

Activities & play ideas

Arts & craft

Junk Modelling

Recycling everyday household goods, from plastic bottles to old newspapers, toilet rolls, egg boxes, CDs and clothes is a great and cheap way to do easy crafts with your kids. Children get to express their creativity, while learning about recycling. Rummage the rubbish and get creatively crafty!

Why don't you try and make:

- ❖ Recycled bottle top ladybirds
- ❖ Toilet roll characters
- ❖ Egg carton caterpillars
- ❖ Sock puppets

Messy play

Edible Finger Paint Recipe

- * 2 cups of corn flour
- * 1 cup of cold water
- * 4.5 cups of boiling water
- * Liquid food colouring

Method:

Mix the cornflour with the cold water and stir together. Pour in the boiling water and stir between each cup. It goes really strange (you are basically mixing a hot oobleck goop) but keep stirring and it literally seems to "melt" into a wonderful, custard-like consistency. Separated it into individual jars before adding colouring, but you can do it however you like.

Enjoy playing & learning together!

Play in early years is how children learn and make sense of the world. This brochure is designed with that in mind, and to continue to support you during this difficult and unprecedented time.

Each week we will provide you with a varied range of play based learning opportunities. These activities can be adapted to suit your children's interest. This is to encourage and promote quality, shared time together whilst supporting their learning and development.



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Cooking together

Preparing food together is a lovely learning and social experience. Cooking delicious, healthy meals together may encourage your child to eat more vegetables. Children will learn about how and why things grow, the names, the textures, the colours and then how they taste.

Muffin pizza

Ingredients per person:

1 savory muffin
2 tsp tomato paste/puree
1 handful chopped vegetable of your choosing
1 handful grated cheese
Fresh or dried basil/oregano

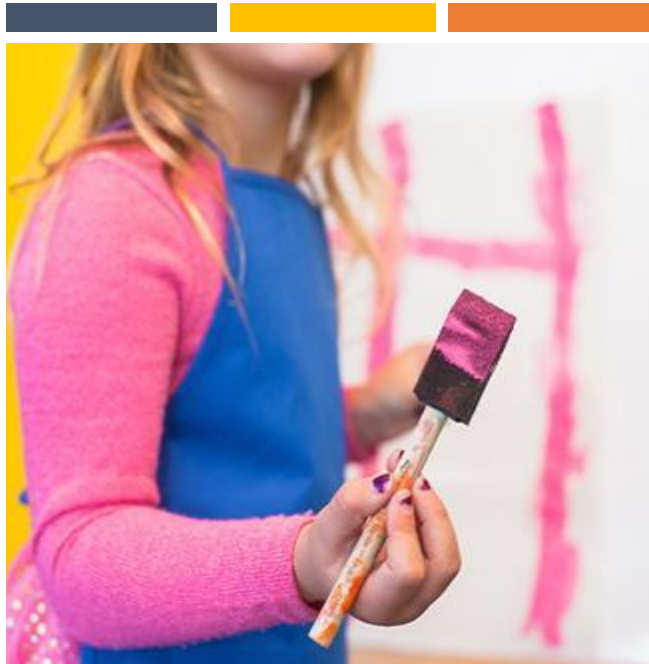
Method

Preheat oven to gas mark 6. Line a baking tray with foil. Slice the muffin in half and spread each half with tomato paste. Top each muffin with your chosen vegetables and sprinkle with cheese and herbs. Bake for 10-15 minutes until the cheese has melted.

Let's get moving

Like adults, children need exercise, and at least an hour of physical activity every day. Regular exercise has many benefits. It can help you to feel less stressed, feel better about yourself, feel more ready to learn, keep a healthy weight, build and keep healthy bones, muscles and joints, and sleep better at night. It is important and crucial that we remain healthy, fit and as active as we can be. Here are a few exercises you can do as a family:

- ❖ Star Jumps (20)
- ❖ Hop on the spot- switch from one foot to the other (10 each leg)
- ❖ Throw & catch a bean bag (5 mins)
- ❖ Squat down, stretch up (10)
- ❖ Run on the spot (5 mins)
- ❖ Touch your head, shoulders, knees and toes (repeat 5 times)



“Children need the freedom and time to play. Play is not a luxury. Play is a necessity”

Stories, Songs & Rhymes

Sharing stories; telling and reading familiar and new, singing and rhyming together can encourage children to love language.

Music with Corin

<https://youtu.be/FwOJzmob1XM>

<https://www.facebook.com/ilikesingingsongs/?eid=ARB7MO2DLZuSkBuCjuHEUv0rD9PajG13yMhp2Chj81JD20XwvmJPKSeRIijqKDyIE95csimdd6RFMzS>

Useful links

<https://www.nhs.uk/start4life/baby/baby-moves/>

<https://www.learningtrust.co.uk/content/your-childs-journey-birth-five>

<https://hackney.gov.uk/museum-learning>

<https://www.breastfeedingnetwork.org.uk>