

# Activity Ideas

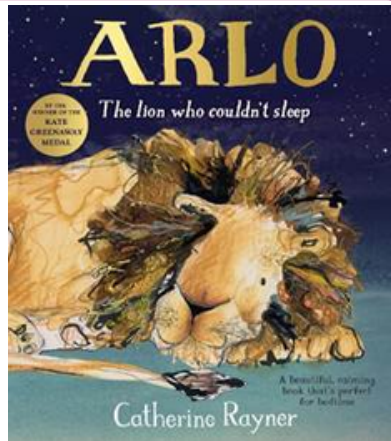
with  
Wiltshire  
Children's Centres

Our play inspiration this week:  
Daily Life

## Arlo, The Lion Who Couldn't Sleep

An unlikely friend steps  
in to help Arlo fall  
asleep.

Click on the picture  
to go the story.



## Chicken Noodles

You will need:

Onion  
Carrot  
Chicken  
Sweetcorn  
Dried noodles  
Water



Great for all the  
family.

Suitable from  
7 months

start 4 life

Click here to  
see this recipe  
and more

## Activity Idea - Older Explorers

### Paper plate Masks



You will need:  
Paper plates  
Tissue paper  
Coloured paper  
Glue

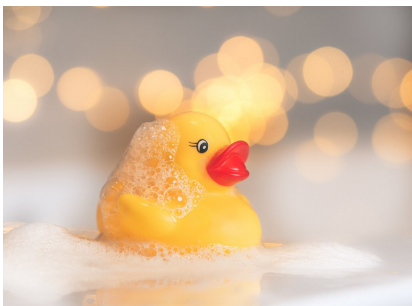
Felt tip pens / pencils  
scissors

Ask an adult to support you  
with cutting holes -  
it might be tricky!

## Did you know...

Sleep is as important as nutrition and  
exercise. Benefits of a good nights  
sleep are; lower risk of becoming  
overweight and developing diabetes  
as well as fewer learning problems  
and attention issues.

## Activity Idea - Tiny Tots Bath Time Relaxed Play



Never leave baby alone when  
near water - this includes  
puddles!

After a day of fun and  
sensory overload it's a  
good idea to have a  
calming down routine.  
A warm bath before  
bed is an ideal way to  
do this.

Talking quietly or  
reading a story in a  
soothing voice can  
help little one to learn  
that it's time for bed.

## Discovery time

Think about the owl and the lion  
helping each other in the story.  
What other creatures help each  
other?

For instance did  
you know there  
are birds that  
pick the  
crocodiles teeth  
clean?

