

Obstacle Course

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Nature Walk

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Music Junk Modelling

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Sensory Tray

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Board Games

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Building Blocks

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Dressing Up

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Small World Play

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Sensory Tray

Use shaving foam, water, sand or leaves for example in a tray to give your child different sounds and textures to explore. Describe how it looks and feels to build their vocabulary or add dolls and animals for imaginative play.

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Music Junk Modelling

Make shakers out of an empty bottles and some rice or a guitar with a tissue box and elastic bands for example. Doing arts and crafts builds skills such as fine motor, scissor skills and hand eye coordination.

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Nature Walk

Go for a walk and talk about what you can see, smell or hear. This supports their gross motor skills (walking) and introduces new vocabulary and sensory experiences. You could incorporate a treasure hunt collecting specific items.

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Obstacle Course

Can be done at home or at the park. Practices following instructions from an adult or following a sequence of steps. Builds gross motor skills, core stability, balance, coordination and problem-solving skills.

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Small World Play

This is imaginative play with figures, animals or cars. Small world play gives opportunities for modelling conversations or routines. You could play naming games such as “can you find the…” or “what noise does the … make?”

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Dressing Up

Opportunities for dressing up offer opportunities for imaginative play. You can talk about different jobs or community members. You don’t need costumes, you can use any clothes for this!

Children can practice clothes fastenings, developing fine motor skills.

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Building Blocks

A simple game with building blocks can support to develop turn taking, hand eye-coordination and fine motor skills. It allows opportunities for children to follow instructions such as “put the blue block on next” as well as teamwork skills.

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Board Games

Board games such as operation, connect four and jenga support the development of fine motor and hand-eye coordination skills. They also build turn taking skills and forward planning.

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Simon Says

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Ball Games

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Lego

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Mark Making

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Mark Making

Mark making can be done with a variety of media such as pencils, paint, sand or foam. It can provide a sensory experience and opportunities to develop fine motor skills, pencil grip and pressure. Ask questions about what your child has created!

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Lego

Lego is great for developing fine motor and visual skills. This can be a creative activity and a chance for your child to talk about what they've made and for you to ask questions!

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Ball Games

Ball games provide opportunities for turn taking. They help following instructions and rules of the game. Ball games can also help with developing balance and gross motor skills.

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Simon Says

Simon says helps children to follow simple instructions. This can also support with developing body awareness, learning about where our different body parts are and even left and right!

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