

# Helping Children at Home: Play

## Play in the Kitchen

- Baking -measuring, mixing, eating, sharing out. Play dough -see recipe.
- Cut up fruit and vegetables, count, look at shapes and colour.
- Make own sandwiches.
- Setting the table, count cutlery, match cups and saucers, knives and forks. Have we enough chairs? Where is everyone sitting?
- Making sounds with kitchen utensils. Look for numbers and letters - on microwaves, calendars, clocks, recipe books, magazines, cut up newspapers, make a number and alphabet book.
- Sorting out washing, different colours, my clothes, your clothes, how many T - shirts and trousers.
- Clean clothes - match up socks, fold hankies.
- At teatime everyone report on what you have been doing today.

## Play in the Bathroom

- Relaxing.
- Playing in the bath, floating and sinking things, pouring from different shaped shampoo bottles.
- Where does water come from and go to?
- Danger of water, especially hot water.
- Watch a dry flannel getting wet.
- Name parts of the body - have we cleaned each part?
- Brush our teeth, top, bottom, front and back, how long?

## Play in the room

- Look at books together, play games and do jigsaws
- Build a farm, zoo, train track, use boxes, figures, animals, material. Build towers for
- buildings, bridges, roads - which is the highest, longest, build and rebuild
- Look at photographs - name everyone. What are they doing? Where are they going? How old are they?
- Make up a story about what they have done.
- Toy telephone - pencil and pad to take notes.
- Set up a shop with empty packets.
- Look after toys, make tidying up a game - who is quickest? Pick up 10 things.

## Play in the Bedroom

- Count the stairs to bed.
- Getting dressed and undressed to a timer count socks, buttons, sort clothes too big or small, which match, for summer or winter, favourites. Folding and hanging up clothes.
- Sort toys, which go together. Use soft toys to have a game or tell a story.
- Reading books together, look at pictures what will happen next, re-tell the story.
- Listen to tapes.

## Play in the Garden

- Play with big and little toys outside.
- Sandpit - dig holes, draw in sand.
- Hang out the clothes - counting, colours Collect conkers, acorns, leaves.
- Planting seeds - follow instructions.
- Look for mini-beasts - where do they live?

## Play at the Shops

- Can you find the red apples, how many yoghurts shall we get, which check out will we use?
- Look at sizes on shoes and clothes, recognising different sizes and finding the numbers, talk about the colours of clothes.

## Play in the Car

- Play I Spy.
- Listen to story or nursery rhyme tapes or sing your own - change a rhyming word or put in own child's name.
- Count buses, bikes, post boxes...
- Who is in the front or behind.

## Play on a Walk

- Plan an outing or a walk - what will we need e.g. umbrella - it might rain.
- Look for numbers, letters, words on houses, signs, buses, cars.
- How many different vehicles do we see, how many wheels, what Colour?
- Which direction are we going in, what do we pass on the way?