

HAVE FUN AT HOME WITH THESE EASY ACTIVITIES!

Remember what's important! Be together, play together, talk together.

PINEAPPLE, BANANA AND ORANGE SMOOTHIE



Ingredients

- 225g/8oz fresh or canned pineapple pieces
- 1 banana sliced
- 150ml/5fl oz orange juice

Instructions

- Put the pineapple, banana and orange juice into a blender and whizz everything together until smooth. Pour into a glass and enjoy!

ICE PAINTING

What you need

- 🕒 1 cup of water
- 🕒 Red, yellow, green, and blue food colouring
- 🕒 Short Popsicle sticks
- 🕒 Ice cube tray

Instructions

1. Pour your water into your ice cube tray evenly
2. Add just a tiny drop of red food colouring to four different cubes and mix well
3. Add just a tiny drop of yellow food colouring to four different cubes in mix well
4. And just a tiny drop of blue food colouring to four different cubes and mix well
5. Then add a tiny drop of green food colouring to four cubes and mix well
6. Place a short popsicle stick into each ice cube mold

If you want to relate to the theme you could choose the colours of the Earth, talk about the Arctic, feel the cold and observe the changes. Exploring with mixing colours is also very exciting!



SENSORY BAGS

You just need a medium size resealable bag and you can put water inside, hand sanitiser (to make it thicker) or liquid paint for kids.

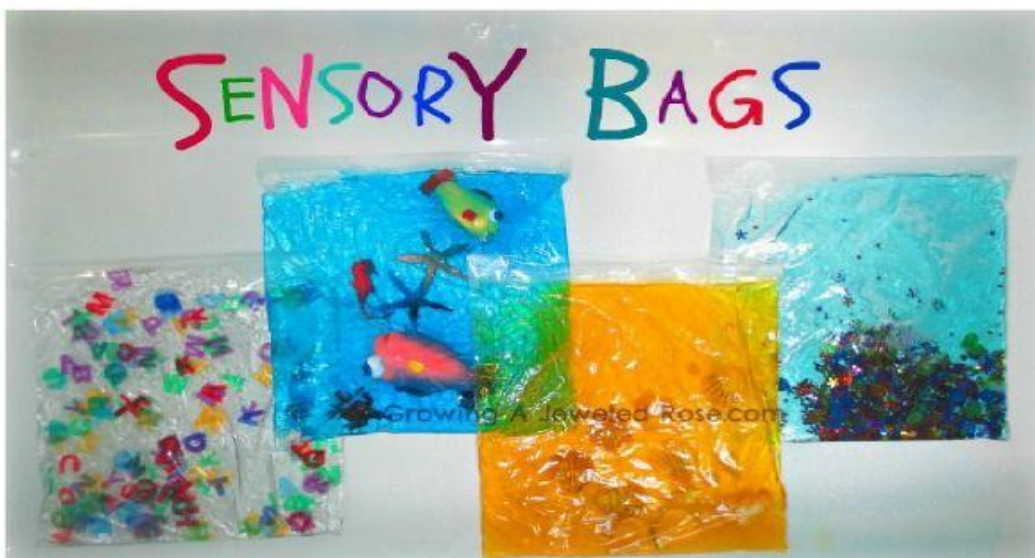
You put the liquid inside the bag first and then you add whatever you want: toys that they need to find, letters, numbers...

You can also add sprinkles, glitter....

So much fun!

Working on our senses is always very engaging. Explore your environment. You could use numbers inside the sensory bags by adding how many cars you see through the window, or houses, then add the right number for the number of people you live with....





KEEP PRACTISING PHONICS

Observe the labels in your environment, choose a letter to work more precisely depending on the child. Play word games, find words that start with " _ " letter and take turns. Play I spy with my little eye something beginning with... " _ ".

Sing the jolly phonics songs that you can find on youtube if you don't know the rhymes.

<https://www.youtube.com/watch?v=qTqfptkcpcY>

CONTINENTS

Two fun songs to learn about the seven continents! It can be interesting to quickly mention about sign language as they use it for one of the videos.

<https://www.youtube.com/watch?v=K6DSMZ8b3LE>

<https://www.youtube.com/watch?v=nmvw3sTGajs>

PLAYDOUGH LETTERS OR NUMBERS

What you will need:

8 tbsp plain flour

2 tbsp table salt

60ml warm water

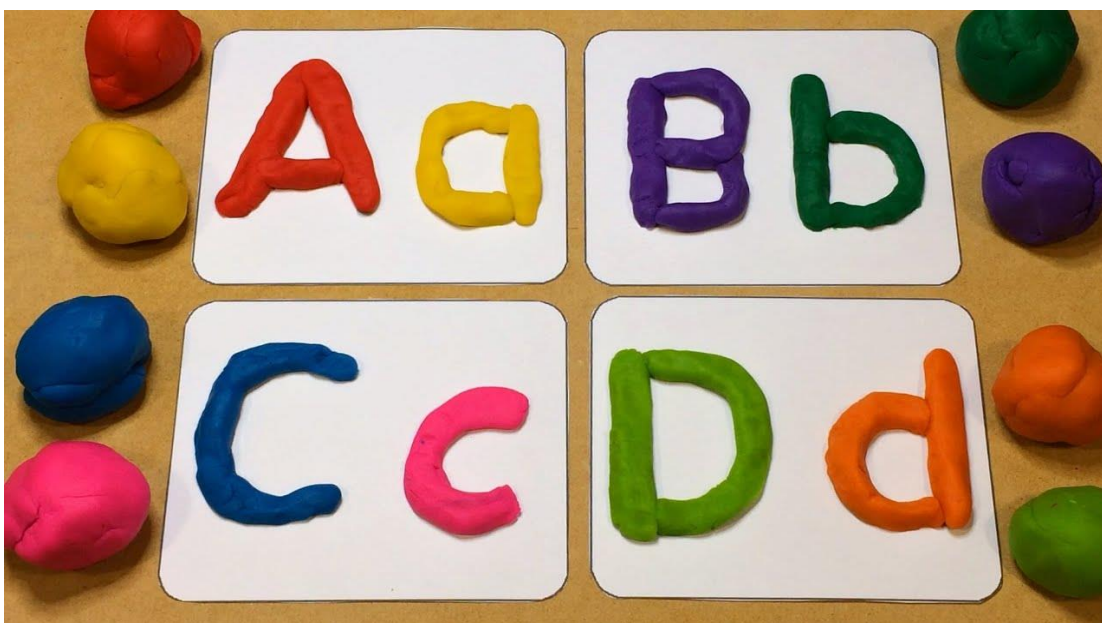
food colouring

1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh. You can make a batch of colours and give away as kids' party bag favours or hold a playdough party for your child's next birthday.

Exercise the fingers and hands mobility by making big balls, small balls, ask the child to squeeze them with one hand, with the other, roll them... Then, make numbers, letters or shapes! Depending on the child make their name or other short words. Use flashcards or write the words somewhere clear for the child.



Challenge your child! (A harder activity)

Will it dissolve?



This activity teaches children about solubility, specifically whether a given substance will dissolve in water. You'll need several small, transparent water containers (e.g. plastic or glass cups) and a range of substances to test (e.g. sugar, oil, salt, food colouring, rice, flour, vitamin tablets). Before dropping each substance into a cup ask your child to guess whether it will dissolve or not.