

Family Fun!

Ideas to support learning, play and well-being.

When doing the laundry

Sort clothes with your child into piles of “more” or “less.” Ask your child to help put a specific number of clothing items into the hamper or basket, and then count with them as they do it. Have your child match socks to help them understand sets of objects.

You can ask your child to sort the items into colours or sizes too.



Yoghurt pot train

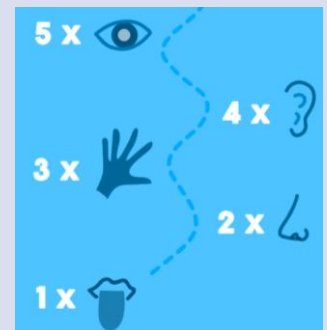
Glue tissue paper (or kitchen roll, which your child can decorate) around each yoghurt pot. To build the train you need to make a hole through the sides of the pots (big enough to thread the string through). Thread the string through the sides of the pots. To make the train. Glue the lids to the sides of the pots to make wheels. Add some number stickers as the finishing touch.

Using the senses. A 5 minute mindfulness tip.

Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).

In this order, ask children to focus on one sense at a time, noticing: -

Five things they see - Four things they hear - Three things they smell - Two things they can touch - One thing they can taste.



Yoghurt ice cakes

What you'll need: yoghurt, berries, cupcake cases, muffin tray
What to do:

1. First your kids put cupcake cases into the sections of a muffin/cupcake tin. Then they spoon the yoghurt into the cases.
2. Next they put in the berries and press them into the yoghurt.
3. Put them in the freezer until they set (about 3 hours).