

Fourways guide
to having fun
whilst learning
and developing



This booklet is designed to aid adults to play constructively with their children and to have a little insight into what we do all day long at nursery and what can be done at home to occupy little minds.

Firstly thank you for buying this booklet all proceeds will go straight back into making the nursery more fun by buying more resources and equipment.

We decided to put together this booklet after quite a few parents approached us and asked "what do you do all day long?" and "what can I do at home?", we hope that you find the ideas useful and as some of the staff also have children they are fully aware how precious time is and how between work, and running a home how hard it can be to find time to really sit and play, so the majority of activities are short and easy prepared and more often than not are things your child may enjoy doing alone with little support from yourselves except the odd phrase of encouragement.

I hope that you find this book as fun to use as I did to write!!!!!!!

1. Messy/sensory play
2. Outdoor fun in all weathers
3. Language skills
4. Songs and Rhymes
5. Open ended toys and resources

6. Recipes for food and crafts

Messy and sensory Play

Water painting

What you need: old paintbrushes, apron or old t shirt, pavement/patio washing up bowl or similar

What you do: Children can paint with water on almost anything and it will show up their marks but best of all you don't have to wash any messy paints or worry about the mess as it will DRY!!!!

Children can do this activity as soon as they have the grasp reflex which can be as young as four months, they will love you to take photos of their work to look at together.

What they learn: Children's marks are the first step along the way to developing handwriting skills and the way they experiment with different ways of holding the brush will support their pencil control as they practice and develop new skills.

They will learn about wet and dry and how the weather changes things i.e. the sun shine makes water disappear.

They will gain valuable language skills as at first they may use gestures such as pointing but as they get older they will talk through what they are doing and if you model good language skills they will repeat these.

WATER CAN BE DANGEROUS SO IT IS IMPORTANT THAT YOUR CHILD IS WELL SUPERVISED DURING THIS ACTIVITY.



Cornflour silk

What you need: see recipe 1a, table, floor covering, tray, apron or old t shirt

What you do: move your hands around in the gloop or use spoons to lift it out of tray and roll it in balls. Children will love exploring the gloop as it really does some strange things

when handled and is very easily cleaned away after use. Children of all ages love this activity and usually have to fight the adults for a turn!!!

What they learn: They will be confident to try new activities, and will develop physical skills as they move their hands around in the mixture. With different colours added they will learn colour names and what happens when they are mixed.

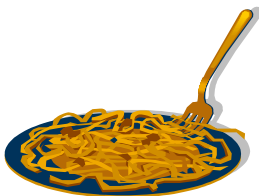
They will begin to learn how to use their senses to examine and explore objects.

Pasta play

What you need: cooked /dried pasta/spaghetti (if you add food colouring when cooking pasta will be coloured) tray or bowl.

What you do: children love to play with the pasta and as they can eat it too it's a safe activity even for the young. It is ideal for your child to do on a highchair tray whilst you are cooking or ironing. If you add spoons and other implements like spatulas the interest time can be extended. Older children like having a bowl of water with the pasta in as this adds to their enjoyment.

What they learn: younger children learn how to control their hand to eye co ordination, they learn food can be fun, and learn how to play independently for short periods older children can learn about textures, wet/dry, cold, etc, they learn colour names and counting the possibilities are endless. My son enjoys weighing the pasta and tipping it from one container to another.



Paddling pool painting

What you need: paddling pool or grow bag tray, paint, balls, paper, tray.

What you do: squirt the paint onto the tray roll the ball so that it is covered, lay the paper in the grow bag tray or paddling pool and encourage child to push/roll ball around to create patterns this can be done inside on a cold day if you are brave!!

What they learn: children will learn to be confident in trying new activities, they will begin to move with control and co ordination, and will develop sound language skills and begin to use descriptive words (cold, wet round and round etc)



Coloured ice cubes

What you need: ice cubes made with water and food colouring or water and paint, paper, apron or old t shirt

What you do: lay paper down and let child move the ice cubes around as they begin to melt they will paint watery patterns on the paper.

What they learn: they learn how to be creative, how things can change form, hand to eye control, and develop sensory awareness, descriptive language skills.



Fist full of colour

What you need: wax crayons, elastic bands, paper

What you do: fasten a handful of crayons together with an elastic band (as many as your child can hold) allow them to make marks/patterns on paper. With older children they could sit in the middle of paper and draw circles around themselves. This makes nice wrapping paper for relatives.

What they learn: children learn how to handle equipment and materials safely and with control, mark making which is early writing, how colours can be mixed to create different effects.



Outdoor fun in all weathers

Planting and digging

What you need: grow bag tray, compost, spoons/spades or similar, seeds

What you do: put compost in the grow bag tray and allow your child free access to this such as placing it on the patio, provide spoons or other digging tools. Seeds would be good for older children but children under two generally eat them!!! Children will spend hours digging around and will love it if the night before you hide treasures for them to find.

What they learn: Children learn to enjoy new experiences and watch how things grow; they will find out about and identify features of living things. They will develop language skills as they ask questions such as why things happen and how do things work.



Windy kites

What you need: plastic bags, string, toilet roll tubes, paper.

What you do: Get creative and cut plastic bags into strips and tape to a toilet tube for your child to fly a kite. They love running round with these and older children can decorate them too. Plastic bags cut into squares with string taped in each corner make great parachutes

for action figures or dolls. Throw them into the wind and see where they land!! For babies, blow bubbles or toss leaves and they will love to see them swirl around.

What they learn: The children learn the effect the change of weather has on their environment, decorating their creations encourages hand to eye co-ordination and the use of mark making skills which is the skills they will use when they begin writing. As always any language that can be modelled to children will develop their thinking.



Wet and dry

What you need: wheeled toys, buckets, sponges, cloths, towels, aprons, wellies.

What you do: help children to wash their toys, show them how things dry with towels or in the wind, you could even wash dolls clothes and peg them on a little line to dry, for older children you could get them to write notes and tickets and book your car in for a valet!!!

What they learn: children learn the effect of the water and the wind, they develop communication skills as you introduce new descriptive words such as wet, dry, soaking etc this activity will lead to many others and will no doubt go off track and they will end up washing your back door, patio furniture but its all good fun.



Coloured footsteps

What you need: wellies, old wall paper, paint and a tray

What you do: put paint into the tray and lay the wallpaper out in a line, encourage children to walk in the paint in their Wellingtons and the walk up and down the wallpaper making footprints most children's wellies have lovely patterns on the sole when dried these can be used as wrapping paper.

What they learn: children learn to recognise colours and patterns, younger children learn how to balance and improve their mobility skills, if you join in as well then they will learn how to take turns and work collaboratively



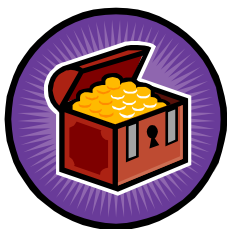
Language skills

Treasure basket

What you need: basket or cardboard box, selection of items such as small toys, pebbles, kitchen implements wooden objects.

What you do: allow children to explore the objects in the basket young babies will probably mouth the objects, with older children encourage them to describe how the object feels hot, cold, smooth rough heavy etc, you could extend the activity by grouping objects into wood, plastic, material.

What they learn: children will learn language skills they will begin to be able to name and describe objects and younger children will begin to make sounds that represent object names.



Puppet play

What you need: old socks, stickers, paper bags, kitchen roll tubes

What you do: help children to make a puppet by sticking stickers to socks, kitchen tubes etc older children could use felt tip pens or even sew on buttons as eyes.

What they learn: children learn invaluable language skills as they are making the puppets but also as you carry out a puppet show together the puppet could become a friend in which children talk to when they are worried etc, even babies will make noises as they squeal at the puppet that's tickling them. All these noises are the beginning of language skills.

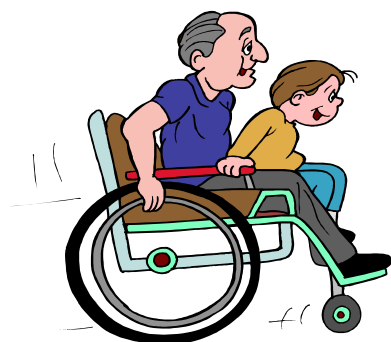


Talking

What you need: your voice

What you do: talk, talk, talk

What they learn: if you talk through everything you do with your child they will learn many new words they will understand concepts such as sequences i.e. we will put water in the bowl, then we will wash up, next we will dry the dishes and finally put them away. They will begin to understand what comes next which will help with all routines bedtime, mealtime and tidying up time. When you are out and about tell your child where you are where you are heading and what can you see they are more likely to sit happily in buggy if they have some form of communication, older children can help you plan the route ask lots of open ended questions such as where shall we go next? What can you see? Rather than can you see the bird? Shall we go to the bank? As this sort of questioning can only have a yes or no response.



Songs and rhymes

I can sing a rainbow

Red and yellow and pink and green,
Purple and orange and blue,
I can see a rainbow
Sing a rainbow too.

Wind the bobbin up

Wind the bobbin up, wind the bobbin up
Pull pull clap clap clap
Wind it back again wind it back again
Pull, pull, clap, clap, clap
Point to the ceiling, point to the door,
point to window, point to the door
clap your hands together
one, two, three
place them gently on your knees

Five little monkeys

Five little monkeys, swinging in the tree
Teasing the crocodile, you can't catch me, you can't catch me
Along came the crocodile....and snap there were four

(continue until no monkeys left)

Five little men in a flying saucer

Five little men in a flying saucer
Flew round the world one day
They looked to the left
And looked to the right
But they didn't like the sight
So one man flew away
(Continue until no men left)

Animal fair

We went to the animal fair
The birds and bees were there
The big baboon by the light of the moon was combing his auburn hair
The monkey fell out of this bunk and slid down the elephant's trunk
The elephant sneezed and fell to his knees and what became of the monkey,
monkey, monkey, monkey....

Two little Dickie birds

Two little Dickie birds sitting on the wall
One named peter, one named Paul
Fly away peter, fly away Paul
Come back peter, come back Paul

Five little monkeys

Five little monkeys, jumping on the bed
One fell off and bumped his head
Mummy called the doctor, doctor said
No more monkeys jumping on the bed

Humpty Dumpty

Humpty Dumpty sat on the wall

Humpty Dumpty had a great fall
All the king's horses and all the king's men
Couldn't put Humpty together again
poor old Humpty
poor old Humpty
poor old Humpty Dumpty
Humpty Dumpty counted to ten 1,2,3,4...
Humpty Dumpty jumped up again.

Open ended toys and resources

In nursery we like to use toys that can be used for many purposes and whilst we do have garages, farm sets etc we recognise that this limits the child's play opportunities and so balance this with lots of resources that a child can use with endless possibilities.

1. old sheets and pegs
2. baskets and containers
3. selection of house hold objects pegs, spoons etc
4. paper pens, crayons old catalogues, safe scissors, glue
5. construction toys (wooden, stickle, Lego, Duplo bricks)
6. some old clothes to dress up in
7. card board boxes, bubble wrap(with supervision)
8. bag of junk (toilet tubes cereal boxes etc)
9. shells, dry pasta, milk bottle tops

At nursery we find it more interesting for children if they have access to a small amount of toys at a time it is a good idea that toys are rotated so that children don't get bored and if you find that they become disinterested with a particular toy then hide it away in a cupboard and bring it back out a month later to them it will be like new (we all know this

from when we sort out lofts and they suddenly want everything that they see coming out!!!)

There is a toy library in Hereford that for a small joining fees loans toys in the same way as books for more information please speak to Amanda or Tami.

Recipes and ideas for play

Corn flour silk

Tip corn flour into a tray and add a little water at a time until it turns into a thick paste you may add food colouring to change the colours.

Playdoh

4 cups of plain flour
1 cup of salt
1-1.5 cups of cold water with colouring in

Mix flour and salt add water fairly and quickly and knead together

You can add perfume, glitter etc cloves and almost anything you like for a smoother dough you can add hand cream or moisturiser.

If kept in an airtight container this should keep for a short while.

You can also bake the children's models until they have dried out and varnish if they become really attached to them.



Easy peasy pizzas

Pitta breads

Cheese

Tomato sauce or puree

Any toppings

Spread tomato puree over pitta bread add toppings and cheese and place under grill until melted and golden, children really enjoy making these themselves and can spread sauce with back of spoon to avoid using a knife.



Easy biscuit recipe

2.5oz brown sugar
Half beaten egg
2.5oz margarine
5oz plain flour

Mix sugar and margarine really well, mix in beaten egg a little at a time, sift flour and maybe add lemon juice or orange juice to add flavour, squeeze mixture together roll out dough and cut into shapes place on baking sheet and bake until golden.

You can use tiny amounts of food colouring and use paintbrushes to paint onto your biscuits or decorate with icing.

I hope that you have found this booklet helpful there are many resources available for parents to borrow from nursery including DVD's and information packs we are always searching for more as we firmly believe that a child should have great opportunities everywhere not just in nursery and it's so easy to forget that a child learns through everything that they do and see!!!!

If you would like any help in accessing any of these materials then feel free to contact Tami or Amanda
On: 01432 279566 or speak to us when your next in nursery.

