

Lockdown Activities-Term 4 Week 1

Fizzing ice cubes



- You will need baking soda, water, food colouring or paint, ice cube tray, squirt bottle, a measuring jug and vinegar.
- Mix baking soda and water together (about 50/50) in a measuring jug.
- Pour in to ice cube tray, making sure baking soda hasn't settled to the bottom of your jug.
- Add drops of food colouring or paint into each ice cube section and stir gently
- Put ice cube tray in Freezer until frozen.
- Pour vinegar into a squirt bottle. You can make it 50/50 with water if you wish.
- Pop coloured ice cubes out of the tray and lay them out for your child (on your patio, out in the garden or in a tray indoors).
- Provide child with squirt bottle and encourage them to squeeze.
- This fun and colourful activity will strengthen little hands by squeezing the squirt bottle

Colour paint sensory bag.



- You will need some clear zip lock bags, coloured paints and duct or strong tape.
- Squirt approximately 1 tablespoon of each colour paint into zip lock bag.
- Seal the bag and squeeze out as much air as possible, tape over the zip lock and top of the bag (you may also wish to tape over the sides and bottom for extra security).
- Your child can have fun squeezing and moving the paint around, making new colours happen.

Magic milk experiment



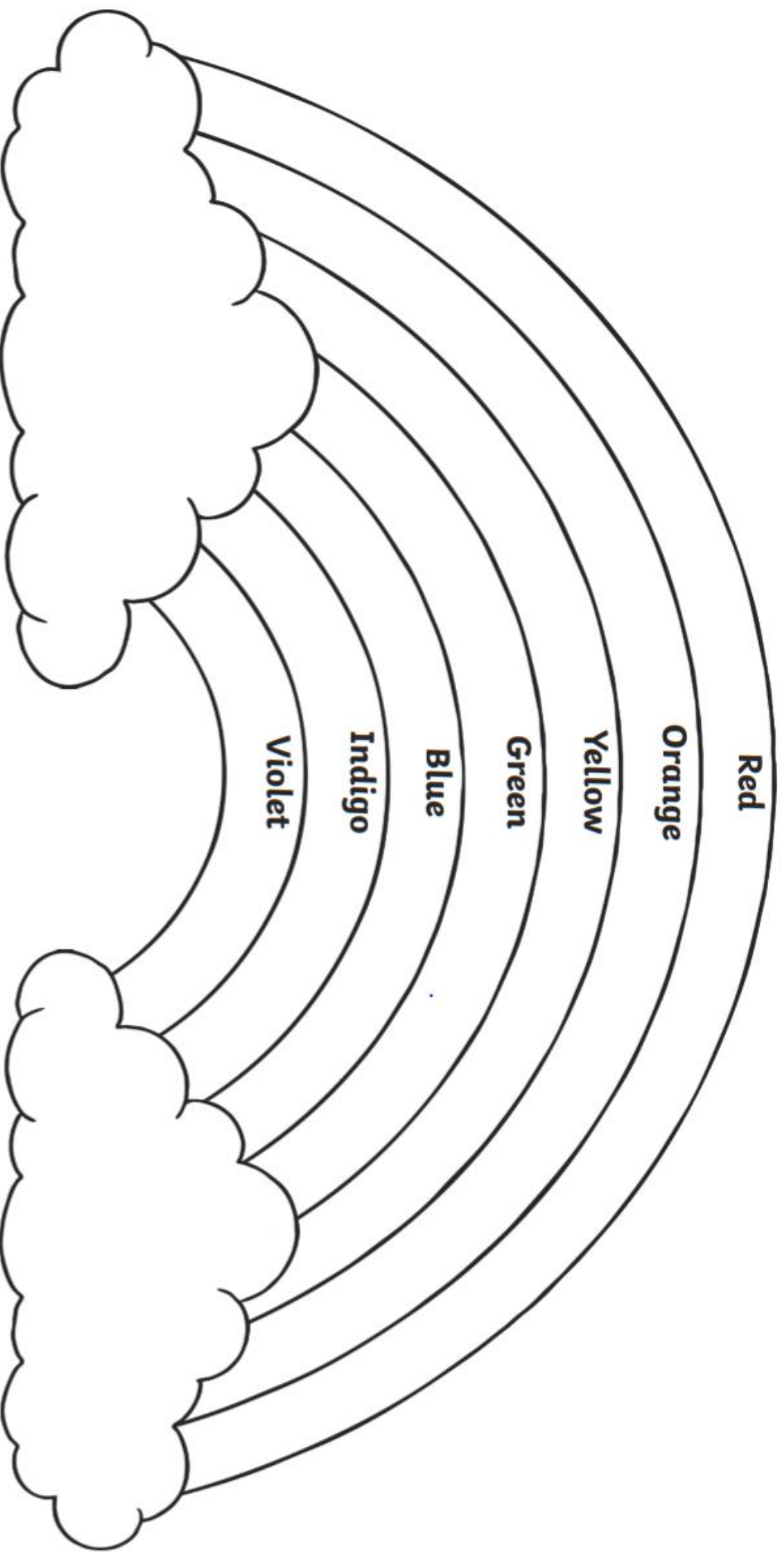
- You will need full fat milk, food colouring, dish soap, cotton buds, (optional glitter) and a bowl.
- Pour your milk into a dish, bowl or another flat bottom surface. You do not need lots of milk just enough to cover the bottom
- Carefully add some drops of food colouring in different colours to the milk and glitter if you want to add this.
- Next touch your cotton bud tip in some dish soap to coat it.
- Bring it over to your milk dish and gently touch the surface of the milk with the soapy cotton swab! What happens?
- Link for video-<https://littlebinsforlittlehands.com/magic-milk-a-classic-science-experiment-for-kids/>

Muffin tin elastic band activity



- Great for improving fine motor skills and problem solving.
- All you need for this simple activity is a muffin tin turned over and a handful of stretchy and good quality elastic bands.
- Place the elastic bands in a bowl or tray next to the muffin tin and demonstrate to your children stretching the elastic bands over the muffin tin cups. You can place the elastic bands over each individual muffin cup or stretch to make various combinations and shapes etc.
- Children may need adult support

The Rainbow

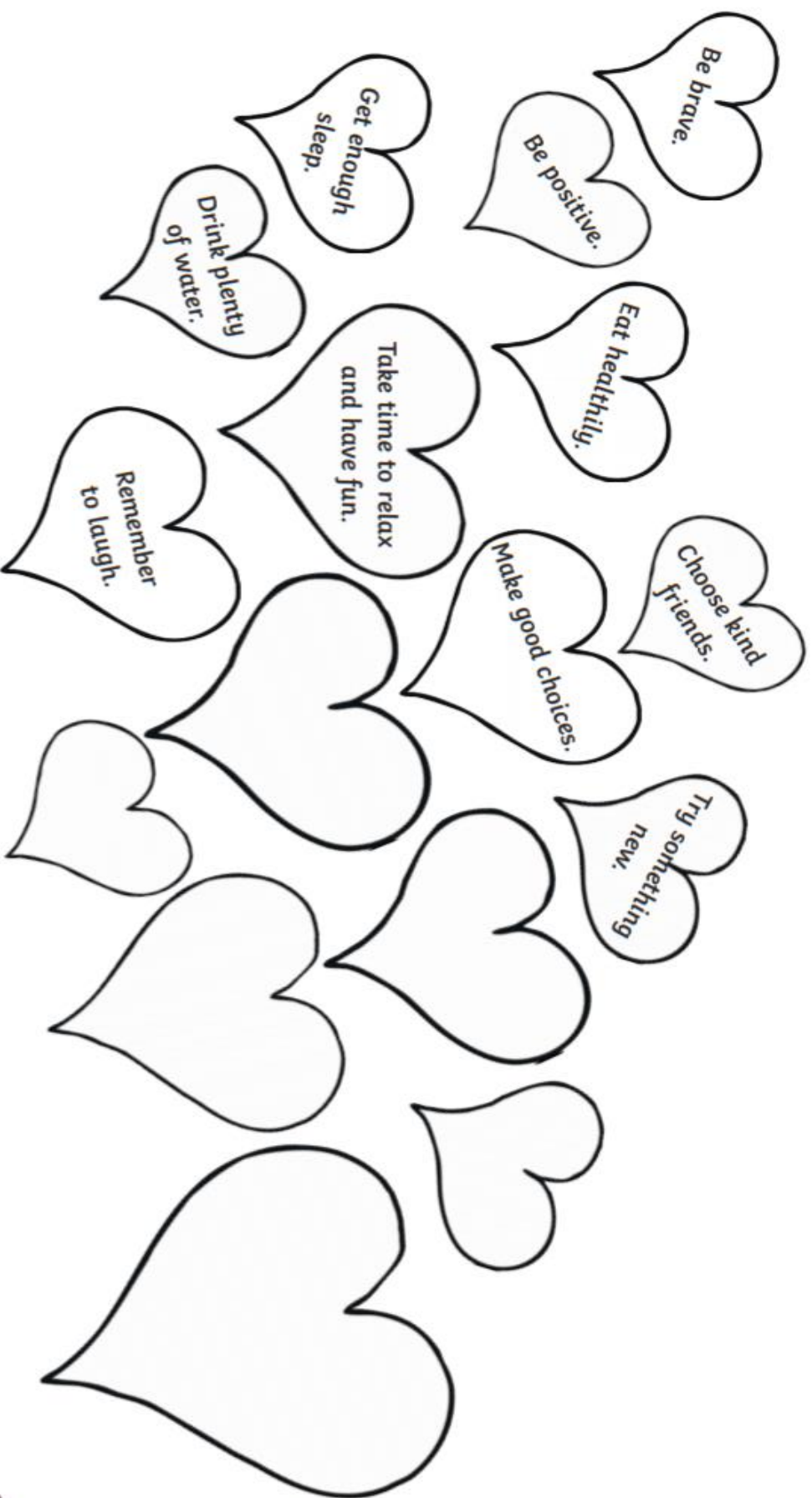


How Can You Be Kind to Yourself?

We often think about how we can be kind to others and what effect our behaviour has on other people.

Have you ever thought about how you can be kind to **yourself**? Using the hearts below, write your own ideas about how you can be kind to yourself. Some ideas have been given to start you off.

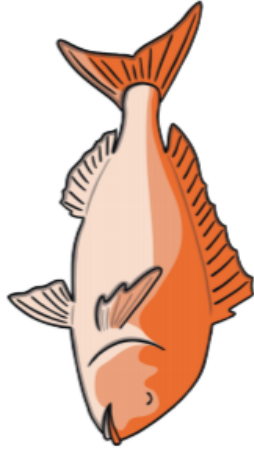
Once you have recorded these ideas, start to think about how you can carry out these ideas to be kind to yourself.



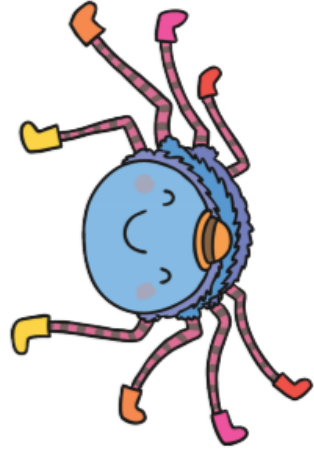
Song Cards

You can cut out or use these song cards to get your children to point to their chosen nursery rhyme. Enjoy some singing time together.

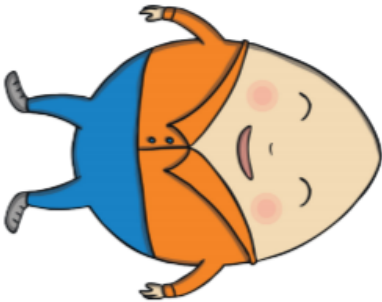
**1, 2, 3, 4, 5 Once I Caught
a Fish Alive**



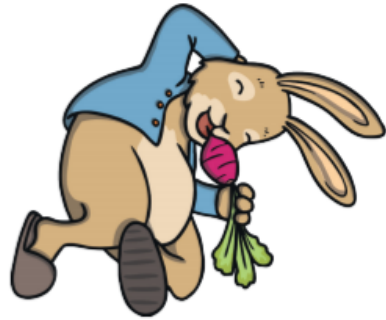
Lucy Wincy Spider



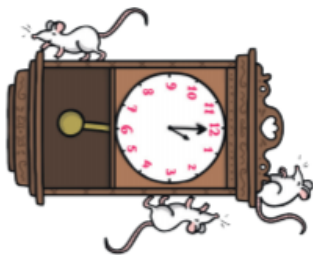
Humpty Dumpty



Little Peter Rabbit



Hickory Dickory Dock



The Grand Old Duke of York





The Wheels on the Bus



The Hokey Cokey



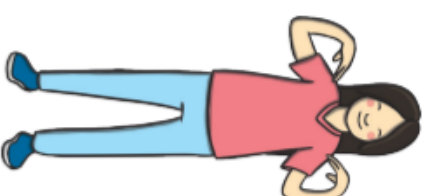
I'm a Little Teapot



**Here We Go Round the
Mulberry Bush**

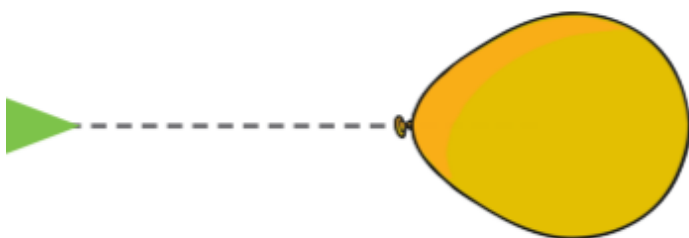
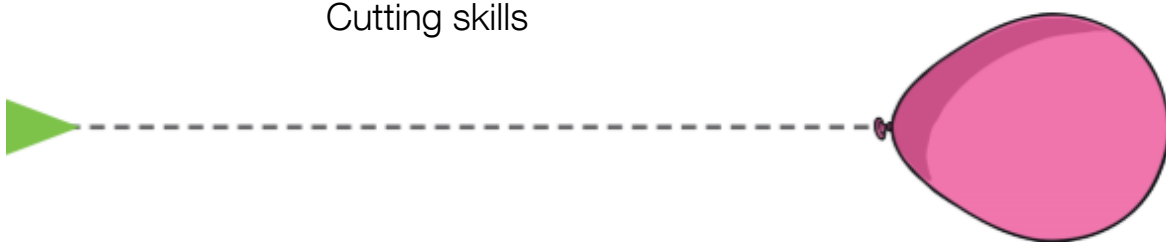


I Hear Thunder



















**Head, Shoulders, Knees
and Toes**

Cutting skills



Outdoor Home Learning Bingo Card

<p>Build an imaginary campfire out of sticks.</p> 	<p>Collect five stones to colour or paint.</p> 	<p>Draw a rainbow on the ground outside using chalk.</p> 	<p>Play hide-and-seek outside in the garden.</p> 
<p>Go on a minibeast hunt in the garden.</p> 	<p>Make some mud paint by mixing mud and water in a bucket.</p> 	<p>Create your own den in the garden.</p> 	<p>Count how many birds you can see in your garden in five minutes.</p> 
<p>Have a picnic lunch outside in the garden with your favourite teddy bear.</p> 	<p>Plant some beans or seeds in the garden.</p> 	<p>Make a magic wand from a stick in the garden.</p> 	<p>Use a bucket of soap and water to clean your toys.</p> 
<p>Create an outdoor obstacle course in the garden.</p> 	<p>Make a chalk picture on your fence or garden patio.</p> 	<p>Build a minibeast hotel.</p> 	<p>Make your own magical potion in a bucket.</p> 

Dot to Dot 1-20

