



Happy Healthy Kids

20 Activities For 20 Days!

Physical activities are so important for our health and emotional well-being.

Have a look and see how many you can do!

1. Yoga Try cosmic yoga for kids on YouTube...a fun way for the whole family to relax!	2. Bean-Bag Challenge How many bean bags/rolled up socks can you throw in a hoop, in a bucket or target? Balance a bean bag on your head & have a race	3. Finger Gym Thread pasta onto a shoelace Use tweezers to pick up pasta Push / Pull Lego bricks together Or get creative and finger paint!	4. Family Games Stuck in the Mud Skipping Hula hoops Races / Tag All the family can join in!	5. Hide'n'Seek Family fun for everyone! Hide indoors or outdoors... Take turns to count and hide around the house
6. Family Bake Off! There are lots of simple recipes for kids online. Baking helps children learn lots of basic skills and sparks creativity!	7. Listening Walks Give the children a list of things to listen out for, birds, wind, dogs, cars etc. When you come back, get them to draw what they heard.	8. Bubbles! Make some bubble mixture and homemade wands from straws, playdough cutters or wire hangers.	9. Magic Dens Use blankets, towels, sheets, chairs and a sprinkle of imagination to create a magical hideaway!	10. Play-Doh Rolling pushing, pulling, squeezing dough will help develop fine motor skills & strengthen hand muscles
11. Parachutes Use an old sheet as a parachute—there are a lot of ideas for parachutes games online. Great family fun for everyone!	12. Chalk'n'Walk Take chalk for walk outside, chalk wavy, curly, zig zag lines, thick and thin lines to create an outdoor masterpiece	13. Brilliant Ball Skills Throw and catch ball. How many times can you bounce the ball? Can you throw the ball into a bucket? Or try catching a balloon?	14. Obstacles Set up mini obstacle courses at home to encourage children to move in different ways using different body parts	15. Sand Tray Pour sand/flour into a tray or baking tin...make shapes in the sand with your fingers, hide small toys in the sand for children to find.
16. Camping Include a homemade fort, camping snacks, make a pretend camp fire, tell stories around the camp fire etc	17. ...& Relax! Set up a calm corner, listen to children's meditation or calming music, practice breathing techniques	18. Wonderful Walks Indoors or outdoors walk forwards, backwards, sideways, small steps then giant steps, fast & slow steps	19. Animal Moves Use your body to pretend to be different animals e.g. slither like a snake, flutter like a butterfly, bounce around like a kangaroo	20. Dance Party Close the curtains, turn on the music and dance, play musical statues or have a living room dance competition!



Useful Resources

Balls , Hoops, Skipping Ropes, Pasta, Laces, Playdough, Sand/Flour, Blankets & Sheets, Chalk, Bubbles, Music





Education Works in Pre-School

1. Play-Doh <ul style="list-style-type: none"> • 250g Plain flour • 50g Salt • 140ml Water (warm) • 1-2 tbsp veg. oil • Food colouring <p>Mix dry ingredients. Add water oil, and food colouring . Knead until smooth. Keep in fridge in plastic bag.</p>	2. Jigsaws <p>Make your own jigsaw out of old pictures/photos.</p> <p>Glue onto card & cut into large jigsaw style pieces.</p>	3. Spot the Difference <ul style="list-style-type: none"> • Get your child to close thier eyes • Change 1 thing—take off a sock, put your jumper back to front etc, - get them to 'spot the difference!' • Vary by using the whole room & props! 	4. Treasure Hunt <p>Draw clues on paper and hide the clues around the house for child to follow to the prize / treat.</p>	5. Gloop <ul style="list-style-type: none"> • Cornflour • Food colouring <p>Mix 2pts cornflour, 1pt water. Add food colouring. Child can explore the gloop – how it feels & moves. Is it a solid or liquid?</p>
6 . What If...? <p>Get your child to think creatively by playing the WHAT IF game. WHAT IF -</p> <p>Our house was made of cheese,? You could fly? You are an Eskimo? Cats are as big as elephants?</p>	7 . Number Time <p>Cut eggs from paper & write numbers (1-5) on eggs. Kids crack them by punching/ cutting the correct number. Make it more difficult by adding bigger numbers.</p>	8 . Bubbles <ul style="list-style-type: none"> • Straws • Washing Up liquid 50ml • 300 ml water (add slowly) <p>Mix gently and rest for a while. Put straw into suds & blow. Make different homemade wands,- paperclips, biscuit cutters and pip cleaners.</p>	9. Stone Stories <p>Add stickers or drawings to stones/blocks/lids.</p> <p>Help your child make stories using the stones/blocks. Make a little bag to keep the stones safe and decorate</p>	10. Mini-City <p>Build a miniature city with boxes, sticks & twigs, pasta, pulses and beans .</p> <p>You can even made a model of your own street! OR make a fairy play using old necklaces/beads/glitter and play dough. Put wings on dolls.</p>
11 . Hairdressers <ul style="list-style-type: none"> • Toilet Roll Tubes • Scissors <p>Draw faces on a toilet roll tube & use scissors to create their own hairstyles. You can even make hair using wool, string, tissue paper!</p>	12 . Story Time <p>Spot people passing & make up stories.</p> <p>Lady has a monkey in her pram just escaped from zoo. What mischief has it caused! Where did it get his bananas?</p>	13 . Building Blocks <p>Use Lego/Duplo/Blocks</p> <p>Help them measure toys — how many pieces long, get them to guess. Language— tall , short, wide , longer, bigger, shorter etc</p>	14. Water Play <ul style="list-style-type: none"> • Toys/Containers/Jugs • Whisk • Washing Up liquid <p>Fill sink/bowl with water, jugs and containers. A whisk and washing up liquid will make great bubbles!</p>	15 . Hunts <p>Hide Toys Around the House and go on a hunt together.</p> <p>Give child clues—warm if close, to the treasure; cold if moving away.</p>
16. Sharks! <p>Line cushions up & get child to walk along them - it will challenge their balance.</p> <p>Move pillows and play sharks— child has to get across room without being eaten!</p>	17 . Camping Fun <p>Go camping have an indoor picnic, spread out rug.</p> <p>Later use rug to make tent, add torches, blankets/ cushions, favourite toys & books.</p>	18 . Dance Time <p>Play action songs to the children such as Hokey Pokey, Head and Shoulders, I'm a Little Teapot, Shake your Sillies Out. Lots more examples can be found online.</p>	19 . Let's Pretend... <p>Encourage pretend /dramatic play.</p> <p>Play 'Post Office' (junk mail, boxes, large bag for letter and box for post box) OR have a birthday party for toys/pets.</p>	20. Play Shops <p>Play 'Pet Shop' Big cage under table for big animals., boxes for small animals. Set up shop with real food /toys etc. A restaurant with cups & plates, tea towels, napkins etc</p>

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Learning through play is very important for pre-schoolers and will help give them the skills they need to succeed in school and future life.

Have a look and see how many you can do!



Useful Resources

Building blocks, lego duplo, mini-figures, play dough together with household items such as blankets, toilet rolls & boxes.





Ages & Stages (3-4)

1 . Memory Game <p>Gather 3 or 4 items & place on tray. Allow child to study them for a few minutes & then cover. How many can they remember? Add or remove items depending on how easy your child finds the game.</p>	2. Positive Thinking <p>Set up a 'post box' - a shoebox would be ideal!</p> <p>Write positive notes to post and read back. This reinforces good behaviour and boosts confidence! Encourage your</p>	3. Kinetic Sand (ratio 5:3:1) use a small container—5 parts sand, 3 parts cornflour and 1 part oil. Beach sand or play sand can be used. Add containers and toys to make play more stimulating.	4. Mime Time <p>Act out activities and let them guess what you are doing:</p> <p>E.g drinking milk, lifting a heavy weight, walking through wind/ water, putting on clothes, etc.. Get your child to</p>	5. Developing Independence <p>by helping set the table, cleaning rooms, putting toys away, picking out their own clothes, helping prepare breakfast or lunch, helping get their bath ready.</p>
6. Sensory Box - <ul style="list-style-type: none"> Old shoebox (or any box with a lid) <p>Cut a hole in the lid (or cover the top) and get them to feel and guess what's inside! Include sensory items like spikey brush, slippery soap, food and get them to describe.</p>	7 Fun Sensory Play <p>Dye rice and pasta by filling container with large cup of rice or pasta add a teaspoon of vinegar, then food colouring, place lid and shake. Spread out to dry. Add dinosaurs, animals, mini-figures, sea creatures etc.</p>	8 . Freeze! <p>Musical Statues —play music, when the music stops, they have to freeze until the music plays again. Freeze like animals —tall as giraffe, small as mouse, roar like tiger, go as wide as an elephant.</p>	9. Cold As Ice <p>Balloons, mini dinosaurs/birds/ reptiles.</p> <p>Put toy inside balloon, then fill with water to egg size, tie and freeze. Once frozen, balloon will peel away. Game—how to get dinosaurs out of ice quickly? Learn how to defrost.</p>	10 . Balance Beams <ul style="list-style-type: none"> Masking Tape <p>Put masking tape on floor—walk forwards, backwards, or on tiptoes. Make shapes with tape, play music instruct them to run to shape when music stops.</p>
11. It's A Small World <p>Use items such as rice/lentils/ coffee beans and natural leaves, twigs in a tray to enhance imaginative play. Add vehicles and people for a worksite, or a fairy forest, farm with animals etc.</p>	12. What's That Sound? <p>Record sounds clock ticking, telephone ringing, hairdryer, footsteps. Play back to child and get them to guess</p>	13. Make Your Own <p>Make play set with your child using boxes which can fold and take with you. Back will be scenery — sky, clouds; space dark with stars; cities—big skyscrapers. OR make one set with changeable scenery</p>	14. Helicopters <p>Child to place arms out and spin fast for 15 secs then STOP, instruct the child to stay still for about 25 secs. REPEAT this activity 10 times</p>	15. Fine Motor Skills <p>2 plates, coloured paper straws, play dough and matchsticks. Cut paper straws into 3, stick matchsticks into play dough. Child to thread straws over the matchsticks.</p>
16 . Name Game <p>How many can you name game from a category —things to drink, zoo animals, dinosaurs, things that can fly...animals that growl, animals that swim, fruit, etc.</p>	17. Shape Binoculars <p>6 toilet rolls - leave 2 round, bend 2 into triangles & 2 square. Child holds 2 eyes like binoculars and goes on a shape hunt. When collected, sort and talk about corners, edges etc</p>	18. Bits & Pieces <p>Get pictures from magazines/ books, computer—cover and reveal object bit by bit. They have to guess what the picture is before the last part is revealed!</p>	19. Discovery Bottle <p>Collect small item/toys from around the house and then place in a clear bottle with lid. Add rice and fill bottle, tape it shut. Get children to find items hidden in the bottle by giving clues or sounds.</p>	20 . Oops! <p>The Deliberate Mistake Game - child has to guess mistake.</p> <p>Give them a plate for cereal, pour juice with lid on, a fork for their soup etc</p>

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Children develop at different rates and their achievements vary. This list of activities will give you and your child a number of options for play based learning opportunities.



Useful Resources

Household Items Including Pasta, Rice, Food Colouring, Balloons , Masking Tape, Straws, Cardboard Boxes, Paints And Paper.





Big Bedtime Read

1. Reading Corner

Set up a reading corner in a quiet area at home with cushions, soft blankets and cuddle up together to share stories.

2. Bedtime Routine

Set aside time today to plan bedtime routines for the next few weeks e.g. bath, supper, brush teeth, story and then bed.

3. Rhyme Time

Sing Nursery Rhymes together and get your child/ren to act out each one.

4. Making Faces

When reading today, have fun making animal noises or sound effects to bring the story to life and make each other laugh!

5. Simon Says

Copy the actions or movements of the animals or characters from your favourite story book

6. Home Theatre

Set up a mini theatre at home and encourage all the family to recreate your favourite story and dress up as characters

7. Art Attack!

Using junk materials (card, paper, cotton wool, lollipop sticks etc) make characters/scene from a book or nursery rhyme.

8. Puppets

Make some puppets using socks, toilet/kitchen roll holders or a wooden spoon to act out rhymes or stories

9. Bear Hunt

Go on a bear hunt around the house, use the 5 senses to help act out the story. There are lots of ideas online to help.

10. Create a Story

Cut out pictures from old magazines or catalogues to encourage them to make up their own stories.

11. Children's Choice

Give your child the opportunity to take the lead and choose the book /story to share today

12. I Spy...

When reading a story ask your child to look out for or spy different items, animals etc in the book

13. Music Maker

Use kitchen utensils or household items to make sound effects for nursery rhymes or songs

14. Look Around

...for opportunities to read throughout the day, labels, cards, posters, newspapers, magazines and share with your child

15. Race against the clock

Using a timer challenge your child to brush their teeth for 2 minutes morning and night!

16. Make your own...

Involve brother and sisters to make their own books, use photos or draw pictures and get creative!

17. Pyjama Party

Before bedtime get all the family into their pyjama's, have some hot chocolate and share some books!

18. Parachute games

Using an old sheet as a parachute and get all the family involved...move the parachute in time to nursery songs & following the actions

19. Bedtime Routines

Try some of these ideas, milky drink, relaxing music, no screen time before bed, kids yoga

20. Read, read, read

It is ok to read the same books over and over, children enjoy repetition and familiar books are comforting!

20 Activities For 20 Days!

Spending 10mins a day reading together helps your child's social & emotional skills and strengthens their bond with you.

Have a look see how many you can do!



Libraries NI

As all libraries are currently closed, check out www.librariesni.org.uk for information on eBooks and audiobooks

