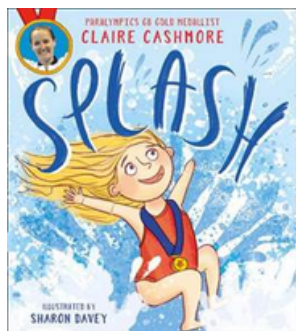


Activity Ideas

with
Wiltshire
Children's Centres

Our play inspiration this week
is: 'I can do anything.'



Splash!

Click on the picture to
take you to the story.

What does Claire not like
the idea of to start
with?

Does Claire change
her mind?



Cheesy Pasta and Peas

You will need:

Pasta
Peas
Cheese
Tomatoes
Flour
Milk

Butter/spread



Suitable from 7 months up

Great for all
the family.

start 4 life

Click here to see this
recipe and more

Activity Idea - Tiny Tots Sponge Balls

What you will need:

- Sponges

(different colours optional)

To make the balls, cut the
sponges into strips and twist
them together, keep adding
strips of sponge until it looks
like a ball.



Your littlest explorer will be fascinated by the
shape, color and textures of the sponges by using
their hands and feet to explore the ball.

Did you know...

It may take 10 tries or even more
for your baby to get used to new
foods, flavours and textures...

Just be patient. Keep offering a
variety of foods, even the ones
they don't seem to like, and let
them get used to it in their own
time.

[CLICK HERE](#)

Click the button to see more
weaning tips from the NHS
Start4Life Website

Activity Idea - Older Explorers Obstacle Course

This activity is a fun way to develop
coordination and motor skills.

You can set it up indoors or outdoors.



You could:

- Jump over pillows
- Weave around teddies
- Make a line to
balance/walk on
- Crawl under a table

Why not choose a
story to inspire your
obstacle course?

You could pretend
to be a superhero on
a rescue mission!



Discovery time

Can you think of 2 activities you
enjoy?

Why do you enjoy them?

Can you think of 2

things you'd like to learn about or
get better at?

Can you try something that you've
never tried before (like a new
food)?

What did you like about it?