

## Nursery activities July

**Foam fun** - squirt some shaving foam or bath foam onto a tray or table top, explore the feel and texture. Hide some small toys under the foam for them to find.

**Bubble blower** - cut off the bottom of a small plastic bottle, pull a sock over the end of it and secure with an elastic band. Dip the sock end of the bottle into some washing up liquid and water, then blow! What shapes do you make? What colours can you see?



**Basketball** -Use a bin or a bucket, scrunch up some newspaper or foil to make into a ball, stand from a distance and see if you can throw the ball into the bin/bucket, take a step back and try again. How far away can you get and still throw the ball in?



**Mud Painting** -Find some long grass or twigs tie them together with some string and then paint with some mud in the garden.

### **Ingredients:**

Mud, powder paint/paint/food colouring

Dish washing liquid, water, cardboard and painting implements.

### **Directions:**

- Place your mud in individual containers.
- Add a colour source from the ingredients list.
- Add a squirt of dish washing liquid (this helps the mud paint to spread and helps remove colour from clothing)
- Mix it up with some water to reach the desired texture
- Paint away!

**Wall painting**-Paint outside walls with water and different sized paint brushes, great for mark making.

**Paint on bread** – mix various food colourings with milk, paint the food colouring mixture onto a slice of bread. Toast your bread and eat your fabulous piece of artwork!



**Capacity -water play** – fill the kitchen sink, use yoghurt pots, milk cartons etc fill and empty the pots, talk about full, half full, empty. How many pots does it take to fill a saucepan? Use a plastic tea set if you have one. You can colour the water with food colouring to make it even more exciting.



**Binoculars** -Use some toilet roll tubes to make your own binoculars, then go on a bug hunt in your garden! What can you spot?

**Make a bug hotel**- you don't need much to do this, an old plant pot or a milk carton cut down, some newspaper. Cut the newspaper in half and roll the strips tightly. Put the rolled up strips into the pot/ carton, you could also add some leaves or sticks to your pot. Put the pot somewhere in your garden and keep checking back to see if any bugs have moved in!



**Nature hunt** - Collect natural things when you go for a walk, stones, feathers, sticks, leaves, daisies etc when you get home count how many you have of each item. Write the number down for your child to see, can they match the correct number of items to each number.



### **Sensory hunt**

Explore your surroundings, either in your house, garden or on a walk. Can you find something spotty, stripey, soft or spiky? Try and find as many objects as you can that fit the descriptions on the template. You will need to focus all of your senses to find them.



**Sharing the love of Reading – how many of these can you do?**

Can I read with a relative online or by phone?	Can I read to my pet or teddy?	Can I retell a story using my toys and teddies?
Can I read a notice or road sign near my house?	Can I learn a new nursery rhyme?	Can I make a special reading den?

**Five-finger starfish breathing:** this breathing technique has kids holding up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.

**Counting the breath:** this technique is what it sounds like: have your children pause and count their breaths. One breath in is “1”, the next breath out is “2,” etc. You can have them count to 10 if they’re very young, or slightly higher depending on their abilities.



**Snuggle down** somewhere safe, close your eyes and listen to all the sounds around you. What can you hear? The clink of coffee cups, snippets of conversation, sounds from nature? Get curious and feel the buzz of life around you.

### **The Mindful Jar**

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Put the jar down in front of them and watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle, and you start to see things much clearer.

