

## **APPENDIX**

### **Possible Play Activities**

#### **Under 12 months**

- Texture play using cereals, ribbons, sandpaper, water, jelly, sandpits etc
- Singing and musical instruments
- Outings to ball pools and soft play areas
- Outings to toddler groups to meet other children
- Books with interactive flaps or textures
- Toys to encourage hand-eye co-ordination
- Allowing space and encouragement for movement crawling inside and out
- One to one repetition of sound and gestures e.g. clapping
- Nature walks
- Ball play with different size and texture balls e.g. rolling to each other
- Bubbles
- “Playdates” with other local children

#### **Toddlers**

- Painting, drawing, sticking, tracing
- Singing and musical instruments
- Outings to ball pools and soft play areas
- Outings to toddlers to meet other children
- Dressing up
- Making and using Play dough
- Dancing
- Gardening-growing seeds and planting
- Playgrounds
- Cooking e.g. decorating biscuits
- Reading and storytelling
- Making shakers
- Sandpits and water play
- Puzzles
- Collecting on nature walks
- Camps and picnics
- Puddle splashing
- Imaginary play / role play
- “playdates”

## **Preschool**

- Cooking and preparing snacks/meals
- Computer work e.g. using cbeebies website and games
- Using household objects in cutting and sticking e.g. using loo rolls to make snakes.
- Counting games and rhymes
- Magnetic numbers and letters play
- Drawing and tracing letters and numbers.
- Dressing up and role play
- Gardening e.g. growing peas, tomatoes, sunflowers, grass heads, cress heads
- Lego
- Visiting shops
- Library
- Develop catching, racket use, throwing, cycling, climbing
- Cutting out with scissors
- Mixing paint colours
- “Play dates”

## **School age**

- Library visits
- Preparing meals e.g. home made pizzas, macaroni cheese, baking.
- Dressing up, role play and acting.
- Reading
- Supervised computer use
- Music / dancing / discos
- Local play parks
- Outdoor activities/games
- Creative activities
- Board games
- Gardening
- Nature walks spotting creatures
- Adventure playgrounds
- Explorer days – rucksacks, picnics, camps
- Seaside trips
- Museum Trips
- “Play dates”
- Drop-off / pick-up after school activities where possible.
- Free play and relaxation activities.

## **General**

We will use a yearly calendar to learn about cultural events and celebrations e.g. Easter (Christian), Christmas (Christian), Mothers Day, Diwali (Hindu), Chinese lunar new year, Ramadan (Islamic) , Passover (Jewish) etc.

Also working through the seasons.

### **Possible Daily Routine: Pre-school children** **Morning**

- 8am Breakfast-cereal, toast and milk/fruit juice
- 8.30am School-run: walking
- 9am Nature walk
- 10am Toddlers
- 10.30am Snack & craft at toddlers
- 11.15 am Singing
- 11.30am Return to Terri & Andy's home
- 12noon Lunch e.g., sandwich, chopped carrot, fruit & yoghurt

### **Afternoon**

- 1pm (ish) "Role play games" followed by sleep time
- Quiet down time for non sleep toddlers, including reading, audio cassettes, cbbc, dvd, etc.
- Games, puzzles, Garden for older children.
- 3pm School- run: walking. Snack time e.g. whole-wheat biscuit with juice in buggy.
- 3.30pm Park
- 4.30pm Arrive home

### **Afterschool**

- 4.30pm free play whilst we prepare dinner
- 5pm Dinner- e.g. homemade cottage pie, fresh carrots, frozen sweetcorn , and for afters tinned pears

- 6pm Pick-up: and your night shift begins!