

Early Days Learn and Play at Home Booklet

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List of websites to visit

TWINKL (One month free membership to support in current coronavirus circumstances)

Online resource database with activity packs, printable' s and ideas for keeping children engaged in learning based experiences

The nursery use the Scotland CFE early learning stage links

How do I sign up for the free month?

Step 1: Go to www.twinkl.co.uk/offer

Step 2: Enter the code you - CVDTWINKLHELPS

Step 3: Share the offer code and website link with anyone who could benefit

SPARKLEBOX

<https://www.sparklebox.co.uk/> - Website frequently used by the nursery and filled with activities that can be downloaded and printed or used online

Other websites recommended by parents:

www.familydaystriedandtested.com - a variety of art and craft ideas for children of all ages, both for children and for families to enjoy

<https://www.natgeokids.com/uk/> - Interactive website filled with facts, games and learning resources for older children

www.tinkergarten.com – Outdoor learning activities and experiences for children of all ages

<https://www.parentclub.scot/> - Advice and ideas for children from birth to preteen

Interactive learning links

Facebook pages with interactive sessions for children -

Caterpillar Music Livingston and Edinburgh

Bambino Beats

Sparkle arts Edinburgh

Sing and Sign baby classes Edinburgh

Tumble Tots UK

Youtube songs we use with the children as part of their daily routine -

<https://www.youtube.com/watch?v=Dhw6JDF4A0Q> – Song to support tidy up time

<https://www.youtube.com/watch?v=wxMrtK-kYnE> – Song to brush teeth

<https://www.youtube.com/watch?v=v6Lp9SHN4-M> – Song about colours

<https://www.youtube.com/watch?v=8Zjpl6fgYSY> – Song about the seasons

<https://www.youtube.com/watch?v=BELIZKpi1Zs> – Song about phonics and letters

https://www.youtube.com/watch?v=BZ-qLUIj_A0 – Song about the solar system

<https://www.youtube.com/watch?v=mQrlgH97v94> – Song about the planets

<https://www.youtube.com/watch?v=mQrlgH97v94> – Song about numbers

Minibeast

What minibeasts can you find in your garden?

Once you have spotted some can you make pictures of what you have seen using the following resources?

- drawing
- paint
- gluing

How do you think each minibeast moves?

Can you show me how it moves?



[Yoga for children](#) - Great site to visit for further yoga based activities - YouTube
'cosmic kids yoga'

SPRING YOGA

10 easy yoga poses for kids

1. Say hello to the sun.

2. Pretend to be a tree.

3. Pretend to be a flying bird.

4. Pretend to be the falling rain.

5. Pretend to be planting seeds.


KIDS YOGA STORIES

Unicorn Yoga

5 fun unicorn yoga poses for kids

1. Shine like the **SUN**.

2. Pretend to be a **UNICORN**.

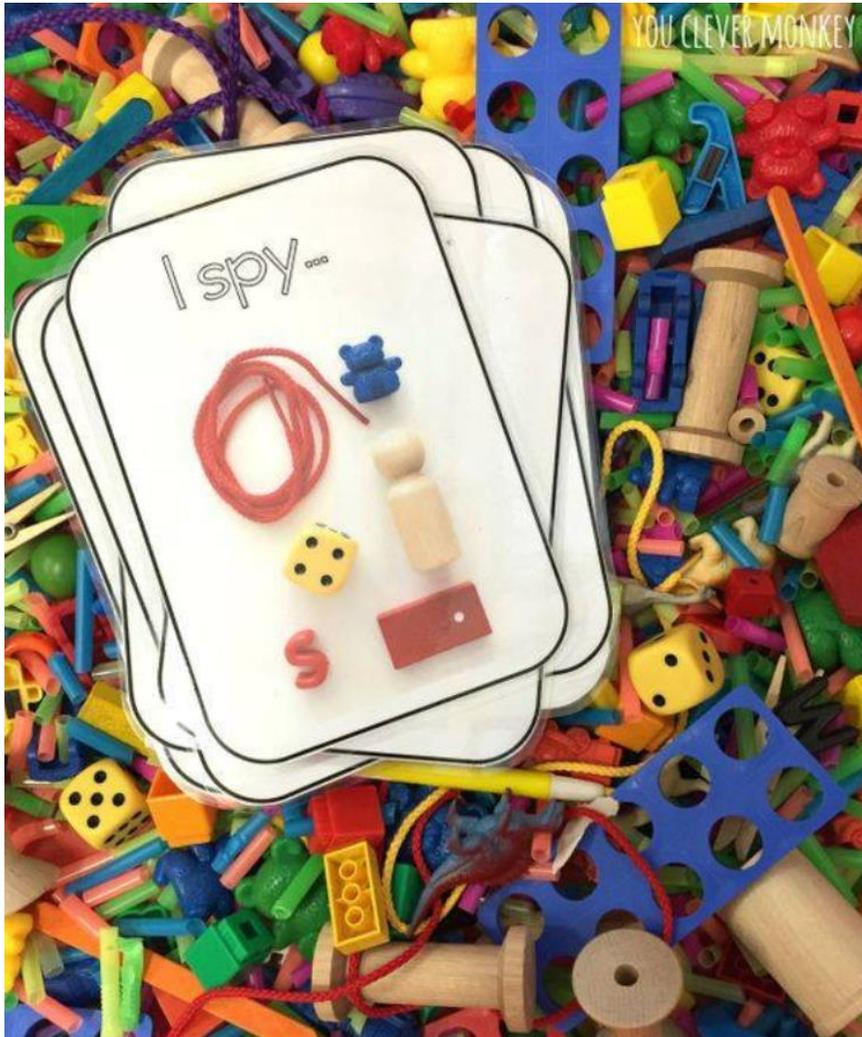
3. Flutter like a **BUTTERFLY**.

4. Blossom like a **FLOWER**.

5. Create a **RAINBOW**.


KIDS YOGA STORIES

Ideas for at home learning using everyday household objects!





Ideas to make treasure baskets at home to keep young children entertained for hours!!!

Domestic items:

- Wooden spoons
- Whisk
- Metal linked measuring spoons
- CD
- Keys

Natural items:

- Seashells
- Pine cones
- Smooth pebbles (*large enough not to be a choking hazard*)
- Driftwood

Textures:

- Different materials; shiny, leather, tweeds, furry etc.
- Velvet jewellery bag
- Knitted sock or glove that they can put their arm in
- Loofah or sponge



Sounds:

- Double strip of velcro for them to pull apart
- Homemade rattles made from small plastic bottles filled with rice and lentils
- Bell
- Egg shakers or mini maracas

Smells:

- Lemon
- Orange
- Lavender bags in muslin
- Large fresh bay leaf or mint leaf

Other classic sensory items to introduce:

- Pots and pans and wooden spoons
- Sitting in the bath with cups, egg cups and a mini watering can
- Sandpits and playing with soil, pebbles, mud and puddles in the garden
- Getting the opportunity to safely play and stroke animals (without either hurting the other)
- Playing with running water from a hose or lukewarm water from a tap flowing into a bubbly washing up bowl

DIY baby sensory treasure baskets



Learning with natural objects

Children of all ages love to explore the outdoors; be it on a long walk, in the garden or simply what they find on the way to and from nursery.

We regularly ask the children to help us collect natural objects that can be used in a variety of open ended play experiences. The objects to use are;

- Sticks
- pine cones
- leaves
- stones

These objects can be used alongside house hold items to make a variety of games and learning opportunities for children.



Playdough and Gloop

How to make playdough:

- 1 cup of flour (any kind of flour will work)
- $\frac{1}{2}$ cup of water
- small dash of oil
- small drop of food colouring if you would

Encourage the children to use their hands to mix all the ingredients together and get really messy as it's their favourite part! The finished mixture shouldn't be too sticky and be easy to pull apart (keep adding flour if in doubt!). The children like using cutlery, cups, pencils etc to make patterns in the dough and separate it for imaginary play - making a cake and cutting slices for everyone, building snowmen with the dough etc.

The possibilities are endless!!

How to make gloop:

- 3 parts flour
- 1 part water

Mix the two ingredients in a bowl until it feels like thick soup

The flour will be solid when in the water and when removed from the water will turn to liquid in your hand immediately! Add spoons and cups for longer periods of play.



A variety of water play activities

Water play is an easy to access resource that can keep children entertained for hours!

Below are a few ideas for clean fun at home:

Explore measuring, problem solving skills and fine motor skills using spoons, jugs, cups and bowls





Fun at Home with Kids

Supporting hand-eye co-ordination



www.thisreadingmama.com



Clean water play ideas using bags



All about me and my life - printable sheets for parents

My Family Tree



My Name

Everybody has a name,
Some are different,
Some the same,
Some are short,
Some are long,
All are right,
None are wrong,
I like my name,
It's special to me,
It's exactly who I want to be!

I can write my name



I am glad I am me

No one looks the way I do,
I have noticed this is true,
No one walks the way I walk,
No one talks the way I talk,
No one plays the way I play,
No one says the things I say.

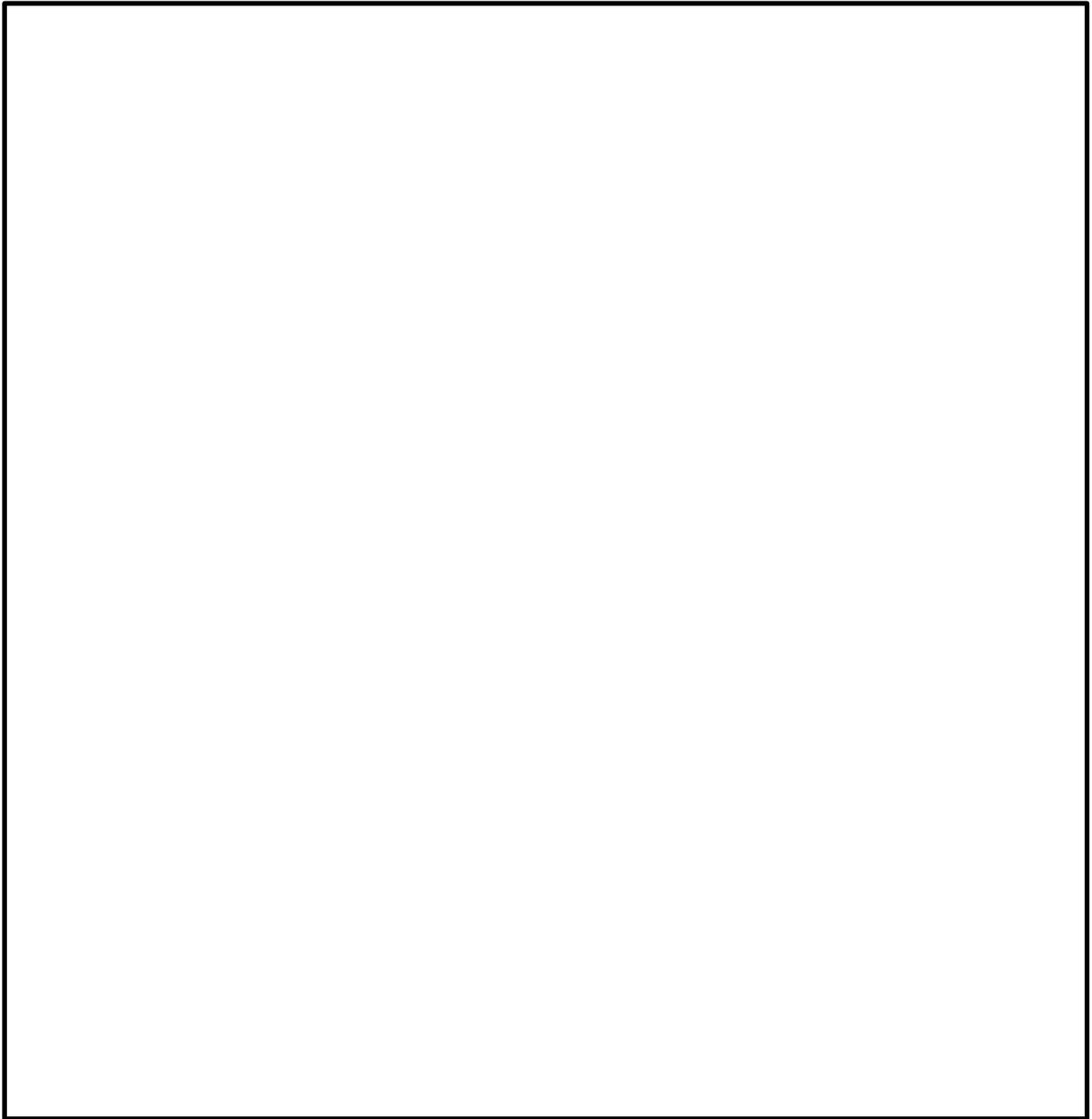
I am special,

I am Me!

There is no one else I would rather be!

I can draw a picture of myself

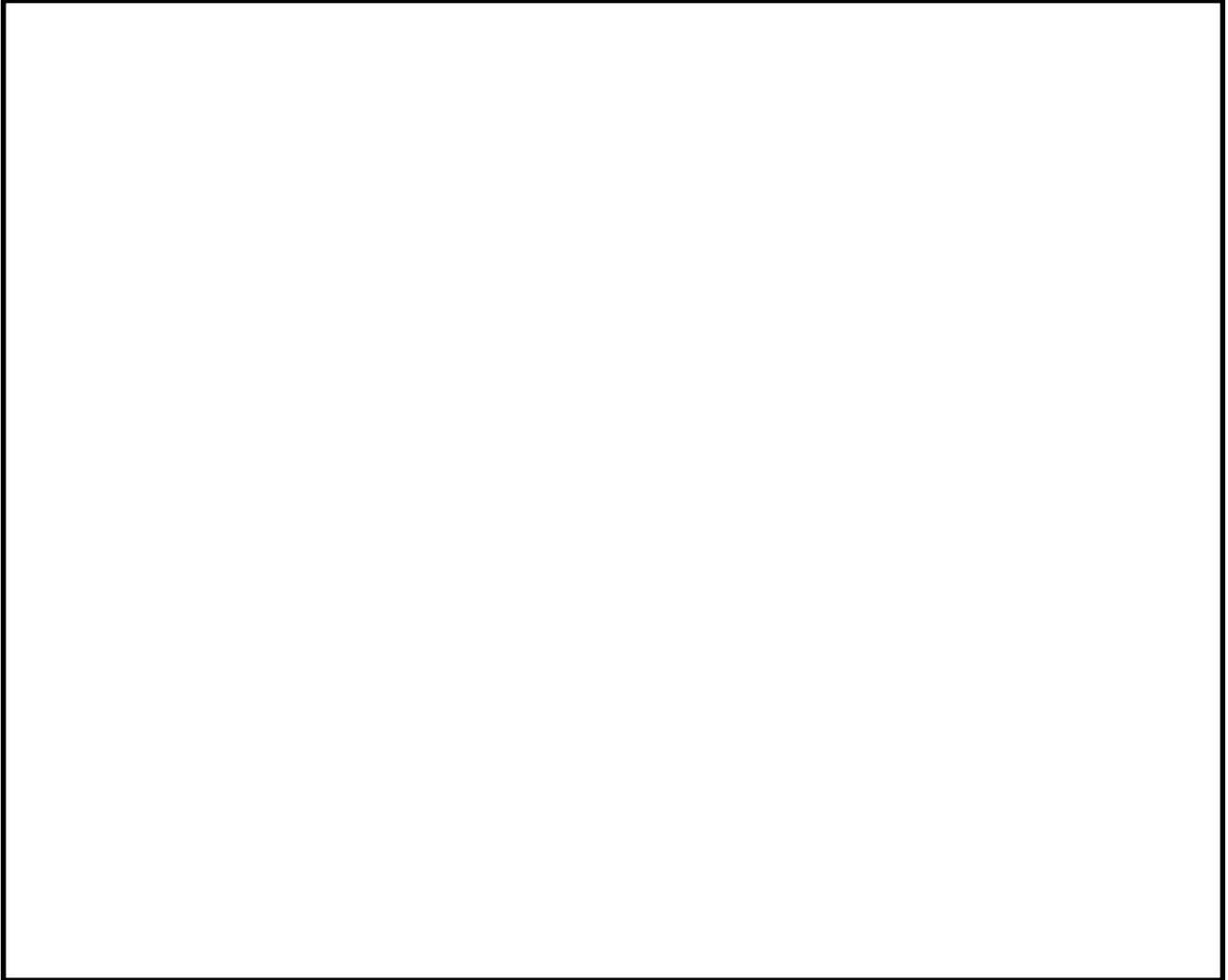




This is my hand.

I am _____ years old.

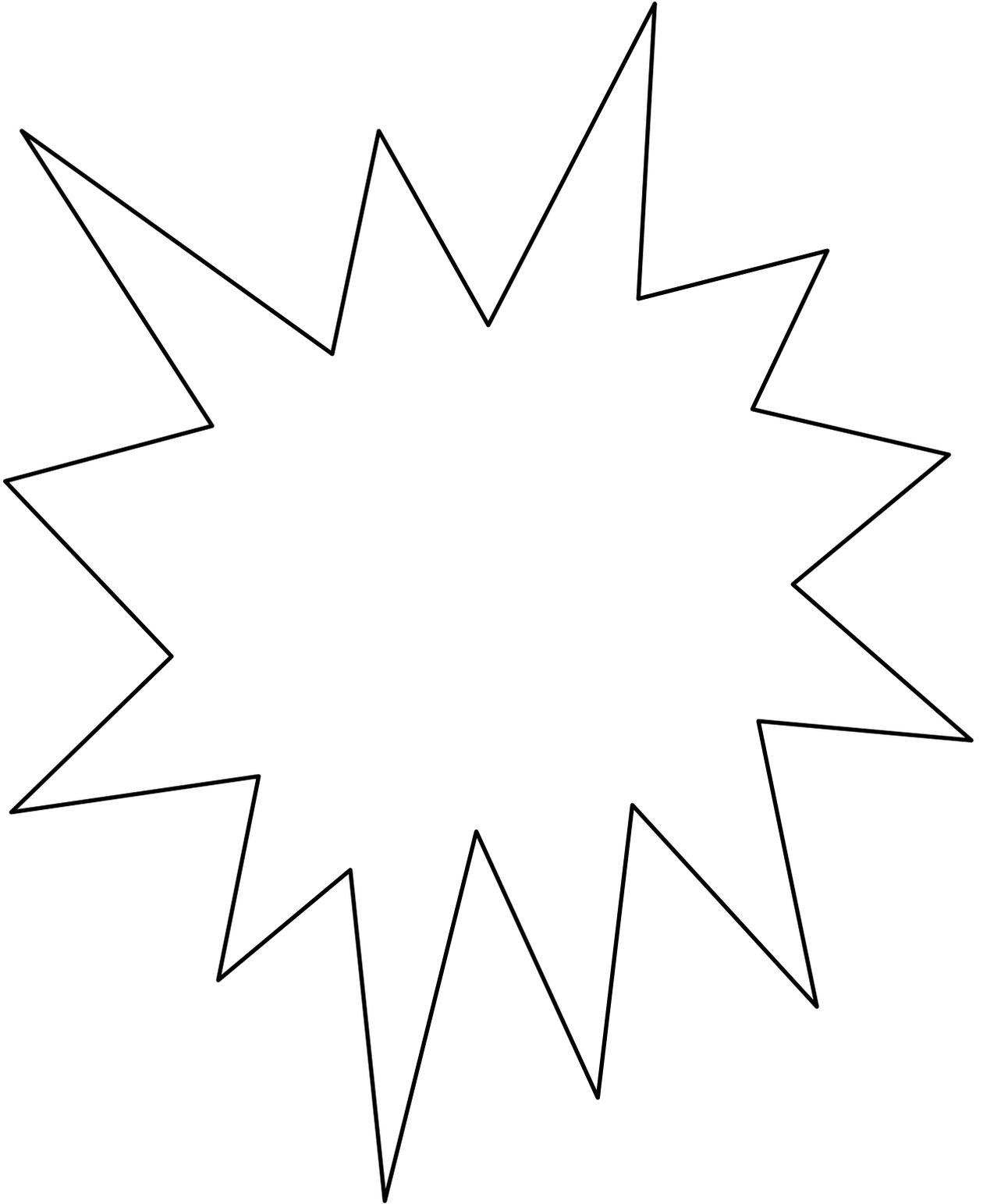
My family



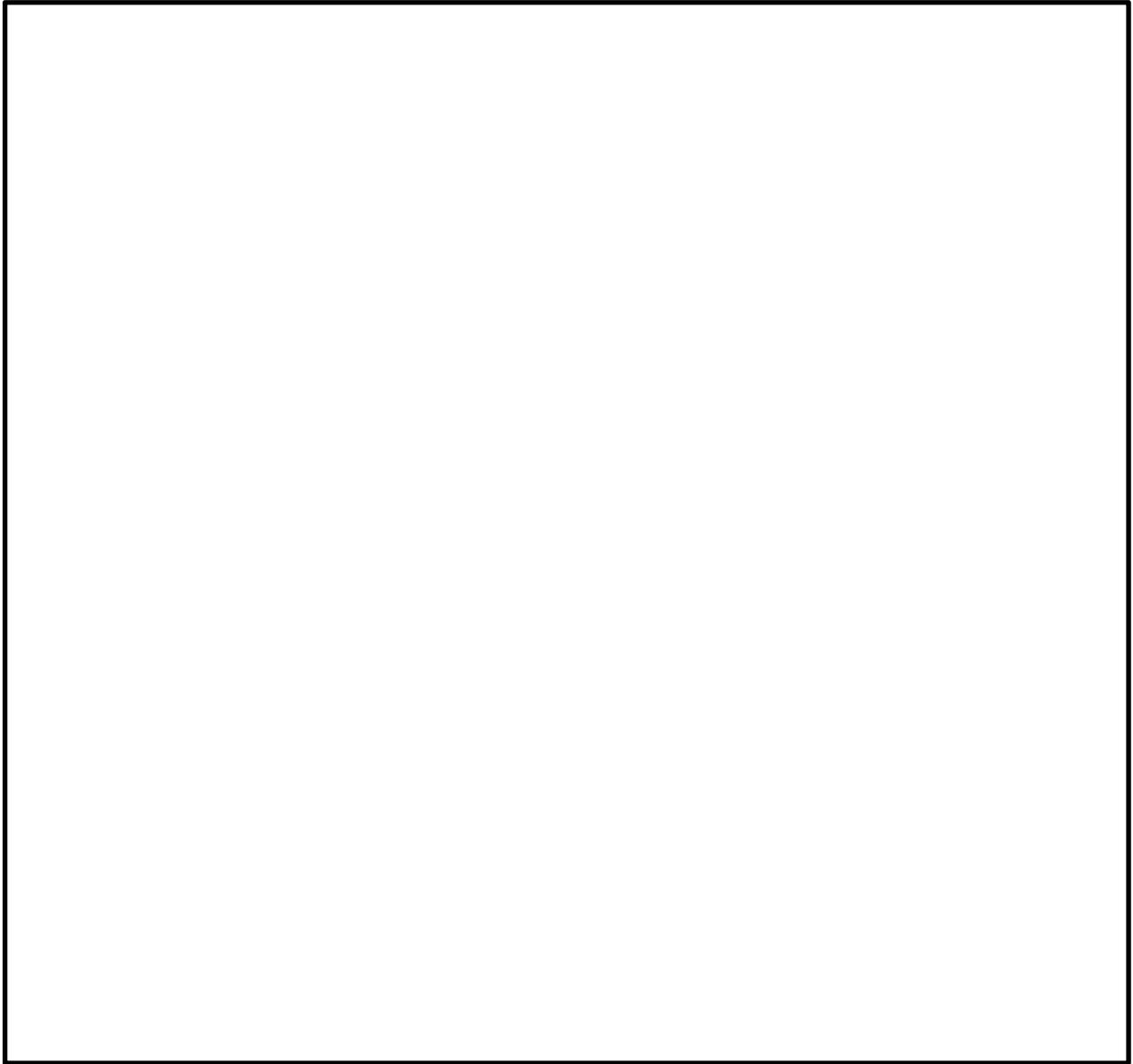
In my family there are:

I love my family because:

When I grow up I want to be



My friends



My friends at nursery are:

Recipes for yummy homemade family meals

Mixed Vegetable curry

- 1 red onion (diced)
- 300ml water
- 1 sweet potato (diced and unpeeled)
- 1 medium potato
- 2 garlic cloves
- Chopped parsley
- 1tablespoon of tomato puree
- 1 tablespoon of ground cumin
- 1 tablespoon of curry powder
- 1 tin of chopped tomatoes
- 1 can butterbeans (drained)



- 1 small head broccoli
- Butter
- 1 can green lentils (drained)
- 300ml vegetable stock
- Rice (cooked separately)

- 1) Add all curry ingredients into a pan and simmer for 15 mins
- 2) Add a portion of cooked rice for each person

Chicken risotto

- 250g chicken breast
- 500g risotto or basmati rice
- 500g frozen peas
- 2 leeks
- 1 white onion

- 250mls of vegetable stock
- 1 tablespoon of garlic puree
- tablespoon of oil
- seasoning to taste

- 1) Fry vegetables and garlic in oil, then add rice to coat
- 2) Add hot stock gradually
- 3) Keep stirring for 20 minutes



Homemade rainbow pizza

250g self-raising flour mixed with warm water to make bread base

150ml passata

250g spinach

150g cheddar cheese

Oregano / Basil

200g ham

1 sliced red pepper

- 1) Mix flour with warm water and form a slightly sticky dough
- 2) Leave dough to sit for 1 hour to allow it to double in size
- 3) Mould pizzas and add ingredients on top of raw dough (you can make faces to make it more fun)
- 4) Cook the whole pizza for 35 minutes at 180 degrees



Lentil, Leek and Carrot Soup

1kg carrots (peeled)

1kg lentil

1kg white onions (peeled)

1 leek

4 litres of vegetable or ham stock



Simmer for up to 2 hours for delicious homemade soup!

Recipes for home baking

Vegan Pancakes

250g self-raising flour

750ml oat milk (or cows milk if preferred)

2 tablespoons of baking powder

150ml golden syrup

2 apples grated

- 1) Mix all ingredients in a bowl
- 2) Cook on high heat and look for bubbles to indicate they are ready



Homemade Flatbread

250g plain flour (extra for dusting)

2 and $\frac{1}{2}$ tablespoons baking powder

200ml coconut milk

- 1) Mix all ingredients into a bowl to form a dough
- 2) Roll dough into a ball and flatten using either a rolling pin or your hands
- 3) Fry on a dry pan until golden brown



Fruit Scones

- 350g self-raising flour
- 2 tablespoons baking powder
- 75g butter
- 30g sugar
- 100g raising/sultanas
- 1 teaspoon mixed spice
- 125ml milk (whichever milk is preferred)
- 2 beaten eggs



- 4) Preheat oven to 220 degrees
- 5) Mix sugar, flour, baking powder and spice in a bowl
- 6) Use hands to crumble butter into the bowl and form a breadcrumb like consistency of ingredients
- 7) Stir in milk a little at a time and add sultanas
- 8) Mould into scone shape and cook for 10-12 minutes

Cup cakes (24 cakes)

- 250g softened butter
- 250g caster sugar
- 250 self-raising flour
- Pinch of salt
- 4 eggs
- 4 tablespoons milk (whichever is preferred)
- 24 paper cases / baking tray with cake slots



- 1) Heat oven to 220 degrees
- 2) Beat butter, sugar, baking powder and eggs to form a smooth batter
- 3) Gradually add milk and flour, continually stirring the mixture
- 4) Add to cake cases and cook until golden brown

Making sensory bottles

Sensory bottles support children to enhance all of their senses, and can be used as a calming instrument

You can add anything to a sensory bottle but this link has a huge list of bottle ideas based on a variety of themes:

<https://www.thechaosandtheclutter.com/archives/the-mega-list-of-sensory-bottles>



Spring Themed Colouring Pages

