

EY Home Activity Ideas

Newspaper Scrunch

Get some old newspaper and crunch ½ sheets up to make each ball. Pass the paper ball around waist, passing the ball into the other hand, behind your back and at the front. Using boxes, plastic bowls etc set up targets to throw the balls into. As your child gets improves, move them further away or make the containers smaller.

Balloon Keepy-Uppy

Blow up a balloon and tie it. Keep the balloon up in the air by tapping it with hands. Encourage children to use both hands individually. Count the number of taps completed and then aim to beat your score. Use other body parts such as head, knees, feet, elbows etc.

Cup Catch

Scrunch up some kitchen foil or paper to make a golf ball sized ball. Place the ball inside a plastic cup or beaker. Throw the ball up out of the cup and see if you can catch in the cup again. Count the number of throw and catches made. Can you beat your score?

Popping with a Hop and a Jump

Place piece of bubble wrap on a non-slip floor. Put some music on and see how quickly your child can burst all the bubbles. Try jumping, hopping, rolling, and stamping! Try to also encourage movement of both sides of the body.

Animal Magic

Can your child move like their favourite animals? Ask them to: hop like a rabbit, creep like a spider, stretch like a cat, fly like a bird. What other animals can you think of?

Boogie Breaks

Put on the radio or some music. Dance to a couple of songs. Try to include some jumping and arm actions. Make sure you 'take a break' and dance with your child – have fun together!

Hand Switch

This one is tricky, but great in developing coordination skills. Can your child hold their nose with their right hand and their right ear with their left hand? Now change the hands so that left hand is on the nose and right hand is on the left ear. Keep swapping and trying different body parts - it gradually gets easier so give it a try!

Hand Clapping Games

Clap your hands together and then clap against your child's hands. Repeat until you have a rhythm going. Repeat clapping to some music or to a familiar rhyme.

Pasta Shape Work Out

Explore your cupboards and find some pasta (or other types of food). Copy the shapes with your body. Spaghetti - Stretch tall and thin. Shell - Curl -up small. Bow - Stretch wide. Twist - Twist standing or sitting on the floor. Penne - Roll along floor or turn on feet. Which one is your favourite movement/shape?

Empty Plastic Bottle Skittles

Use balls or scrunched up newspaper/tinfoil to try knock down the bottle skittles. How many can you hit? Can you move the ball to hit the bottle in another way like kicking? Try putting some water in one of the bottles to make it harder to knock down.

Instruments made from Bottles Filled with Rice, Sand, Pasta, etc.

Half to $\frac{3}{4}$ fill a plastic bottle with rice, sand or pasta. Shake it and listen to the sound – you have made an instrument! Play your instruments and dance to the music you make. You could even make a few and have a house band.

Balloons filled with Rice, Sand, Pasta, etc.

As with the bottle instruments, half fill a balloon with rice, sand or pasta and blow it up carefully. Tie the end and explore how the balloon sounds and moves. Can you roll it? Can you hit it with both hands? Can you hold it and shake it to make a noise? You could even use a suitable pen to draw a face on your balloon!

Treasure/Scavenger Hunt in the Garden and Park (or House if it's not possible to go out!)

Create a list of items you can find in the park or garden (try adding pictures to your list to make this easier to read/follow. Challenge your child to find objects on the list. For younger children, support your child by hunting together. Can you tick each item after finding it? How quickly can you find the items? Can you move around in different ways between each item – hopping, jogging, tiptoeing etc?

Shopping Treasure Hunt

Make the trip to the shops even more exciting by giving children a challenge, such as a list of things to find when shopping. Can your child find them with a little help? Can they carry the item and put it in the trolley or basket?

Stepping Stones

Create some stepping stones using simple objects such as magazines/newspapers/flyers/kitchen roll. Think of a story about crossing a pond. Are you a frog hopping from lily pad to lily pad? Are you avoiding the fish in the pond? Is there a crocodile in between the stepping stones? Try clapping and asking your child to only move when you clap e.g. one clap is one stepping stone, two claps is two movements.

Follow that Balloon

Using a balloon (not filled with air), change the shape by stretching, pulling, twisting the balloon and ask children to copy. Try blowing up the balloon, and letting it go without tying the end and see if children can copy the movement now – running, jumping and landing on the floor. Other materials such as tinfoil can be used to make different shapes.

Active Stories

We all love a story, but why not try and bring it to life by acting out stories rather than sit down when reading them? Being physically active when listening to the story can make it more enjoyable and memorable for the child. How would the character move? You could even add simple props and dress up!

Active Paper Fortune Teller

Create a paper fortune teller with a square piece of paper/cardboard. Draw numbers on the outside and the next step which will help children with their counting. All tasks should be active e.g do 5 start jumps, hop on one for as many times as you can etc.