|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. Bubbles!  Make some homemade bubble mixture and homemade wands from straws, cookie cutters.  50ml washing up liquid/300ml water. Bubble wands can be made from straws/paper clips. | 2. Sock Challenge  How many rolled up socks can you throw in a hoop, in a bucket, basin or at a target?  Balance a rolled-up sock on your head & have a race. | 3. Finger Gym  Thread pasta onto a shoelace/wool. Use tweezers/cooking tongs to pick up pasta.  Push / Pull Lego or any building bricks together.  Or get creative and finger paint! | 4. Family Games in the Garden  Stuck in the Mud  Skipping, Hopping Games  Duck, Duck, Goose  Races / Tag  All the family can join in! | 5. Hide’n Seek/Sardines  Family fun for everyone!  Hide indoors…  Take turns to count and hide around the house |
| 6. Family Bake Off!  There are lots of simple recipes for kids online.  Baking helps children learn lots of basic skills, think of the maths skills you can develop, it sparks creativity! | 7. Fun in the Bath!  At bath time use recycled yogurt pots, bottles, butter tubs. Have fun filling, pouring, emptying.  . | 8.Yoga  Try cosmic yoga for kids on YouTube...a fun way for the whole family to relax in the evening! | 9. Magic Dens  Use blankets, towels, sheets, chairs and a sprinkle of imagination to create a magical hideaway! | 10. Play-Doh  Rolling pushing, pulling, squeezing dough will help develop fine motor skills & strengthen hand muscles. Play-Doh recipe in your home learning booklet. |
| 11. Parachutes  This is an activity for all the family. Use an old sheet as a parachute—roll up socks, put in the middle of the parachute, everyone starts moving to pop those socks off the parachute! | 12. Take Chalk for a Walk in the garden.  Take chalk for walk outside, chalk wavy, curly, zig zag lines, thick and thin lines to create an outdoor masterpiece. | 13. Brilliant Ball Skills  Throw and catch ball. How many times can you bounce the ball? Can you throw the ball into a bucket?  Or try catching a balloon? | 14. Obstacles  Set up mini obstacle courses at home using items from your house to encourage children to move in different ways using different body parts. Climb over, under, through | 15. Sensory Play  Pour rice/flour into a tray or baking tin...make shapes in the rice/flour with your fingers. |
| 16. Camping  Make your own fort in the living room, camping snacks, make a pretend campfire, tell stories around the campfire etc | 17. Dance!  Turn on some music and dance, play musical statues. Try tumble tots at home for kids on You Tube | 18. Wonderful Walks  **I**ndoors or outdoors in your garden walk forwards, backwards, sideways, small steps then giant steps, fast & slow steps. | 19. Animal Moves  Use your body to pretend to be different animals e.g. slither like a snake, flutter like a butterfly, bounce around like a kangaroo | 20.…& Relax!  Set up a calm corner, listen to calming music, read stories, sing nursery rhymes. |

