

June 2020

Play 'I spy... with my little eye something that's coloured...' You can change the game to finding shapes '...something round/ square etc'



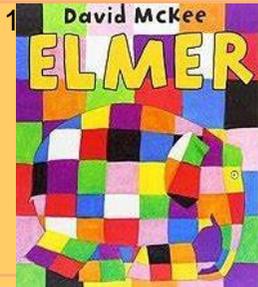
Cut up straws into 'beads'. Let your child thread them onto a long string and make a beautiful necklace! What else could you use? Pasta?



Draw around your foot and cut it out. Use it to measure things around the house—"how many feet is the kitchen table?" Use an adults foot too—"will it be the same number of feet?"

Teach your child to jump and land safely: find a low wall or bench with a smooth surface below it, and jump off. Bending the knees on landing absorbs some of the impact and protects children's ankles.

Bake! Allow your child to help measure/ pour/ fill/ mix/ add/ sprinkle ingredients the next time you bake. Email your baking pictures to Rainbow!



Share a favourite storybook together. Another One of my favourites is Elmer by David McKee

You can watch the story of Elmer here.



Click the play button for video

Draw or tape hopscotch onto the ground floor and hop, skip and jump up and down along it. Children could also crouch and spring along the hopscotch.

Collect some leaves and sticks on your daily walk. Use PVA to stick down on paper, you can make animals, people... the list is endless!



Set up a role play shop at home!

See our ideas sheet to help you get started!



Hide some 'treasure' (or a toy) Draw a treasure map for your child to follow to find the treasure. Talk about X marks the spot, including landmarks and counting steps.



Fill a spray bottle with water and let your child spray at the fence/paving. If you're brave you can also use watered down child safe paint and paper/or old bed sheet.

Bounce, feet together, from paving slab to paving slab on your next walk. How far can you bounce? Mind you don't land on the cracks!



Draw around lots of different household objects. Let your child match the item to the drawing. You could also put the items away so they have to find them first.

Run! Children love to rush – so let them. The best way to learn how to run without falling (or to fall 'safely') is to keep trying!

Cut an elephant shape from a milk bottle. Don't forget the ears. Glue on tissue paper squares to make Elmer's patchwork. Stick or draw on eyes.



Make jelly! Take pictures as you follow the instructions and make your own jelly instruction book. When ready to eat sing about the how the jelly wobbles and wobbles. See song sheet.

Why not be a superhero? Make a cape from an old sheet and fly through the streets and green spaces of Tower Hamlets.

Fill a large box or bath with water. Offer various size cups/ jugs/ containers & bottles. Which holds more water? Which holds the least water? How many cups to fill the jug?



Pirouette like a rhythmic gymnast or ballet dancer, using long silky scarves or ribbons to create added drama and encourage big body movements.

Complete a puzzle together – talk about sides/edges, turn around, matching.



How to Grow a Rainbow

You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!



THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.



Jelly on my plate, jelly on my plate
Wibble wobble, wibble wobble
Jelly on my plate.

Jelly on my spoon, jelly on my spoon
Wibble wobble, wibble wobble
Jelly on my spoon

Jelly in my mouth, jelly in my mouth
Wibble wobble, wibble wobble
Jelly in my mouth

Jelly in my tummy, jelly in my tummy
Wibble wobble, wibble wobble
Yummy, yummy, yummy!





Let's Play Shops!

Gather your materials – make a shop from what you have at home – Toy shop using your children's toys

Or

A grocery shop using food packaging, some spare tins of food, empty bottles and cartons (you might need to save some items from your recycling), you can even add some fresh fruit and vegetables.



Make signs such as opening times, pricelists, pay here, open 24 hours, label the toys and food such as puzzles, babies, Legos, milk, porridge, butter etc. (These are great for reading especially for emergent readers who with the aid of the context can successfully read many of the signs. A Price chart offers the chance to read numbers as well.)

For shop props use a phone, cash register and staff name badges. (I personally don't have a cash register but I have a calculator and an old notebook laptop)

Set up and organise the shop – you can do this with your child or surprise them.



I really encourage you to pretend play with your children whether it's like this or the random and magical ones when they walk up to you and announce that they are no longer your child they are in fact a Lion... oh and you are too. It's so important for them to imagine, to practice life skills and try on different roles in a safe place. So imagine with them, play, teach and most importantly have fun!