



# ACTIVITY PACK



Foundation Years Trust



# PAINTING WITH WATER

Taking art outside is so much fun and all you need for this activity is a bowl of water and different size paint brushes. Painting with water is easy to set up with very little mess.

Take the bowl of water outside and position it by a wall or an area of the floor. Add the brushes and encourage your child to paint with the water.

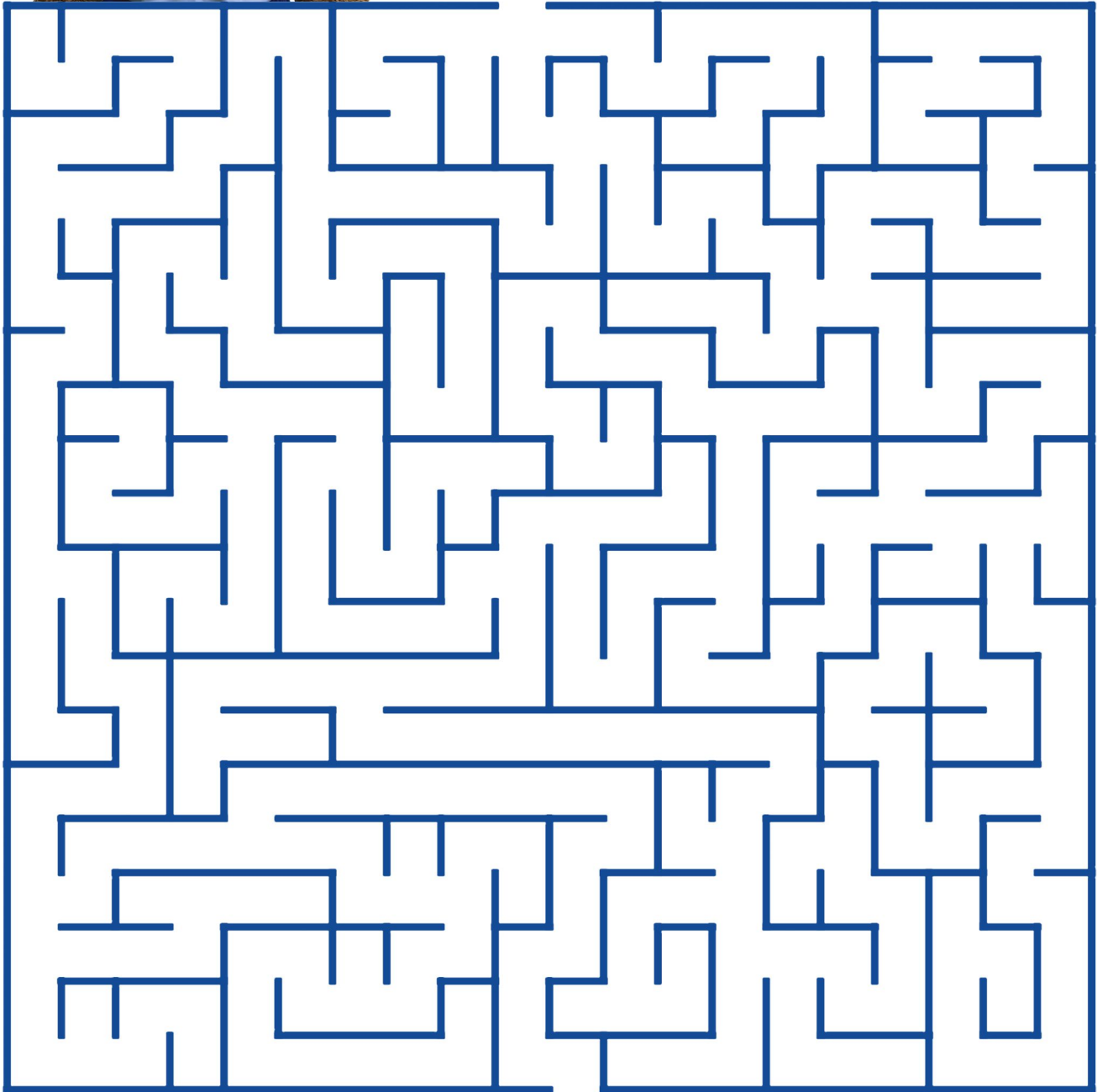
More:

- Use sticks instead of brushes and talk about the difference.
- Make a brush with a stick, leaves, a flower and elastic band.
- Paint on different surfaces such as wooden fence or an easel.

This activity not only promotes fine motor skills for toddlers and pre-schoolers, it encourages your child to be creative with different materials other than paper and paint. It also gives opportunity to discover shapes and letters painted with water.



# MAZE



# WALK OUTDOORS

A walk can be an opportunity for some exercise, fresh air and lots of chatting to each other.

Next time you're in a local park or green space, talk about what changes you can see.

Are the leaves changing colour? What's growing?

Stop, and listen to the different sounds in the environment. Can you name what you hear? Are there some sounds you don't recognise?

Look for treasure. Can you find different types of leaves or perhaps conkers or a stick? Remember to wash your hands if you've been picking up treasure. Take a sensory walk.

When out and about with your children take some time and use your senses to really explore the natural world together. Listen to the birds singing or the waves at the beach. Look for insects scurrying around, watch how the leaves flutter in the wind. Smell flowers, seaweed or freshly cut grass. Feel the different textures of shells or leaves or sandy stones.

Taking the time to explore the natural world with our children encourages their curiosity, the use of senses to explore and a growing understanding of their world. It also supports physical activity and is beneficial for both adults and children's well-being.

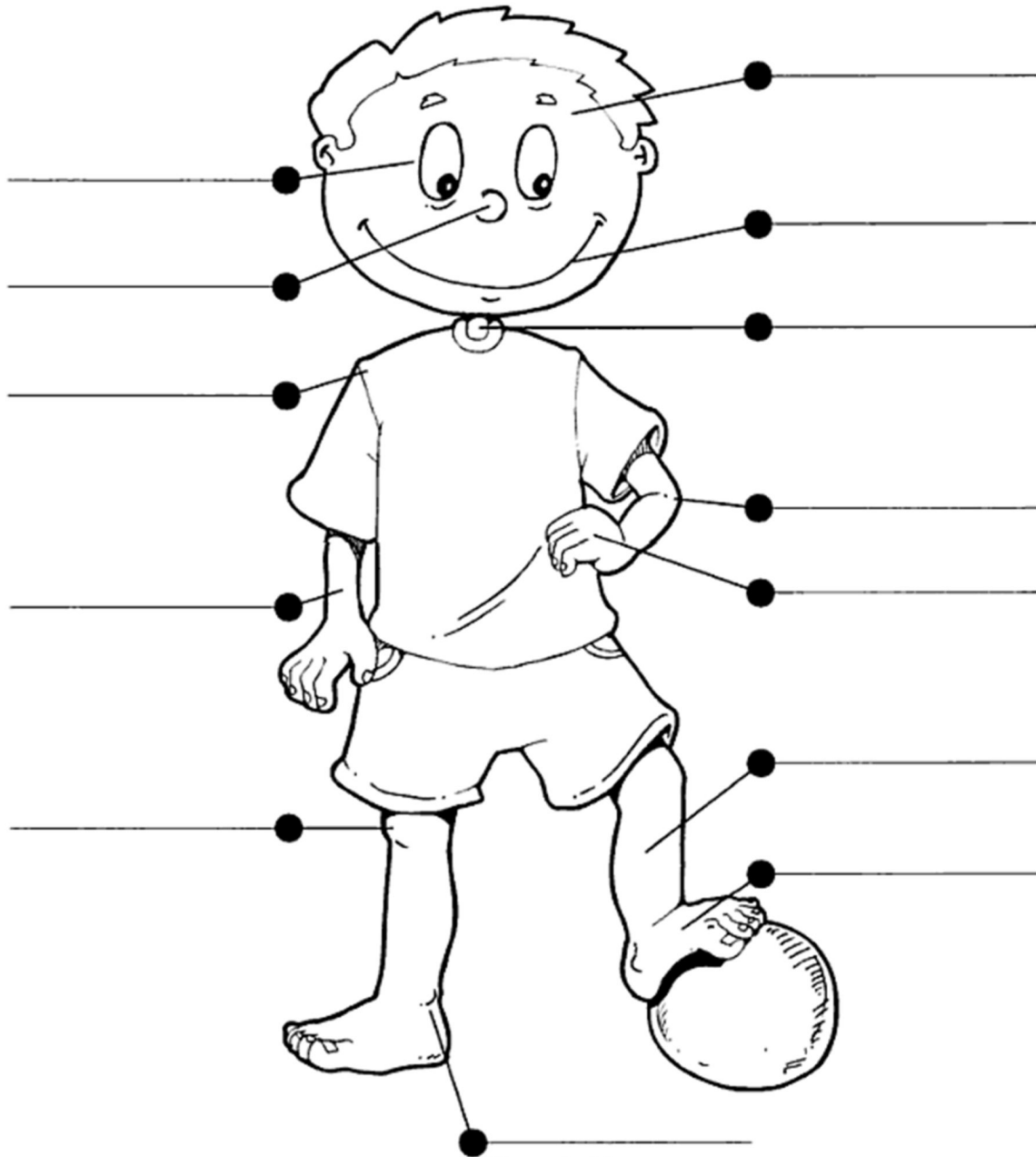
So have fun and make memories together when you're out and about.



# THE BODY

Using the labels below match them up to the correct body part

eye	foot	nose	knee	ankle
head	shoulder	neck	hand	
arm	mouth	elbow	leg	



# EASY PLAY DOUGH

No flour? No worries. This play dough is easy to make with your children and you'll have lots of fun playing together.

Instructions:

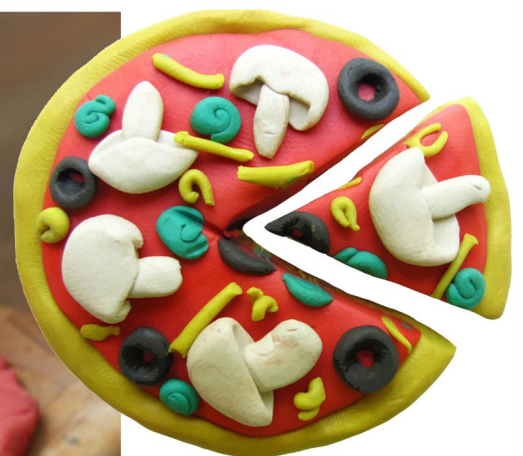
1. In a large mixing bowl combine 1 cup of shaving cream with 2 cups of cornflour.
2. Stir shaving cream and cornflour well.
3. Use your hands to knead the rest of the cornflour into the dough.
4. If the dough feels too sticky, add more cornflour. If the dough feels like it's crumbling, add more shaving cream.
5. Use a fork to mix in food dye.
7. Once the colour is mostly mixed in, add a few pinches of cornflour and knead the dough until the colour is fully combined.

Your playdough is ready to be played with! Store it in an airtight container.

Use straws, spoons and cookie cutters to make pretend cakes. Or mould the dough into different shapes, using your hands and fingers.

Find things with textures or patterns to press into the dough to make an impression, like bubble wrap, or a brush.

Manipulating play dough really supports your child's early writing skills because it gives them opportunities to use and strengthen muscles in their arms, wrists, hands and fingers. They'll need to do this before they can fasten buttons, or even hold a pencil and put the right amount of pressure on the paper to make a clear mark.



# COLOURING



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COOL2BKIDS

# JOBS AND CHORES

Thinking about your child's age and development, try to come up with a list of chores around the house which you know your child will be able to manage, or chores you could do together working as a team.

Some jobs they could help with might be to sweep up, sort washing and pair socks, wipe the table, help with the shopping list. Perhaps you could create a rota and build it into your daily routine so your child knows what to expect, you could sing tidy up songs or make up your own song for the jobs you're doing.

Have fun together, celebrate their achievements and give lots of praise, positive language and smiles!

More ideas:

Encourage your child to start doing some things for themselves such as putting on socks, pulling up a zip on a coat

Allow your child to make some choices. This could be which fruit to have for snack or which game to play together.

Make a scrap book of your child's achievements. Remember lots of praise and encouragement and have fun!

Why?

If we help our children feel good, confident and proud of themselves they are more likely to try and explore new things and go on to become confident learners.





# WORD SEARCH

B	L	A	C	K	B	O	A	R	D	E	S	K	N
R	C	R	T	E	K	E	P	R	R	T	D	E	U
N	S	S	E	S	G	L	U	E	S	T	I	C	K
E	S	N	H	S	O	A	E	T	O	A	G	R	R
A	C	A	O	A	A	K	K	T	E	K	J	A	O
C	I	H	L	T	R	R	N	I	E	P	H	Y	T
S	S	K	L	O	E	P	E	L	A	E	O	O	A
R	S	I	S	P	A	B	E	G	P	N	M	N	L
E	O	K	K	Y	S	I	O	N	M	S	E	S	U
K	R	A	O	O	L	A	A	O	E	S	W	A	C
R	S	C	O	M	P	A	S	S	K	R	O	A	L
A	A	E	B	N	A	O	S	A	S	K	R	K	A
M	B	K	C	A	P	K	C	A	B	E	K	P	C
E	A	O	L	R	S	J	O	U	R	N	A	L	S

GLITTER  
SHARPENER  
HOMEWORK  
JOURNAL  
ERASER  
BLACKBOARD  
NOTEBOOK  
BACKPACK

CRAYONS  
SCISSORS  
GLUE STICK  
MARKERS  
BOOKS  
CALCULATOR  
COMPASS  
PENS



# FRUIT KEBABS

With the children discuss what fruits they are going to pick to put on their fruit kababs, talk about likes, dislikes and encourage them to pick one fruit they haven't tried yet.

Include the children in all the preparation and making of the fruit kebabs, giving support when needed. Use this opportunity to talk about the importance of washing hands, washing the fruit, where does the fruit come from?, how does it grow?, talk about colours, shapes, size, names, count how many fruits they used, etc. Enjoy eating!

More ideas:

Setting the table  
Teddy bears picnic, sandwich making  
Pastry dough play with cutters  
Washing the plates

Why?

Including children in mealtime preparation has many benefits. It develops their social and communication skills, as lots of conversations are had during this bonding time. It also supports early math skills, knowledge of their world, and physical skills.



# COLOURING

