks into a bucket or pot. Keep score

Parachute Games

Use a blanket or throw as a parachute



Move like something in the house - hoover, washing machine, blender... Read or create a story and act the movement e.g. We are going on a Bear Hunt.



Play Simon Says - create shapes e.g. star shapes, move like an animal.









Use a hula hoop/pillows to jump on them e.g. which is the farthestkitchen, bedroom, grandma's house or the shop?

Wear a mask and the parents to place the food on the child's tongue. Can you guess what it is?

Spring Scent

Collect petals from the garden and place them in a bottle with water to create some perfume..

Treasure Hunt

Metal/wooden/plastic objects around the house.

Homemade Bubbles

1 cup of granulated soap or soap powder, 1 litre of water and food colouring

Smell Pots

Place vegetables/fruit in an empty yogurt pot. Cover with foil and make some small holes in the foil. Guess the smell

DISCOVERY ACTIVITIES

LEARNING AT HOME IDEAS- EARLY YEARS

Hard and Soft!

What happens?

Make jelly

Rice Krispies cakes

Feely Bag

Place items in a sock and guess what it is. (without looking)

Make Ice

lollypops with water and food colouring.

Paint with them.

Ready! Steady! Cook!

Hide items under a cloth - choose some and create a tasteful lunch with each other. Create a small world in a washing up bowl e.g. stones, leaves, soil, twigs for a dinosaur world. Soil and grass a farm yard animals.

Look and remember game

Place items under a tablecloth, show the items for a second and take 1 away. Raise the tableclothwhich one is missing?

Weather

Take a daily picture of the weather



Place objects/toys in the sink/bath/bowl.

Which ones float and which ones sink?

Place a small toy/ lego piece in a bowl with water and freeze. How can you get it out? Experiment with salt, warm water and tools.









Lay the table



Dusting the house





Putting toys away



Working together



Make it fun with music



CREATIVE IDEAS

Pack a bag - to the jungle, moon, Antarctica?

What will you need?

Create a Hand Print

https://www.redtedart.com/handprint -pop-art-activity-andy-warhol/

50 Super Rainy Day **Activities**

(for children of all ages)

https://www.mykidstime.com/thing s-to-do/50-fun-rainy-dayactivities-for-kids/

Make a castle out of recycled boxes or a plane, pirate ship, rocket....





Use kitchen utensils to create different sounds. Recycle plastic bottles to create instruments.

Role Play – Superhero Centre

Phone, keyboard, map, pencils, cape (towel, blanket). Create a handprint (secret code)

Role Play - Café/Bakery

Use a box for an oven, cupcake cases, rolling pin, whisk, trays, mixing bowl, clay/playdough to create cakes, biscuit cutters, recipe books, scales, labels.



Nature Art: - Create a pattern use leaves (shape, size)

https://theimaginationtree.com/wp -content/uploads/2015/10/12-Autumn-leaf-art-activities-forkids.jpg

Role Play -**Post Office**

envelopes, stampers, pencils, till, scales



Sock Puppet Show





































