



ACTIVITY PACK



FOUNDATION YEARS TRUST



MAKE A MUSICAL INSTRUMENT

WHAT TO DO!

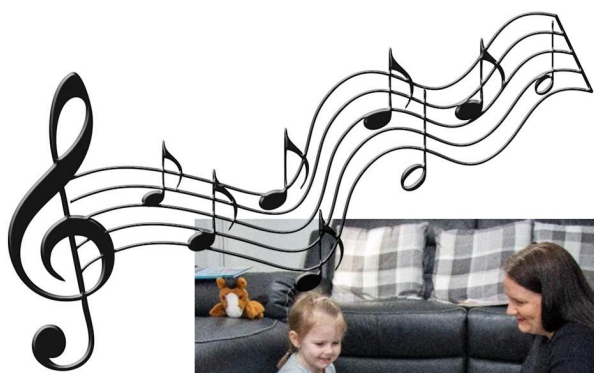
Find some resources from around the house and garden such as toilet or kitchen rolls, utensils, plastic bottles, old pans, a griddle pan, keys, sticks from the garden, rice, rocks, and use them to create different instruments. You could make shakers, drums, rain makers, jingly keys, a scraper or anything else you can think of. Try banging pots and pans with different spoons to hear the different sounds. Make a shaker using a plastic bottle. Or maybe more than one using different fillings. Try dried pasta or rice. Anything that's small enough to fit in. Remember to secure the top tightly. Hang items such as kitchen utensils and small pans on a washing line and use a spoon to tap them. Find different sounds around the house, bang a cushion, clap hands, shake the cereal box just explore together. You could create a family band, march around with your instruments and sing The Grand Old Duke of York or any other nursery rhymes you know.

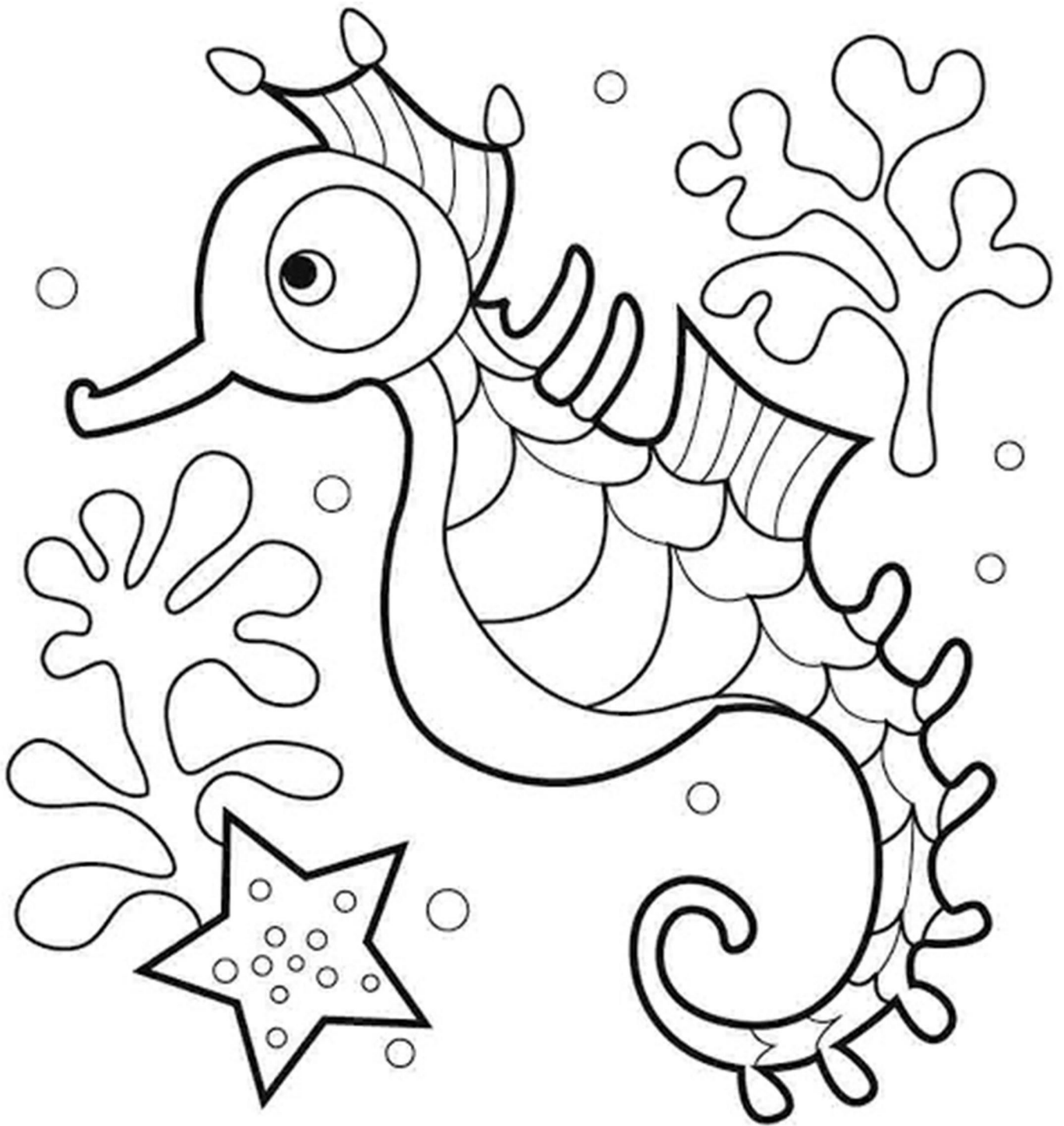
Perhaps record your efforts and send it to family or friends. Ask your child or children to put on a musical show, you could make an area for a stage.

Explore how these different instruments sound together. See if your child can notice loud and quiet sounds. Encourage them to follow your lead and copy the beat, and why not sing some songs together whilst playing along.

WHY WE DO THIS!

Making music and exploring sounds together has many benefits for children. It encourages listening and communication skills, the ability to express themselves in different ways, and their imagination and creativity. It is also a great way to promote bonding and social skills as you are listening to and watching one another and taking turns.





OBSTACLE COURSE

WHAT TO DO!

Collect lots of different items from around your house such as cushions, plastic bottles, sheets, boxes, clothes maidens, laundry baskets and have lots of fun creating challenging obstacle courses.

Using the items you've found work together to move in a variety of different ways. Jump, weave, crawl, climb up or in, spin, wriggle, go under and over, skip, tiptoe, roll. Challenge each other or work as a team to be the fastest, or beat your own time. Make a certificate or medals for the winner. (You can find one at the back of this booklet)

WHY WE DO THIS!

Opportunities to develop the vestibular system (which controls balance and movement) supports muscle and core strength. This will help children to negotiate space confidently and develop skills for reading, writing and mark making.

JUMP

WEAVE

CLIMB

CRAWL

WRIGGLE



PLAY WITH PUPPETS

WHAT TO DO!

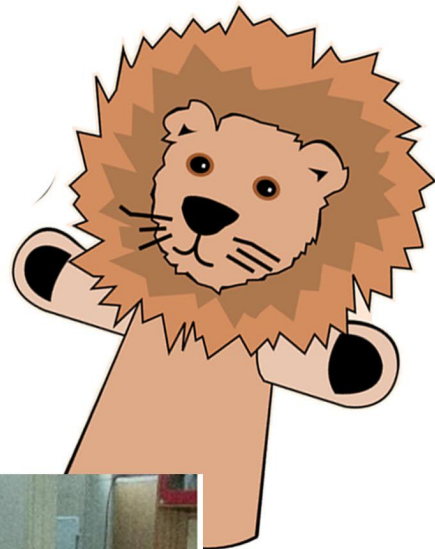
Use teddies or soft toys, puppets or make your own characters using wooden spoons or utensils. Perhaps you could make a puppet theatre using a big box or a table. Use different objects from around your house as props.

Follow your child's lead and play! You could use a toilet roll tube for a horse for your wooden spoon princess. A blue sheet with a box for a ship in the rough sea searching for land and buried treasure. A box for a rocket, and why not make your own super hero. The possibilities are endless!

Put on a puppet show for the rest of your family. Create wooden spoon characters from stories and retell them in your own way. Use puppets to make up your own stories together.

WHY WE DO THIS!

Playing with your children in this way will encourage the development of their language and listening skills, social skills and imagination and creativity.



FROZEN

WHAT TO DO!

With the children find a container, fill it with water and add different items, e.g. flowers, small world toys, beads, and freeze.

When it is frozen allow the children to explore how the ice melts. Discuss how it feels, observe what happens to the ice, use different language such as solid, liquid, full, empty, heavy, light, big, small. Ask questions such as how can it melt faster e.g. sitting in the sun, pouring water on it, smashing it into smaller pieces.

More:

- Colour mixing ice cubes with fruit juice or food colouring. Use them to paint with and explore how primary colours mix together to make another colour.
- Sensory jelly, when the jelly is set mash it up and freeze. once frozen have a play.
- Frozen rubber gloves, fill the gloves with water, tie the end and freeze. Use them to encourage counting, adding 1 more or perhaps taking 1 away.

WHY WE DO THIS!

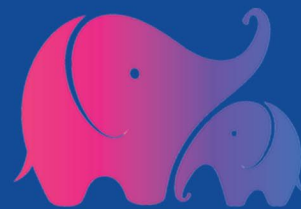
Experimenting with ice is an easy fun way to introduce early mathematical concepts such weight, volume and capacity.





CONGRATULATIONS

YOU'VE WORKED REALLY HARD THROUGH THOSE OBSTACLES



#parentsmakethedifference