



## Sensory play

Whilst out on your one lot of exercise a day, you could have a look for some lavender or other pretty flowers to freeze into an ice block. Below are the instructions, but please make it your own! Add a coloured paint or food colouring. Let them explore using their hands,



mouth, feet. Use tools to break it up and explore the water after it melts.

### Links to EYFS

#### Communication and language - listening and attention

Concentrates intently on an object or activity of own choosing for short periods (8-20)

Has a strong exploratory impulse (8-20)

#### Physical development - moving and handling

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

Picks up small objects between thumb and fingers (8-20)

## Outdoor activity



### Chalk drawing

If you have a patio or a concrete section to your garden, or if it's safe for your little ones to be out the front of your house on the pavement (with you of course!) then chalk drawing is a great outdoor activity. Let them go crazy with their designs. Draw some shapes for them to look at, write their name, draw a car or an animal and see if they can say the word. If they are able to hold the chalk and enjoy making marks, we would love to see some pictures on Family!

#### Links to EYFS

##### Physical development - moving and handling

Holds pen or crayon using whole hand grasp and makes random marks with different strokes (8-20)

This is a lot of the children's next step. Check your child's assessment on Family to find out their next steps, but if they are walking or in Baby 2, then the chances are, this will be their next step!

##### Communication and language - speaking

Uses single words (8-20)

Frequently imitates words and sounds (8-20)

## Indoor activity



### Dancing!

I'm sure at some point the children have too much pent up energy and all you want to do is take them to soft play to burn it off. Whilst this is not an option, dust off the CD player, or put some music on your phone for them. Upbeat nursery rhymes or songs with actions they can join in with are perfect. If they are not standing/walking, sit with them and hold their hands. Do 'Row Row Row your boat' or encourage them to move their bodies to the music.

### Links

Here are some links to some good music videos on YouTube for children:

[https://m.youtube.com/watch?v=JF\\_RdxFMjjik](https://m.youtube.com/watch?v=JF_RdxFMjjik)

<https://m.youtube.com/watch?v=blikMO-Ro9o>

<https://m.youtube.com/watch?v=5HL14p3WO6E>

### Links to EYFS

Communication and language - listening and attention

Expressive arts and design - exploring and using media and materials

Moves whole bodies to sounds they enjoy, such as music or a regular beat (8-20)

Personal, social and emotional development - making relationships

Builds relationships with special people (8-20)