

# Ten Top Tips on Free Activities

## - Simple, fun, free activities



Children are naturally curious. They love it when you spend time talking, singing, and playing with them. The simplest activities provide opportunities to connect/bond with your child and develop their brain and body. Everyday activities provide opportunities to have fun and learn together and prepare them for school. Follow your child's lead and let them choose between the activities.



### Here are a few suggestions you could try...

- 1 A trip to the Supermarket: make a list**  
Talk to your child and help them find the items on the list. Describe how the onions or lemons smell, feel and look. Allow your child to put them in the bag and weigh them.
- 2 Sorting and hanging the washing out.**  
Squeezing the pegs will help develop the muscles in their hands. Try sorting the socks into pairs to look at size, shape, and colour. i.e., Can you find the other small, spotty red sock?
- 3 Make a Mud Pie** – Messy play can be particularly good for imagination. Mix mud and water (to the consistency of bread dough). Roll the mud into balls, flatten them with the palm of your hands, decorate them with stones, leaves, sticks. Describe the sloppy, sticky pie... 'Tada... you have a pie, birthday cake, tea party...
- 4 A Sensory Walk outdoors** - Nature has the ability to calm and sooth. Look and listen. Try listening for different sounds e.g. the trees in the wind, the birds singing.
- 5 Lift a rock** – Children are naturally curious. What lies beneath - look for bugs/ insects and creepy crawlies. The Woodland Trust provide a bug hunt list which you can print/download.
- 6 Washing Up** - Fill a shallow bowl with soapy water and collect some cups, bowls, and utensils, a sponge/ cloth and tea towel. Practice filling and emptying containers.
- 7 Home-made skittles** – Try using empty bottles or tubes as skittles and rolled up socks as balls. Encourage your child by describing what they are doing, and the number of skittles knocked down or remaining. (From Tiny Happy People)
- 8 The Traffic Light Game** – Explain that Red means STOP and Green Means Go (run). Great for practising listening and attention. Try copying one another to practise taking turns. (Tiny Happy People)
- 9 Make a rainbow** – Look for and gather some objects from around the house (rainbow colours). Have fun discussing them and arranging them together. (Tiny Happy People)
- 10 Build a den** – Plan and find materials to make a den. Let your imaginations run wild as you plan, play, problem solve and get creative together.

**These ideas are not exhaustive, just a starting point?**

Other ideas include:

- Look at the sky - what can you see?
- Make an instrument
- Go on a treasure hunt around your home

**BBC – Tiny Happy People**  
[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

**Better Health – Start for Life**  
[www.nhs.uk/start-for-life](http://www.nhs.uk/start-for-life)

**The Woodland Trust activities for children and families**  
[www.woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families](http://www.woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families)

**For more top tips please visit**  
[leicestershire.gov.uk/services-for-children-aged-two-years-to-starting-school](http://leicestershire.gov.uk/services-for-children-aged-two-years-to-starting-school)

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