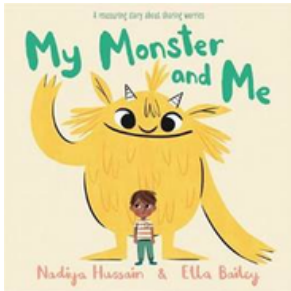


Activity Ideas

with
Wiltshire
children's centres

Our play inspiration this week
is: 'Calmness.'

My Monster and Me



Click on the picture to take you to the story.

How long has the monster been around?

What happened to the monster in the end?



Cheese and Mushroom Cakes

You will need:
Potatoes
Mushrooms
Cheese
Eggs
Flour
Breadcrumbs
Leeks/chives



Suitable from 6 months up

Great for all the family.



Click here to see this recipe and more

Activity Idea - Tiny Tots Treasure Basket

Treasure baskets are filled with everyday items made from natural materials.

Playing with everyday items in a treasure basket gives babies an opportunity to explore, experiment and make choices at their own pace.



The basket will need to have a flat bottom and be strong enough for the baby to lean on without tipping. It should be made from a natural material such as willow (and not plastic).

Always supervise children during this activity



You could use:

Paint brush
Metal spoon
Rolling pins
Fir cones
Feathers

Activity Idea - Older Explorers Sensory Playdough

'Fairy/Pixie Dough'

You will need:

- 1 cup of hair conditioner
- 2 cups of cornflour
- Food colouring (optional)
- Glitter (optional)

Mix all ingredients to form a soft smooth and scented dough.



Discovery time

5-1 is a technique that can help you to slow down and clam down. Start by taking 3 slow belly breaths!

Then list:



5 things you can see



4 things you can feel

3 things you can hear



2 things you can smell

1 thing you like to taste



Lastly, take another 3 slow breaths!