

More Ideas for Nursery Activities

Play dough: There are many things to make and do with play dough, you can make your own by following this recipe.

- 2 cups flour
- 1 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil
- Food colouring, optional

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one colour, add in the colour now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then knead the dough until it forms a nice smooth texture. You may need to add a bit more flour or water depending on if it is too sticky or too dry. Place inside a bag or plastic box (old ice cream tubs work well too, and store it in the fridge when not in use.

Things to use with your play dough; cake tins or cases, cake candles, buttons, straws, cutters, plastic scissors, plastic cutlery, garlic press (makes great hair!), rolling pins and anything that makes a pattern.

You can also follow along the many dough disco songs on youtube, this is a fun way to strengthen children's fingers, develop fine motor skills and a great way to warm up and get ready for writing and colouring activities.

Dough Disco link; <https://www.youtube.com/watch?v=k4add7QoLxk>

Dough Disco link; <https://www.youtube.com/watch?v=i-IfzeG1aC4>

Once you've got the idea you can make up your own dough disco with your favourite songs, maybe even film your own dough disco video.

Another lovely thing to do with dough is make salt dough creations that you can harden, paint and keep forever, you can see how to here...

<https://www.learning4kids.net/2012/12/09/how-to-make-salt-dough-recipe/>

And if your little darling should get play dough on the carpet, don't panic, once it's dry it should scrape up quite easily!

EYFS Home is a great website with daily activities for you to follow as well as advice and support.

<https://www.eyfshome.com/>

Cosmic Kids; Relaxing wind down meditations for your child (and you!)

https://www.cosmickids.com/category/watch/?video_category=relaxation&changed=video_categorycommunity