














Inspire Screen-Free Friday



Personal, Social & Emotional Development	Communication & Language	Physical Development	Literacy	Mathematics	Understanding the World	Expressive Arts & Design
<p>Board games</p> <p>Play a board game – practise taking turns and celebrate winning or losing! Learn that it's the taking part that counts.</p>  <p>You could even create your own board games.</p>	<p>What's in the box?</p> <p>Decorate a large lidded box. Cut two holes in the side for hands to go through. Place an interesting item in the box and place hands in to feel the item. Encourage to describe the item – its shape, its texture and whether they like how it feels. If necessary, prompt them by asking questions. Encourage them to talk about the item before guessing what it is.</p>	<p>Seasonal walk</p> <p>Go for a walk to the local park, river or beach. Take a bag and collect different natural items to use for loose part counting and art for example. Things to collect (depending on where you live) acorns, pine cones, conkers, stones, pebbles, shells, leaves, sticks, feathers, berries, flowers and petals.</p>	<p>Sensory writing</p>  <p>Use shaving foam on a baking tray to practise making patterns and writing letters and words.</p>	<p>Counting songs and rhymes</p> <p>Learn different number songs such as 1, 2, 3, 4, 5 Once I caught a fish alive, 5 little monkeys and 10 Green Bottles.</p> 	<p>Float or sink?</p> <p>Choose a selection of items from around the house and predict if you think they will float or sink before testing each item in the bath or sink. Did you notice any patterns? Why do some float and some sink?</p> <p>*Remember to take care near water and never leave young children unattended.</p>	<p>Loose part art</p>  <p>Using items you collected on your walk or other collections (bottle tops, beads, counters, coins, jenga blocks, pegs, lolly sticks, buttons, bangles, curtain rings, nuts & bolts etc.) to make your own artwork or patterns.</p>
<p>We are all different</p> <p>Choose 2 of your friends and draw a picture of yourself with these friends. Think about and discuss the similarities and difference between you all. Different hair and skin colour, different sizes, different homes and different interests for example.</p>	<p>I spy!</p> <p>Play 'I spy with my little eye' either the traditional version with items beginning with different letters or you could simplify it by going for colours or shapes. You can make it even easier by giving clues if needed.</p> 	<p>Threading</p> <p>Make a necklace using string and beads, macaroni or Cheerios. Carefully thread them on to the string. Can you do this with both hands?</p> 	<p>Letter writing</p> <p>Write a letter to a friend or family member to tell them you are missing them or how much you love them. Include a picture you have drawn and write your name on it. Visit the Post Office to send it in the mail.</p> <p>Do you know your own address and phone number? Learn these by heart and have a go at writing them too.</p>	<p>Shape hunt</p> <p>Go on a shape hunt around the house and garden. What shapes can you see? Can you draw some of the things you found?</p> <p>Maybe you could make a picture using lots of different 2D shapes.</p> <p>Maybe you could make a model using lots of different 3D shapes.</p>	<p>Family snaps</p> <p>Look through family photos. Discuss who the different people are and where the photos were taken. Discuss the changes in the photos from different eras (clothes, locations, transport, etc.).</p> <p>You could make a photobook or even a family tree.</p>	<p>Playdough</p> <p>Make your own no cook playdough using the following recipe.</p>  <p>Playdough Recipe</p> <ul style="list-style-type: none"> 1.5 cup flour 1/2 cup salt 2 tsp Cream of Tartar 2 Tbsp Oil 1 cup Boiling water
<p>Random act of kindness</p>  <p>Do something nice for someone – something that will make them happy. Help them do something, make them a picture or say something nice.</p>	<p>Teddy tea party</p> <p>Gather your teddies and a toy tea set or some real cups and plates from your kitchen.</p> <p>Discuss how many cups and plates you will need and what all of the teddies would like to eat. Role play the conversation you would have in taking the teddies orders and in talking to them about their day.</p>	<p>Hopscotch</p> <p>Chalk out a hopscotch grid on the pavement and challenge a friend to a game.</p> 	<p>Nursery rhymes</p>  <p>Learn to recite different nursery rhymes or simple poems by heart. Can you add your own actions?</p>	<p>Lighter or heavier</p> <p>Gather different food items, toys or various objects from around the house.</p> <p>Hold out your hands and place one item in each hand. Decide which item is heavier and which is lighter. Compare the items against each other.</p> <p>Can you lay them out in order from lightest to heaviest?</p>	<p>Shadow puppets</p> <p>Make a dark den using chairs and old material, covers or towels. Use torches and play a shadow game. What shadow shapes can you make with your hands and arms?</p> 	<p>Recycled robots</p> <p>Collect boxes and tubs and use them to make a junk model robot.</p> <p>Can you use paper or paints to decorate your model?</p> <p>Give your robot a name and take him on an adventure/make up a story for him.</p>