

Family Fun!

Ideas to support learning, play and well-being.

Playdough

This super-easy playdough recipe is the perfect way to spend a rainy afternoon inside. It's quick enough to hold a young child's attention and you only need a few store cupboard ingredients.

You will need 8 tbsp plain flour, 2 tbsp table salt, 60ml warm water, food colouring 1 tbsp vegetable oil. Mix the flour and salt in a large bowl. In a separate bowl/cup mix together the water, a few drops of food colouring and the oil. Pour the coloured water into the flour mix and stir together with a spoon. Then knead, as you would bread.

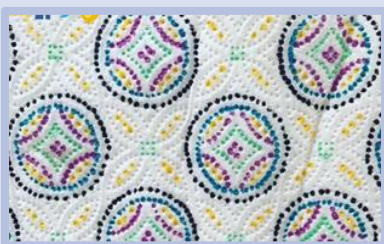


Maths – Money

To set up, simply write amounts of money on paper with a pen. Then set out some coins. That's it! You can adapt the amount to make it easier or harder depending on your child's age and ability.

Mind Jar

A Mind Jar is a super fun way to try mindfulness with children. Ask your child to imagine that the jar and glitter are their thoughts inside their head. When they shake the jar the glitter swirls around, just like their thoughts when they are sad or angry. This makes it hard to see inside the jar -their emotions take over and they cannot think clearly. Simply fill a jar or bottle with water and add glitter glue or glitter and its ready to shake.



Mindfulness Colouring

You don't need a mindfulness colouring book when you've got some kitchen roll to hand. Using felt tip pens you can colour in the dots in different colours. Who knew kitchen roll could look so good!