

More Fun Things to Try

Have fun with Lego – there are lots of things you can do with Lego, search '30 day Lego challenge' on a search engine for ideas of things to build.

Visit the Zoo online – Edinburgh Zoo has webcams from their animal enclosures for you to watch here edinburghzoo.org.uk/webcams

Build a Bug Hotel – create a safe space for wildlife in your garden, like a bug hotel or a bird feeder. Visit rspb.org.uk/get-involved

Traditional Games – Introduce your children to traditional games such as Rock Paper Scissors, Noughts and Crosses, Hop Scotch or Skittles

Further Help and Support

Helping Children to Understand the Coronavirus – Books and activities to help children to better understand the coronavirus and how to stay safe: cambsearntogether.co.uk/home-learning/wellbeing

- ★ **Staying Active:** 60 second challenges from the Youth Sport Trust: youthsporttrust.org/60-second-physical-activity-challenges
- ★ **Ideas for self-care:** annafreud.org/on-my-mind/self-care
- ★ **Family Fun activity pack:** strengtheningminds.co.uk
- ★ **Internet Safety Advice:** thinkuknow.co.uk/parents
- ★ **Local support:** cambridgeshire.gov.uk/residents/children-and-families/parenting-and-family-support



Look for **CambsEYC** on social media.

Play and Learn Together at Home

This guide aims to provide activities for families to play and learn together at home.

There are suggested games, activities and further links to resources for parents and carers too.



There's lots of things you can do together!

Screen-free Ideas and Games

Fun ideas for you to try at home

1. Be creative – Lots of things you have around the house are brilliant for making, for example; cardboard boxes, empty milk bottles, egg boxes, pegs and old magazines. These materials can be anything you wish from making a robot to building a den and they are great for developing imagination and curiosity.

2. Be messy – children love to get messy! Playing with materials such as paint, mud, water or playdough helps children develop the senses and use their imagination. Try some messy play at home. Use this website for ideas and recipes.

playscotland.org/parents-families/messy-play



3. Be musical – Why not put on some music and dance?! Play musical statues- when the music stops freeze in whatever position you are in and try to balance.

4. Be active – You do not need lots of outdoor space to be active. Many fun activities can be completed inside or outside – try making an obstacle course or playing throwing and catching games with a balloon.

5. Be kind – draw a picture or make a card to show someone you care about them.

6. Be chatty - As part of any daily routine, e.g. making tea, having a bath, sorting the washing, looking out of the window, spark up a conversation to get each other thinking and sharing ideas...

What might happen if... I wonder... where bubbles go?
...what makes you happy/sad?
What are you thinking about?
What have you noticed? What other ideas can you think of?

Have Fun!

Apps and websites for 0-5 year olds

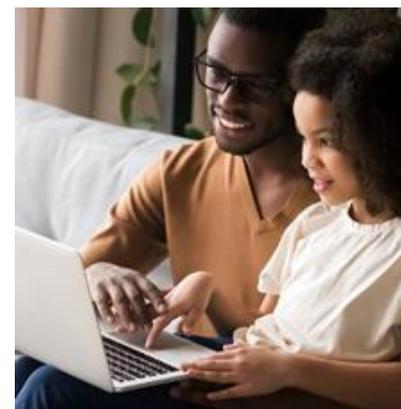
We know phones and tablets play a part in everyday life at home. There are many apps and websites that will benefit your child's learning. Why not try some of these along with the other suggested activities.



Fun activities for you to try from apps and websites:

- ★ Interactive stories to share with your child on the **CBeebies Storytime** app: bbc.co.uk/cbeebies/grownups/cbeebies-storytime-app
- ★ Play fun and educational games on the **CBeebies Playtime Island** app: bbc.co.uk/cbeebies/watch/playtime-island-games-new
- ★ Phonics and reading games for 3-5s on the **Teach your Monster to Read** app: teachyourmonstertoread.com
- ★ Simple and fun activities for 0-5s: hungrylittleminds.campaign.gov.uk
- ★ Fun ideas and tips for developing your child's talking skills for 0-5s: small-talk.org.uk and <https://www.bbc.co.uk/tiny-happy-people>
- ★ Play, sing and listen to stories with your baby from your own home: bbc.co.uk/cbeebies/shows/the-baby-club

These websites and more can be found on the **Home Learning Hub**.
cambslearntogether.co.uk/home-learning/early-years



Online Safety:

cambslearntogether.co.uk/home-learning/computing

If you would like to find out more information about helping your children to stay safe online, visit the Computing page on the Home Learning Hub. There's lots of useful information all in one place for children and adults.

Things to do inside

Making Marks

Playing with paint, pens, chalks and crayons helps develop the skills needed to be writers and artists.

Can you find an object around the house and use it to make a print?

Sharing Books

Share a book and talk about it together. Make comments about what you can see in the book and encourage your child to find things in the pictures.

Paper planes and other creations

Use paper to make paper chains to decorate the house. Try making paper aeroplanes and see which can go the farthest. Can you make paper dolls out of an old newspaper? Can you count how many there are?

Hide and Seek

From peek-a-boo to hide and seek, hiding games are a great way to have fun and remind children that you will come looking for them, even when they can't see you.

Baking

Find a recipe for the whole family. Children will enjoy measuring, chopping and mixing and you can talk about what you are doing together.

Active Animals

Being indoors can be active. Can you move like an elephant? Hop like a kangaroo? Waddle like a penguin? What other animal movements can you think of to try?

Indoor Scavenger Hunt

Go on a scavenger hunt around the house. You can look for household items, shapes, or find something the same colour as each colour in the rainbow.

Indoor Hopscotch

Mark out hopscotch on the floor using making tape and use a rolled up sock. Practise counting together as you hop!

There are lots more ideas for indoor play here: playscotland.org/parents-families/games

There are lots of stories in a variety of languages available to listen to here: <https://stories.audible.com/start-listen>

Things to do outside

Go for a walk

Go for a walk and see what vehicles you can see. What colours are they? Where do you think they are going?

Scavenger Hunt

Make a list of different things you might find outside and see if you can collect them all. Try to find different types of pebbles, leaves, flowers, insects and birds.

Make a pair of binoculars

Make a pair of binoculars out of cardboard tubes. See how many birds you can spot.

Build a Den

Build a den with objects you can find outside. Can you make a den big enough for yourself to fit in? Can you make a den for some of your toys?

Make a magic potion

Make a magic potion from things you can find in the garden or out on a walk.

Walk the tightrope

Make a straight line on the floor and see if you can 'walk the tightrope'

Make a picture

Make a natural art picture with found objects such as sticks, leaves and petals or draw a picture of your garden.

Star Gazing

On a clear night, go outside and see if you can see the moon and stars.

These ideas are taken from the Groundworks 65 things to do outside website.

Go to the website and see how many more you can complete! groundwork.org.uk/65-things-to-do-outside