

# Things that you can do at home: 1



*There is absolutely no pressure to do these activities. These are on offer if you are looking for things to do with your child. Not all things will be appropriate for all children; think about your child's stage of development before you attempt anything.*

Get your child to select their favourite book. Read through it (let them repeat the refrains as you go). Talk to them about the characters and who their favourite one is. Ask them to draw a picture which will help to aid their mark making skills.

Create music using wooden/metal spoons on pots, pans, cardboard boxes and generally explore creating sounds using everyday household objects. You could also fill clean plastic bottles with uncooked pasta/rice/rice krispies etc to create sensory sound shakers.

Watch Marcello's Facebook video on finding the beat and rhythm to support this activity.

"Draw your emotions activity" Young children sometimes have difficulty naming their feelings, but drawing emotions can be a great way for a child to pay attention to what he's feeling at a given moment, and express it without words. Try doing this exercise at different times, not only when your child is upset. Sit down together and ask them to close their eyes and think about how they're feeling. You might want to offer some words to give them ideas (happy, disappointed, silly, scared, angry, etc.) You can also model the exercise by drawing how you are feeling. If your child feels like naming their emotion, you can write the word on their picture if they like.

Don't be so quick to throw out boxes and containers. Why not try some junk modeling with your child. What can they make with the things you would normally throw out?

Paint the cardboard middle of toilet roll or kitchen rolls to create rockets, butterflies or little fairy houses.

Explore shape and number: using Lego or other linking bricks ask you child to create a model using a specified number of bricks. You could start with 10 bricks and see what they come up with and then get them to count out another 10 bricks and see if they can create something different. You could extend this with bigger numbers of bricks.

Make a mobile of 2D shapes (circle, square, triangle, hexagon, diamond etc) Cut out a whole lot of different shapes (you could even use empty boxes or cardboard you were planning to recycle for this task). Thread some strong through the shapes and tie the string to a coat hanger.