

Sensory play



This is a great sensory idea, especially when you can do it outside during this nice weather and not have to clean up your kitchen! You could use cars, dinosaurs, animals, anything you like! Strip them to their nappies, sun cream them up and let



them get messy ☐

EYFS links

Communication and language - speaking

Uses single words (8-20)

Personal, social and emotional development - making relationships

Plays alongside others (16-26) if they have someone to play alongside!

Physical development - moving and handling

Enjoys the sensory experience of damp sand, paste and paint (8-20)

Expressive arts and design - exploring using media and materials

Notices and is interested in the effects of movements which leave marks (8-20)

Outdoor play



Ball rolling

Encourage your baby to roll a ball back and forth with you or their sibling. Playing cooperatively with someone is a step on the EYFS. It is quite a high one for babies, so don't worry if they can't do it, just have fun with them and encourage cooperation and interaction! You can also use this activity to encourage speech. Ball is a common first word for babies to pick up. Keep repeating the word "ball" and see if your baby can say it too. Another idea is to count to 3 before you roll the ball, saying "1,2,3, go!". Leave the pause between '3' and 'go' longer and longer each time, eventually, baby will learn to say "go" in that pause because they're anticipating what's coming.

Links to EYFS

Personal, social and emotional development - making relationships

Plays cooperatively with a familiar adult e.g rolls ball back and forth (16-26)

Communication and language - speaking

Uses single words - (8-20)

Physical development - moving and handling

Passes toys from one hand to the other (8-20)



Indoor play

Homemade Edible Finger Paint is perfect for babies aged 6-18 months as they are more likely to place paint covered fingers into their mouths. It is also a great paint for their 'first' painting experiences when you are unsure if your baby is going to try and consume the paint.

This Homemade Edible Paint Recipe is super easy to make and uses regular items found in the cupboard. It is safe for children to put into their mouths but bland and not tasty to discourage eating the paint. It is not a sweet or sticky paint and has a wonderful smooth texture....perfect for finger painting sensory play!

INGREDIENTS

- 4 Tablespoons of corn flour (corn starch)
- Cold water
- 1 Cup of boiling water
- Liquid food colouring

METHOD:

- In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
- Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
- Turn on medium heat on the stove and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
- Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined.
- Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.

Tip: If the mixture has hardened from being in the fridge, adding a little bit of boiling hot water or leave the paint out for a few hours will return to its smooth consistency.

Links to EYFS

Physical development - moving and handling

Enjoys the sensory experience of damp sand, paste and paint (8-20)

Reaches out for, touches and begins to hold objects (0-11)

Communication and language - listening and attention

Fleeting attention - not under child's control. New stimuli takes whole attention (0-11)

Expressive arts and design - exploring using media and materials

Explores and experiments with a range of media through sensory exploration and using whole body (8-20)

Notices and is interested in the effects of movements which leave marks (8-20)