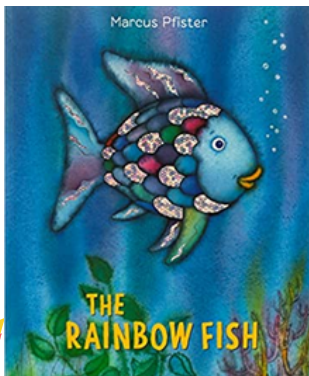


# Activity Ideas

with  
Wiltshire  
Children's Centres

Our play inspiration this week:  
Feelings and Emotions

## The Rainbow Fish



Click on the picture to take you to the story.

Sharing with your friends gives you a warm glow in your tummy!



## Root vegetable mash

You will need:  
Sweet potato  
Carrot  
or try:  
Swede  
Parsnip  
Squash



Great for all the family.

Suitable from 6 months

[start 4 life](#)

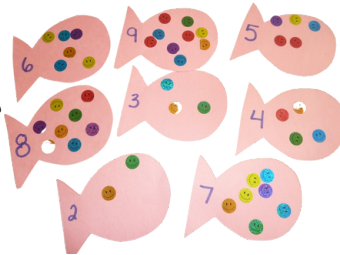
Click here to see this recipe and more

## Activity Idea - Older Explorers Rainbow Fish Number Game

Ask an adult to help you with the cutting. Cut out some fish shapes and write a number on each of their tails like in the picture.

Cut out circles or triangles to represent the rainbow fish scales.

Match up the number on the fish tail by placing on the scales on the fish. Count each one as you put it on.



## Activity Idea - Tiny Tots Foil Blanket Sensory Play



A shiny, reflective surface just like some of Rainbow fish's scales. Babies and toddlers will love the look, feel and sound of this blanket. A useful item to add to your sensory play box at home.

## Discovery time

A visit to the Aquarium

Lots of big garden centres have aquariums that make a great place to visit for free. This makes for a wonderful sensory trip out. Look at all the different types of fish - can you find a Rainbow fish?