



Brook House Nursery home, play & learning activity pack

Please remember to upload pictures on Blossom. They are a lovely communication tool for staff to use to engage children in conversation at the nursery.

Title	Example	What resources do I need?	The activity	What children learn
Threading		<ul style="list-style-type: none"> - Straws - Pencils - Cardboard tubes. 	Pierce holes into the cardboard tube and encourage children to post straws through the holes	Hand-eye coordination, colours, shapes, space, balance, patience, concentration, push and pull in and out, top and bottom.
Sorting		<ul style="list-style-type: none"> - Drinks bottle tops - Tweezers/ training chopsticks - Any small objects that will fit through the lid <p style="color: red; margin-top: 0;">*Please be aware small objects can be choking hazards.</p>	Cut the tops off of drinks bottles and stand on a flat surface, add small objects, and show children how to post the objects through the top opening of the bottle and how to retrieve them at the end (children can use hands to pick up and post objects if you do not have tweezers).	Hand-eye coordination, fine motor movements, colours, shape, space, concentration, trial and error, patience, filling and emptying, big and small, and in and out.

<p>Posting</p>	 <p>Posting Activity for Toddlers mybaba.com by Samy Anita</p>	<ul style="list-style-type: none"> - Old coffee pot - Shoe box - Milk tops/ coins - Wooden blocks - Knife/ scissors 	<p>Cut a hole or multiple holes in the top of the coffee pot/shoe box lid the size and shape of your biggest milk top/coin/block. Let your child experiment with ways of slotting them in.</p>	<p>Hand-eye coordination, shapes, size, patience, concentration. Numbers, colours and filling and emptying.</p>
<p>Discovery basket</p>		<ul style="list-style-type: none"> - Laundry basket with holes or - Cardboard box (create holes in the top to tie string) - String - Any household object or toy. 	<p>Place several objects into the basket/box. Tie the string across the top of the basket/box making a web like effect (for older children make this several layers deep and more complex). Show children how to navigate the string to retrieve objects or allow them to work this out for themselves.</p>	<p>Patience, concentration, hand-eye coordination, fine and gross motor movements, exploration, determination, problem solving, decision making, critical thinking, challenging themselves, spatial awareness.</p>
<p>Percussion Play</p>		<ul style="list-style-type: none"> - Pots, pans, tins, boxes - Spoons 	<p>Place resources in front of children and allow them to experiment with sounds. Demonstrate rhythms (fast/slow) and sequence to children along with how to use the resources to make sounds.</p>	<p>Coordination, rhythm, self-expression, how to create different noises, listening skills, paying attention.</p>

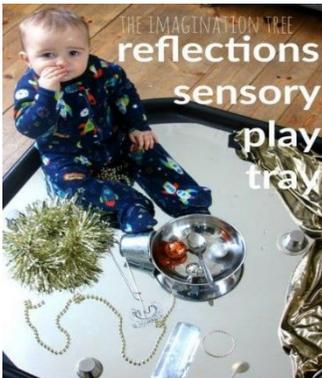
<p>Dance Party</p>		<ul style="list-style-type: none"> - Action songs - Music. 	<p>Have a dance party. Put on some music and lose yourself in the music.</p> <p>Sing nursery rhymes with actions</p>	<p>Language skills, gross-motor movements, fine-motor movements, rhythm, timing, following instructions, understanding, bonding with you, self-expression, imitating actions, being imaginative and creative. Numbers/ colours/ shapes/ animals. Letting off steam.</p>
<p>Think inside the box</p>		<ul style="list-style-type: none"> - Box - Pens - Pencils - Crayons 	<p>Place resources into a box and allow the child to experiment.</p>	<p>Imagination, creativity, gripping a pencil, testing ideas, colours, mark making, hand-eye coordination, patience, concentration. It prompts different thoughts, fine and gross motor skills, language and understanding. It can be beneficial for children to escape and be allowed to be creative in their own way.</p>

<p>Emotions</p>		<ul style="list-style-type: none"> - Paper - Pen - Mirror. 	<p>Draw different emotions on pieces of paper, give them all names and demonstrate them to your child. See if they can imitate the faces you pull, give them a mirror to see what they are doing.</p>	<p>Emotions, cognitive development, memory, understanding instructions, self-awareness, language skills, understanding people and feelings, being creative with their own face, self-expression.</p>
<p>Bottle Shakers</p>		<ul style="list-style-type: none"> - Rice, lentils, buttons - Drinks bottles. 	<p>Add small resources (rice, etc) to bottles to create children's own musical shakers (discourage children from opening lids as small parts can be a choking hazard)</p>	<p>Distinguishing sounds, self-expression, gross motor movements, filling, pouring, listening skills, paying attention.</p>
<p>Ice Play</p>		<ul style="list-style-type: none"> - Ice cube tray, cup, yoghurt pots - Toys, natural objects, paints - Spoons, hammers. 	<p>Place your natural objects/paint into a container (yogurt pot etc) add water and place in the freezer. Once frozen, place in a tray and allow children to play with the ice (melt/break it up using spoons etc) to retrieve the object. *children can use the frozen paint water on paper to create marks.</p>	<p>Hot and cold, textures, how things change(melting), hard and soft, wet and dry, patience, exploring resources frozen inside and how to get them out. Gross motor skills to break ice. Provide warm water to show them how the hot melts the cold. Use salt to increase the melting temperature.</p>

<p>Rice Play</p>		<ul style="list-style-type: none"> - Rice, lentils, pasta - Add spoons/ cups to vary the experience - Paint brush for mark making. 	<p>Place rice into a tray, add cups, spoons, and paint brushes. Allow children to pour, mix, crush, shake, fill and empty. Model making marks in the rice. Role play cooking.</p>	<p>Hand-eye coordination, control with gross and fine motor movements, exploring volume, movement, and textures of resources, use of objects.</p>
<p>Flour Play</p>		<ul style="list-style-type: none"> - Flour - Add cars/ paintbrushes/ animals etc to vary the experience. 	<p>Place flour into a tray and any resources you think your child might like. You can be creative and add toys or natural resources from the garden or park. Give them small amounts of oil, water, or milk to add in.</p>	<p>Hand-eye coordination, control with gross and fine motor movements, exploring volume, movement, and textures of resources, use of objects, mark making. Allow them to explore mixing and combining different ingredients. Expand imagination.</p>
<p>Natural resources</p>		<ul style="list-style-type: none"> - Tray - Grass - Leaves - Mud - Branches/ twigs - Stones - Pinecones - Flowers - Bark. 	<p>Add natural resources to a tray and allow your child to explore their colours, textures and smells. Talk about the things you found, how they feel, what they look like. Put some of their cars/ diggers/ spades for them to extend how they use the resources. Allow them to help collect natural resources.</p>	<p>Exploring nature, textures, smells and visual aspects of resources.</p>

<p>Small world</p>		<ul style="list-style-type: none"> - Cardboard boxes/ boxes - Scissors - Pens - Blocks - Cars. 	<p>Create your own little city out of blocks, boxes and toys. Use cereal boxes to create a road. Use old food boxes to create shops/ airports/ stations or blocks to build. Allow children to explore the area and resources.</p>	<p>Space, shapes, free play, imagination, creativity, hand-eye coordination, balance, patience, concentration, testing ideas, creating shapes, numbers colours. Role play, understanding use of objects and representing things they've seen.</p>
<p>Obstacle Course</p>		<ul style="list-style-type: none"> - Use pillows as obstacles, boxes to crawl through, scarves to step over, cloth stepping stones - Use anything they can crawl under, climb over, go through, or walk across. 	<p>Create an obstacle course by placing pillows on the floor as stepping stones, roll up towels to make a path, attach scarves to the sides of boxes for them to crawl under or step over.</p>	<p>Gross-motor movement, balance, decision making, problem solving, coordination, critical thinking, testing their ideas, team work, confidence, resilience, keep on trying, motivation, having a go at a challenging activity.</p>
<p>Stacking</p>		<ul style="list-style-type: none"> - Old cereal boxes - Tupperware boxes - Lego or Duplo - Cups. 	<p>Provide children with resources to stack and model how to use. Create different spaces and shapes to spark interest and imagination.</p>	<p>Balance, patience, fine-motor skills, concentration, creativity, testing ideas, trial and error, how things work, numbers, size, shapes, space, resilience, being motivated, keep on trying, self-confidence.</p>

<p>Sensory Box</p>		<ul style="list-style-type: none"> - Fairy lights - Box - Fabrics - Pillows - Music 	<p>Poke holes into the top of a large box, push bulbs through each hole. Put pillows, fabrics and textured items into the box for the child to explore.</p>	<p>Sensory, relaxation, exploring light/ space/ sounds/ textures/ colours, distinguishing sounds, exploring how things work, allow them to change the light sequence, let them pick with sounds to listen to. Gives them a range of experiences, it prompts language, gross and fine motor skills, investigative skills, cognitive growth and problem solving.</p>
<p>Think inside the box</p>		<ul style="list-style-type: none"> - Box - Pens - Pencils - Crayons 	<p>Place resources into a box and allow the child to experiment.</p>	<p>Imagination, creativity, gripping a pencil, testing ideas, colours, mark making, hand-eye coordination, patience, concentration. It prompts different thoughts, fine and gross motor skills, language and understanding. It can be beneficial for children to escape and be allowed to be creative in their own way.</p>

<p>Sensory socks</p>		<ul style="list-style-type: none"> - Old socks - Rice - Paper - Herbs - Perfume/ essential oils - Coins - Buttons - Marbles. 	<p>Fill old socks with things that make noise, feel funny or smell nice to create a sensory experience. Just fill and knot the top. Ensure it is secure.</p>	<p>Sensory experience, distinguishing sound, smell and texture.</p>
<p>Sensory bags</p>		<ul style="list-style-type: none"> - Sandwich bags - Water & food colouring/ soap - Paint - Water & oil & food colouring - Leaves - Sequins - Buttons. 	<p>Place water, food colouring/soap and any buttons/leaves/sequins into a bag, mix and seal. Tape to a window or a door for the child to play with.</p>	<p>Sensory experience, fine motor movements, creativity, exploring colour, textures and movement of liquids.</p>
<p>Mirror play</p>		<ul style="list-style-type: none"> - Mirrors; - Tin foil; - Old jewellery; - Bowls; - Shiny objects. <p>Add toys to see reflections/mirror image:</p> <ul style="list-style-type: none"> - Blocks; - Animals; - Stuffed animals; - Cups. 	<p>Allow children to look into different reflective objects. Model different expressions and talk about them.</p>	<p>Emotions, identifying themselves, finding their nose, mouth, eyes and ears. Practicing expressions. Creativity, curiosity, exploration and discovery. Developing social skills, giving them focus, encouraging language.</p>

<p>Ball Drop</p>	 <p>BALL DROP ACTIVITY FOR 1 YEAR OLDS</p>	<ul style="list-style-type: none"> - Box; - Scissors; - Balls; - Coloured pens. 	<p>Cut holes into a box lid, colour the edges to allocate them a colour. Allow your child to experiment with posting them and trying to match the colour. To extend this try with balls of different sizes.</p>	<p>Shape, space, colours, looking for dropped objects, understanding, hand-eye coordination, gross motor skills, concentration, patience, problem solving, decision making, critical thinking, trial and error, testing ideas. Developing a dominant hand.</p>
<p>Hoop tree</p>	 <p>DIY Hoop</p> <p>Use ordinary household objects to make a simple toy for a toddler to play with.</p>	<ul style="list-style-type: none"> - Mug tree - Curtain rings - Bangles - Hair bands - Elastic bands. 	<p>Allow children to experiment with their grip, how many they place on each branch and where they put them. They may choose to stack them, hang them or spin them. Give a running commentary on what they are doing, repeat key words such as on and off, top, bottom, lots and few. Extend by talking about numbers and shapes.</p>	<p>Matching, sorting, numbers, weight, shapes. Hand-eye coordination. Sounds of the hoops dropping - listening skills and paying attention. What happens when they put too many on one branch - developing mathematical understanding about size and gravity. Encourages language. Textures and descriptions of objects.</p>
<p>Finger gym</p>		<ul style="list-style-type: none"> - Fingers - Sticks - Grass 	<p>Play with your child's fingers and get them to copy you, wiggle them, touch each one, make them talk, stretch them, scrunch them and interlock them. Use props to pinch and grab</p>	<p>Fine-motor skills, following instructions, bonding, movement to sound, grip, patience, understanding.</p>

<p>Hide and seek</p>		<ul style="list-style-type: none"> - Favourite toy. 	<p>Hide and seek with their favourite toy. Let them know if they are getting warmer or colder. Start by placing in an obvious place and build up to more difficult hiding spots.</p>	<p>Memory, attention, determination, problem solving, critical thinking, language, understanding instruction, following rules, bonding, gross-motor skills, developing positional language - under/ on top/ inside/ outside/ behind/ in front.</p>
<p>Water painting</p>		<ul style="list-style-type: none"> - Paint brush/ sponges - Pot of water - Card - Garden fence/ wall <p>Add a drip of paint to the water to add some colour if desired.</p>	<p>Allow children to experiment with water painting. Provide a pot of water and anything they can use to paint with. Let them explore the water making marks and drying.</p>	<p>Hand-eye coordination, fine-motor movements, gross-motor movements, wet and dry, up and down, shapes, colours, mark making, hand-grip, techniques of using resources, exploration, creativity, testing ideas.</p>