

Nursery Activity Ideas

<p style="text-align: center;">Building a Den</p> <p>This can be done inside or outside. Children love finding places to hide. Encourage them to think about and plan how to make the den and to solve the problem if it doesn't work the first time</p>	<p style="text-align: center;">Bake a cake</p> <p>Find a recipe and discuss the ingredients with the children, how to measure and the process.</p>	<p style="text-align: center;">Dancing or Action songs</p> <p>Dancing is a great way for children to express themselves and will help to build confidence. Dance also requires balance and the quick movement changes will challenge the brain to manage balance. This can be free form where children make up their own moves or more structured where they have to follow instructions.</p>
<p style="text-align: center;">Playdough</p> <p>Playdough is a great activity that allows children to use their imagination and developing their hand strength and fine motor skills.</p> <p style="text-align: center;">Find recipe attached</p>	<p style="text-align: center;">Developing Gross Motor Skills</p> <p>This can be done indoors or out on a walk. Encourage children to talk about different ways to move their bodies. i.e. Jumping, hopping, leaping, skipping, climbing, running and balancing. You can do this along with demonstrating the process. Using their bikes and scooters will also help.</p>	<p style="text-align: center;">Story Telling</p> <p>Children enjoy listening to stories but it might be nice to encourage them to tell you a story. They may retell a familiar story that they enjoy or might make up their own. It would be good if parents could scribe these stories and make them into little books. The child may also want to draw pictures to go along with their story.</p>

You will need

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh. You can make a batch of colours and give away as kids' party bag favours or hold a playdough party for your child's next birthday.