













2D Shapes

		
Circle	Square	Triangle
		
Rectangle	Oval	Diamond
		
Pentagon	Hexagon	Octagon
		
Semi-Circle	Star	Heart

Dear Parents and Carers,

Here are some rhymes that you can do with your children over the holidays.

What Shape is this? (The Muffin Man)

Do you know what shape this is,
What shape this is, what shape this is?
Do you know what shape this is
I'm holding in my hand?

What to do at home together:

- Act out the rhyme together holding up a variety of shapes. These can be hand made cut out of paper/cardboard.
- Use real objects around the home as an alternative part of the rhyme/game.
- You can extend this when you are out on walks or driving by saying '... that I am pointing at?' at the end of the verse instead.
- Watch the video below and learn more about shapes.
- https://www.youtube.com/watch?v=DFxLK4_G-RU

Hand washing song

Wash your dirty hands,
Wash your dirty hands!
With a rub, rub, rub
Scrub, scrub, scrub
Wash your dirty hands!



What to do at home together:

- At home talk about the importance of washing hands. Explore *when* we wash our hands (before eating, after using the toilet, after playing with playdough etc.)
- Wash hands together following the guidance below to make it fun.



Here are a few more ideas of what you can do at home.

Arts and crafts out of recycled home materials

Everyone has a few cereal boxes and toilet paper rolls around the house. Don't throw them in the recycle bin just yet, keep them to use for arts and crafts.

Make a rocket out of toilet paper roles, make a dinosaur or a robot out of a cereal box. Paint, draw or glue.

It is such a great way for children to get creative and a fun indoor activity.



Do a yoga class on YouTube

If you can't go outside, another way for the children to enjoy some exercise is do some yoga. There are some fantastic 'Yoga For Children' videos on YouTube, including our favourite, 'Cosmic Kids' which you can watch free online.

Make it a daily routine and help children become stronger, calmer, and wiser. It is one of the best exercises for children... especially on those rainy days!



<https://www.youtube.com/watch?v=KAT5NiWHFIU>

Make sock puppets

This is a fun activity for children to do at home that is fun and easy. Grab some old socks, and decorate them to make puppets. If you have some plastic eyeballs you can use those, or some cut up paper will also work. If they are light-coloured old or unused socks, you can use felt-tips or markers to draw faces on them. Why not make up a story together with any sock characters you create?



Outdoor learning ideas

Follow the link below for lots of free outdoor activities.

<https://itl.org.uk/free-resources/>



Do some gardening

Planting some seeds or plants is another fun outdoor activity to do at home. Let the children be responsible for their pot with their plant. They need to water it each day to watch it grow. Support the children to measure and record how tall their plant is growing.



Making playdough

Ingredients:

- 2 cups plain flour
- 2 tablespoons vegetable oil
- 1/2 cup salt
- 2 tablespoons of cream of tartar
- 1 to 1.5 cups boiling water
- Food colouring (optional)



Method:

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
2. Add food colouring to the boiling water then into the dry ingredients.
3. Stir continuously until it becomes a sticky, combined dough.
4. Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone.

*This is the most important part of the process, so keep at it until it's the perfect consistency!
If it remains a little sticky then add a touch more flour until just right.

Follow the link below for a non cooking method.

<https://www.bing.com/videos/riverview/relatedvideo?q=esy%20playdough%20recipe%20for%20kids&mid=C282CC4F1FE0016789F4C282CC4F1FE0016789F4&ajaxhist=0>

Easy vegetable stir-fry



Ingredients

- 2 tbsp sunflower oil
- 4 spring onions, cut into 4cm/1½in lengths
- 1 garlic clove, crushed
- piece fresh root ginger, about 1cm/½in, peeled and grated
- 1 carrot, cut into matchsticks
- 1 red pepper, cut into thick matchsticks
- 100g/3½oz baby corn, halved
- 1 courgette, cut into thick matchsticks
- 150g/5½oz sugar-snap peas or mangetout, trimmed
- 2 tbsp low-salt soy sauce

Method:

1. Support the children to cut, slice, snap, grate all the vegetables needed.
2. Heat a wok on a high heat and add the sunflower oil.
3. Add the spring onions, garlic, ginger and fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.
4. Add the carrot, red pepper and baby sweetcorn and stir-fry for 2 minutes.
5. Add the courgette and sugar snap peas and stir-fry for a further 3 minutes. Toss the ingredients from the centre to the side of the wok using a spatula. Do not overcrowd the wok and keep the ingredients moving.
6. Add 1 tablespoon water, soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft. Serve with noodles or rice.

The vegetables can be changed to what ever you choose!

How to make shortbread



Ingredients

- 200g/7oz unsalted butter (at room temperature), cut into small cubes
- 100g/3½oz sugar, plus extra for sprinkling
- 300g/10½oz plain flour, sifted, plus extra for dusting

Method:

1. Preheat the oven to 160C/140C Fan/Gas 3 and line a baking tray with baking paper.
2. Support the children in measuring and weighing out the ingredients.
3. Mix together the butter and sugar, either by hand or using an electric hand whisk, until pale and smooth.
4. Gently mix in the flour until completely incorporated (try not to work the flour too much or the biscuits will not be so crumbly).
5. Using your hands, squeeze the mixture together into a ball of dough (You can add chocolate chips or raisins prior to this if you want.)
6. Gently roll the dough out to about 5mm/¼in thick (dust the work surface with a little flour if the dough sticks).
7. Cut into shapes using a biscuit cutter., or cut into squares if you don't have one.
8. Transfer the biscuits onto the baking tray and chill in the fridge for 15 minutes to rest.
9. Sprinkle each biscuit with a pinch of sugar then bake for 15-20 minutes, or until pale golden brown.
10. Transfer the biscuits to a wire rack to cool and serve.

50 things to do

before you're

five

Birmingham

Fifty low or
no-cost
activities

Fun Prompts

Use the free app and website
at home or when out and
about

Play Your Way

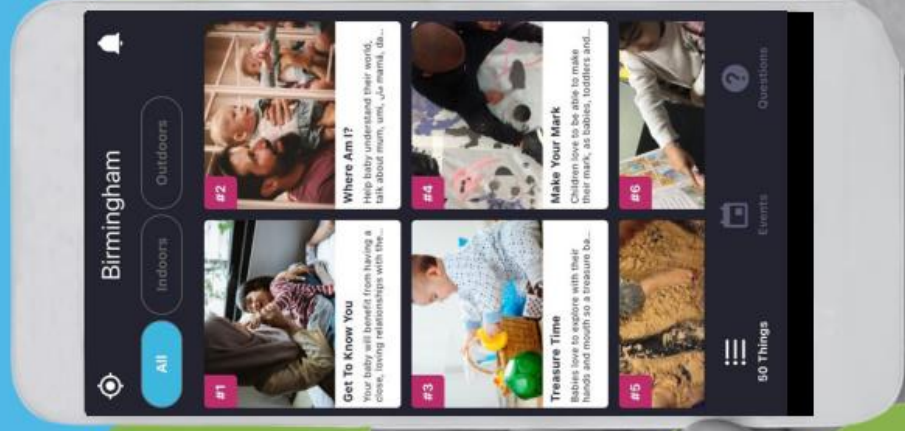
Enjoy activities at your own
pace, time and time again

Find Local Events

Find free and affordable
events near you

Support Development

Interactions that
can support early language,
motor skills and wellbeing



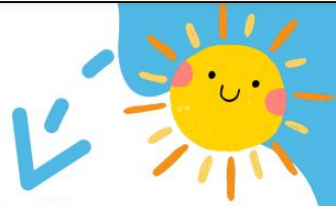
Download
the **FREE**
app!



Birmingham
City Council



BEYN



Birmingham Summer Challenge

There is a **free app** and website which is funded through the Birmingham Early Years Networks and Family Hubs Birmingham for all families with children under 5 across the city. It offers a menu of fun, affordable ideas for play and learning for families. Tick off the activities that you do.



Scan me!

Time to get physically active! Playing simple action and turn taking games, jumping up and down, bouncing, rolling and dancing. Let off steam!



#31 Boing!



Sand is just great to play with. Whether in a tray or at the beach use the sand to squidge, squadge, squish. Have fun with sand play dry or wet!



#5 Squidgy Sand



Children enjoy being active. Developing their skills will help build their physical ability and is all part of keeping healthy.



#24 Hop, Skip and Jump



Going to the seaside can be a great experience. Playing in the sand, splashing in the sea, looking for creatures in the rock pools. So much to see, feel and listen to.



#50 Sea and Sand



Enjoy the open spaces of your local park. Children need time outdoors and this is a chance to explore and learn through play.



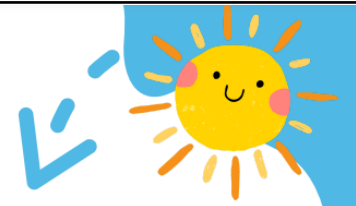
#27 Little People Park Keeper



How do things connect together? Fastening things together is a challenging skill we use every day. Children will enjoy learning this in their play.



#11 Making Connections



Birmingham Summer Challenge

Find your local park



Visit Birmingham Beach



Explore the Birmingham Scrapstore



Scan me!

