

Things to do if your child is at home

BATH PAINT Make bath paint(food colouring and shaving cream/foam) and paint in the bath!	EVERYONE LIKES CAKE! Help an adult to make a cake	ANIMAL POSITIONS Get active- can you do your Kinetic Letters exercises?	TIME TO SPRING CLEAN Get a duster and help clean up around home	SHIP AHOY! Make a boat from cartons and containers- can you float it in the bath?
I'M THIRSTY Make flavoured water-add some washed and cut fruit to your water and drink it	TIME FOR DINNER! Help an adult to cook your favourite meal	SPLISH SPLASH SPLOSH! Put on some wellies and go out to splash in puddles	RELAX TIME Cuddle a pet, family member or stuffed toy	BLOW FOOTBALL Use straws and cotton wool balls and play blow football
KITCHEN SCIENCE Make playdough with an adult. * Make some slime with an adult. ** Mix some custard powder(or cornflour) with a little water and have fun trying to draw in it, pick it up etc). ***	TEDDY BEARS PICNIC Have an indoor picnic- invite your teddies!	GET OUTSIDE!(1) Ask a parent or carer to go to the park(or garden) with you	INDOOR CAMPING Build a den with some blankets –take a torch and hide inside Share a story inside your den	KITCHEN ORCHESTRA Get out some pots and pans and play along to your favourite music
	SUNSET Get up early and watch the sunrise			
	I NEED A SNACK! Help someone make a fun snack	LET'S DANCE! Put on a fun outfit and some loud music and DANCE!	LETS GO FLY A KITE Make a kite from paper and string- get it ready to fly it on a windy day	
SUNSET Watch the sunset Make a sunset picture using red, orange and yellow paints, crayons, tissue or whatever you can find	FILM NIGHT! Have a movie night with snacks of course	GET OUTSIDE! (2) Go to the park(or garden) and collect items to make an art project later	MY 5 SENSES Go on a senses expedition –find something you can see, something you can hear, something you can smell, something you can touch and something you can taste-take a picture of you using your senses with each item!	
WATCH IT GROW Plant a seed and watch it grow. Maybe you could keep a plant diary- take photos, draw pictures	FEELING PECKISH! Make a bird feeder and hang it in the garden. Watch to see who visits your feeder.		SHOE BOX CRAFT Try making a shoe box story or shoe box craft Loads of ideas on this link https://www.brightstarkids.com.au/blog/creating/shoebox-crafts/	

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*Best Ever No-Cook Play Dough Recipe	
<p>2 cups plain flour (all purpose) 2 tablespoons vegetable oil (baby oil and coconut oil work too) 1/2 cup salt. 2 tablespoons cream of tartar. 1 to 1.5 cups boiling water (adding in increments until it feels just right) gel food colouring (optional) Combine ingredients and mix</p>	<ul style="list-style-type: none"> • Mix the flour, salt, cream of tartar and oil in a large mixing bowl • Add food colouring TO the boiling water then into the dry ingredients • Stir continuously until it becomes a sticky, combined dough • Add the glycerine (optional) • Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!* • If it remains a little sticky then add a touch more flour until just right
**Slime recipe	
<p>Makes 1 small ball Takes 10 minutes</p> <ul style="list-style-type: none"> • 100ml PVA white glue (children's craft glue or CE marked glue) • ½ tsp bicarbonate of soda • gel food colouring • 1 tsp contact lens cleaning solution • glitter (optional) 	<ol style="list-style-type: none"> 1. Squeeze the glue into a mixing bowl (look for a bottle in a 100ml size if possible so you won't have to measure it out). Add the bicarbonate of soda and mix well. 2. Add a drop or two of your chosen gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated. 3. Add the contact lens solution and mix. The slime will begin to form, going stringy before coming away clean from the bowl into a ball. 4. Once it has formed, take it out and knead it with your hands. It will be sticky at first but after about 30 seconds you'll have a smooth and pliable ball. Add glitter at this point, if desired, and work in with your hands. Store in a pot with a lid.
***GLOOP, GLORIOUS GLOOP!	
<p>All you need then is a packet of cornflour and some water – that's it! It really is that simple. You could add a drop of food colouring too if you'd like to give your gloop a splash of colour.</p>	<p>To help contain the mess a little the first thing you need is a large container or bowl. A washing up bowl/large baking tray/ would be perfect, Top tip: <i>You might want to put down a towel or sheet beneath the bowl to catch the splashes before you start mixing!</i> When you're ready, all you need to do is mix the cornflour and water into a gloopy paste. Start by combining 2 cups of cornflour with 1 cup of water (with a few drops of food colouring if you're using it). Simply increase the ingredients if you want to make more gloop. Just use your fingers to mix it up— let your child help you mix it – they will love getting messy and feeling the mixture in their hands. Talk to them about how the gloopy mixture feels. If they squeeze it tightly, it will start to go solid in their hands, then when they stop squeezing it will turn into a gooey liquid with stringy threads in it. Dig your hands in too and join in the messy gloopy fun</p>


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<p>KINETIC LETTERS ANIMAL POSITIONS CHALLENGE Get into an animal position. Can you hold the position for 5 seconds? 10 seconds? 30 seconds? 1 minute? Set yourself a target for next time? Can you beat it?</p>	<p>penguin</p> 	<p>lizard</p> 
	<p>Stand up tall-arms by your side. Keep looking forwards as you wait for a pretend fish!</p>	<p>Lie on your tummy. Stretch your legs out straight behind you. Prop yourself up on your forearms. Keep still like a lizard in the sunshine.</p>
<p>meercat</p> 	<p>gorilla</p> 	<p>stone lion</p> 
<p>Tall kneel on the floor(Don't sit back on your legs) Be alert like a Meerkat guarding their den.</p>	<p>Sit on the floor with your legs, crossed, back nice and straight and hands on your knees. Be proud and tall as you watch the jungle life!</p>	<p>Kneel on the floor and put your hands in front of you to support your weight. Keep steady as a statue.</p>

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Shoe Box Crafts	
	https://www.brightstarkids.com.au/blog/creating/shoebox-crafts/
Some Useful Websites	
Twinkl are offering free access	www.twinkl.co.uk/offer Code: UKTWINKLHELPS
Many of EYFS and KS1 have access to Boromi Bags-they are unable to offer to send out Boromi Bags but are putting on a daily email with a #dailyplay idea ; sharing a home-based play activity, using everyday materials, published each day. They will continue to do this for as long as anyone is affected by school closures or self-isolation, so please feel free to share this link with anyone who may find it useful:	http://eepurl.com/gWfuJz (no need to ask for permission to share on social media – use in any way that you would like).
Put Ways to Learn through Play at Home into YouTube search bar- each day they will put another play/craft idea up as a video tutorial.	https://www.youtube.com/watch?v=xZgMYI-SFZA https://www.youtube.com/watch?v=u9Aqm8jOx_c
ESPRESSO/DISCOVERY EDUCATION is a website that teachers use frequently at school, with many interactive activities your child will be familiar with.	Username student1616 Password rowan16 <div style="background-color: #d3d3d3; height: 20px; width: 100%;"></div> <div style="background-color: #d3d3d3; height: 20px; width: 100%;"></div> <div style="background-color: #d3d3d3; height: 20px; width: 100%;"></div> Log in at: www.discoveryeducation.co.uk

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