



**What can  
I do today  
at home?**



© Cumbria County Council 2020

# What Can I do today?

## Contents

Theme	Page	Theme	Page
Bottles	4	Threading	30
Cardboard boxes	5	Photographs	31
Bubbles	6	Helping hands	32
Pegs	7	Bricks and blocks	33
Pasta	8	Stones	34
Bags	9	Clothes	35
Teddies	10	Kitchen roll	36
Treasure hunts	11	Crayons	37
Balls	12	Wind	38
Balloons	13	Paint charts	39
Obstacle courses	14	Paper plates	40
Water	15	Jam jars	41
Dens	16	Toys	42
Cups	17	Buttons	43
Pans	18	Large sheets of paper	44
Paper	19	Flowers	45
Hands and feet	20	Homemade instruments	46
Paint	21	Shoes	47
Spoons	22	Toy cars	48
Yoghurt pots	23	Chalk	49
Sticks	24	My fingers	50
Ice	25	My senses	51
Leaves	26	Pipe cleaners	52
Wool	27	Playdough	53
Torches	28	Newspaper	54
Socks	29	Food Colouring	55



# What Can I do today?

## Foreword

Welcome to the 'What can I do today?' activity resource pack produced by Cumbria County Council's Early Years Team. This started in response to the Coronavirus lockdown in March 2020 as a way of supporting parents and carers with practical ideas and activities to do at home to encourage children's learning. The activities were shared via the Cumbria and Families Information Service (CFIS) Facebook page and proved popular with positive feedback and many shares.

The Early Years Team decided to collate all of the activities in a resource book that you can dip in and out of, to find things to do at home and encourage families to enjoy them together. We are continuing to share ideas on Facebook each day so please have a look.

- Activities and ideas are based around objects and materials that can be found at home or that can be found on walks.
- Some activities are more suited to babies and some to older early year's children. You can pick activities that you think are best suited to your child and adapt them to meet your child's needs.
- The key is enjoying the activities and spending time together and it is important to ensure that the materials used are safe for the age/stage of your child.
- While we hope you get a lot out of the activities don't forget that great play does not always have to be planned.

We hope that you find the booklet useful and that your children will enjoy having a go at some of the activities. You can also find printable cards with more activities by searching Time Together at Home Cumbria, printable cards.

Learning Improvement Service Early Years Team  
Cumbria County Council



***“Today was good.  
Today was fun.  
Tomorrow is another  
one” – Dr Seuss***

Cumbria County Council

What can I  
do today...



with a bottle?

- Add food colouring/ glitter/ sequins to make calming sensory bottles.
- Make a bottle orchestra by adding different fillings to make shakers.
- Make a milk jug ball catcher (picture).
- Print flowers by dipping the ends of drinks bottles in paint.
- Decorate some bottles and use them as bowling pins.

Cumbria County Council

What can I  
do today...



with a cardboard box?

- Stack boxes for large scale building.
- Use large boxes as tunnels to crawl through.
- Get creative – what will your box be? A car, a rocket, a boat...
- Make a cardboard town.
- Make a cardboard garage and number the cars and spaces.
- Fold a box to make a painting easel.

Cumbria County Council

What can I  
do today...



with bubbles?

- Blow bubbles and pop them reaching up high.
- Wash up with bubbly water, perhaps give your dolls a bath.
- Make bubble paintings.
- Print with bubble wrap taped to a rolling pin.
- Make a bubble snake. Cut the end off a drinks bottle, put an old sock or flannel over and secure with an elastic band. Dip it in your mixture and blow!

Cumbria County Council

What can I  
do today...



with pegs?

- Clip some pegs around the edge of a tin – great for strengthening fingers!
- Make your own washing line and peg up some socks.
- Peg the right number of pegs onto number cards.
- Make a peg animal or monster.

Cumbria County Council

What can I  
do today...



with pasta?

- Practice scissor skills by snipping cooked spaghetti.
- Use different shaped dry pasta to make faces in playdough.
- Stick a pasta collage.
- Make some pasta jewellery by threading onto string.
- Use different dried pasta in pots and pans for role play.



Cumbria County Council

What can I  
do today...



with a bag?

- Make a sensory squishy bag – fill a zip lock bag with shaving foam/ food coloured water/ glitter/ beads etc. Seal the edges with strong tape and explore!
- Paint in a bag! Slide a piece of paper in a zip lock bag, add a couple of squirts of paint, zip and use your fingers to paint.
- Feely bag – take turns to guess what's in the bag. No peeking!
- Grow beans in a bag. Put two damp paper towels in a zip lock bag. Add some dried beans, zip and hang in a warm well lit place.

Cumbria County Council

What can I  
do today...



with a teddy?

- Set up a teddy bear picnic with real or pretend food.
- Make your teddy a jam sandwich – try spreading the jam all by yourself.
- Go on a Bear Hunt! Hide a teddy to find. You could even make a pair of binoculars out of a kitchen roll tube.
- Have a teddy bear race. Place a teddy between your knees and run like that!

Cumbria County Council

## What can I do today?



Go on a treasure hunt!

- Make a treasure basket for your baby to explore. Add items such as wooden spoons, wooden curtain rings, brushes, bangles, whisks and sponges. Make sure objects are safe and always supervise.
- Nature Treasure hunt. Make a list of things to find in the garden or on a walk such as a stick the size of your finger or a red leaf.
- Make a treasure box from a cardboard box – what special things will your child keep in it?
- Hide a little treat and write clues to find it.

Cumbria County Council

What can I  
do today...



with a ball?

- Colour Toss. Throw the balls into the matching coloured containers (use baskets/ buckets/ waste paper bins/ bowls)
- Bowling. Use plastic bottles for the pins. Practice counting the pins that fall.
- Get rid of the balls! Place a sheet over two chairs as a barrier. Use ball pit balls – the object is to get all your balls on the other player's side!
- Through the hoop! Either lie a hula-hoop on the floor and try to bounce a ball in it or hold it up and try to throw a ball through it.

Cumbria County Council

What can I  
do today..



...with a balloon?

- Catch a balloon in a funnel – use a plastic one from the kitchen or make a cone from card.
- Balloon Tennis – use your hand or a paper plate with a card handle.
- Balloon and spoon race using wooden spoons.
- Balloon power! Use a light rolling toy or a ping pong ball. Put it on a smooth flat surface. Blow up a balloon and propel the object by releasing the air. Have a race!
- Balloon printing. Partially inflate some balloons and print by dipping them in paint.

Cumbria County Council

## What can I do today?



### Make an obstacle course

- Make a simple obstacle course in the house using cushions or pillows to step over, chairs and tables to crawl through and sheets to crawl under. Supervise for safety.
- For younger children use a large cardboard box for them to crawl through and shake a rattle or favourite toy for them to find at the end.
- Make a course using outside space. Use 2 small chairs, balance a stick between them to jump over.
- Make a small course for teddies and toys to use. Use shoe boxes for walls and string ropes for toys to swing from.

Cumbria County Council

What can I  
do today...



...with water?

- Use water and bubbles to wash toys or clothes in the sink, bath or washing up bowl, inside and outside. Squeeze the clothes and peg on the line.
- Use plain water to “paint” the walls and surfaces outside. Use big paint brushes, small buckets and spray bottles.
- Sing favourite songs when washing hands. Add new words to change the rhymes.
- Play “Row, Row, Row the boat.” Sing the song and do the actions.
- Outside use squeeze bottles with water to play water chase and spray games.

Cumbria County Council

What can I  
do today...



## Dens

- Make an indoor den by putting a sheet over two chairs or a table. Use pegs to secure it.
- Decorate the den with scarves or pictures.
- Make a den for toys to sleep in.
- Make a reading den and fill it with pillows and books for the family to use.
- Make an outdoor den using sheets and what is outside.
- Make signs to say the den is open or closed, or who is in the den.
- Make a den with a purpose. It could be a café, garage or a shop.



Cumbria County Council

What can I  
do today...



with cups?

- Using paper cups make a tower, putting a cardboard square between each cup. When the tower is high pull the cards out and watch the cups fall.
- Using paper cups attach them to horizontal string so they can slide along. Using bottles squirt water at the cups to move them along the string. Make it into a race.
- Use mugs to make circle patterns. Draw round them and colour where the circles overlap. Dip the bottom of mugs in paint to print circles, use pens to make them into pictures.
- Make a string telephone! Attach a plastic or paper cup (or yoghurt pot) to each end of the string and talk through!

Cumbria County Council

What can I  
do today...

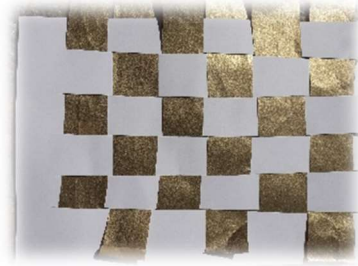


with pans

- Use pans to make drums. Use metal and wooden spoons to make different sounds. Sing or play along to a favourite family song.
- Use pan lids to crash together as symbols in a family band.
- Use pans and spoons to mix and stir to make real or pretend food.
- Put pans in a line and throw screwed up paper into them as target practice.

Cumbria County Council

What can I  
do today...



.....with paper?

- Cut slits in a piece of paper stopping just before the top. Cut strips of another colour and weave them under and over to make a pattern.
- Make a boat out of paper and see if it floats. Decorate it with flags. Can a small toy ride in the boat?
- Make paper aeroplanes with your family and test whose flies the furthest. Decorate them.
- Use newspaper to paint big patterns with a big brush.
- Screw up old paper to use as target practice balls.
- Draw a round a plate and knives, forks and spoons and use your picture as a placemat.

Cumbria County Council

What can I  
do today...



...with hands and feet?

- Make hand and foot prints with paint. Use the prints to make animal pictures such as chickens, giraffes and dinosaurs, flowers and butterflies.
- Draw round your family's hands and feet. Start with the biggest and draw the others inside. Colour them in.
- Put cushions on the floor. Take it in turns to put one hand down, then a foot, then a hand then a foot, keep going until you all have your hands and feet on different cushions.
- Draw round feet to make a set of footprints. Lay them in a trail for others to follow. Where do they lead?

Cumbria County Council

What can I  
do today...



...with paint?

- Paint big patterns on old newspaper using big brushes.
- Paint a picture of the people in your house.
- Mix paints together to make different colours.
- Fold a piece of paper in half, open it up, paint half a heart or butterfly on one side and fold the paper together to make a whole heart or butterfly.
- Find a large stone and paint a picture on it.

Cumbria County Council

What can I  
do today...



....with spoons?

- Attach string to different sized spoons and hang them up. Use chair backs or banisters to hang them from. Use another spoon to hit them to make music.
- Decorate spare metal or wooden spoons to make story book characters. Retell the story using them.
- Find all the spoons in the house and line them up by size. Starting with the smallest. Count them, find the shiniest.
- Tell Goldilocks and the Three Bears story using spoons and bowls as props.
- Try and balance a ball or small round object on a spoon. See how fast you can go...have a race.

Cumbria County Council

What can I  
do today...



...with a yoghurt pot?

- Dip either end of the pot into paint and print with it. When the paint is dry use pens to create new patterns or add details to create faces, cars....
- Line up yoghurt pots outside. Put one stone in each pot. Take the stones out and count how many stones. Then put one stone on the first pot, two in the second, and three in the third.....
- Use the yoghurt pot to make a shaker for music. Use a circle of paper and tape, string or elastic to make the lid. Put different objects in to make different sounds.
- Take a yoghurt pot and collect interesting objects in it from around the house. Tell someone why you chose them.

Cumbria County Council

What can I  
do today...



with sticks?

- Make a stick person.
- While on a walk find a stick as tall as you, the same length as your foot, smaller than your finger etc.
- Play Poohsticks on a bridge.
- Make a magic wand by sticking feathers/ leaves/ flowers on a stick or paint it.
- Build a den with big sticks or a den for your teddy with small sticks.



Cumbria County Council

What can I  
do today...



with ice?

- Explore how ice melts by placing ice cubes on a tray to investigate.
- Make paint ice cubes to paint with – mix paint (or food colouring) with water and freeze in ice cube trays.
- Freeze small toys in ice and watch them escape when it melts.
- Make homemade ice lollies in plastic cups with juice and fruit or yoghurt.

Cumbria County Council

What can I  
do today...



with leaves?

- Play leaf snap! Each player collects 5 different leaves, take it in turns to lay one down. The first to shout snap adds the leaves to their pile.
- Try making leaf rubbings with paper and wax crayons. Try using white crayons and water paints.
- Make leaf puppets by drawing faces on the leaves.
- Make leaf bunting by pegging leaves to string.

Cumbria County Council

What can I  
do today...



with wool?

- Make a 'laser' obstacle course indoors or outdoors to navigate.
- Make pompoms with wool and two 'c' shape pieces of card.
- Make a heart decoration by wrapping wool around a card heart shape.
- Wrap different coloured wool around sticks to make magic wands.

Cumbria County Council

What can I  
do today...



with a torch?

- Play torch tag! Lie down in a darkened room and chase each other's light across the ceiling.
- Shine a torch on a wall in a dark room and place toys in front or use your hands to make shadow puppets.
- Have a torch dance party!
- Share a book under the covers with a torch.

Cumbria County Council

What can I  
do today...



...with a sock?

- Make puppets using socks. Stick or sew on eyes, noses, hair, ears and mouths.
- Smelly socks. Add smells to cotton wool balls. Put them in sock. Enjoy the smell and say what you think it is.
- Find the socks from the washing. Make pairs, match colours, order by size.
- Think of and remember words to describe your socks...I have a soft sock...I have a soft, clean, sock...I have a soft, clean, warm sock....
- Whose sock? Put a sock in a bag and by feeling work out who it belongs to.

Cumbria County Council

What can I  
do today...



...threading?

- Thread ribbon through fences, chairs and gates outside.
- Thread ribbon, string, tights or scarves through chairs and bannisters inside.
- Use a hole punch to make holes in cards or paper. Thread through string, shoelaces or ribbon to make a pattern.
- Thread the laces into shoes.
- Have a threader hunt...search the house for things you can thread big and small. Use tubes to thread rope through or cotton to thread through rings.

Cumbria County Council

What can I  
do today...



...with photographs

- Use photographs of family and friends to make story books of things you have done together.
- Take photographs of your favourite things in the house.
- Play “I spy” using a photograph. Say “I spy a .....
- Look at photographs of people and say how you think they are feeling. Can you think of a reason why this might be?

Cumbria County Council  
**What can I  
do today...**



**...with my helping hands**

- Find ways to support your child to have a go at helping out. This may be you doing the job with them or finding new ways.
- They could help with making simple snacks such as banana kebabs or spreading toast.
- Sweeping up with a dustpan and brush.
- Washing the car or the pots and pans.
- Sorting the clothes and hanging the washing out.



Cumbria County Council

What can I  
do today...



...with bricks and blocks

- Dip bricks into paint to print pictures. Print a wall pattern, make a house, fire station or paint Humpty Dumpty on top.
- Build a tower taller than you. Count 1, 2, and 3 and knock it down!
- Find out how many bricks you can lay neatly to fit in a cardboard box.
- Use bricks as skittles. Build towers and use a ball to knock them down.
- Lay a trail of bricks for someone to follow. What is at the end?

Cumbria County Council

What can I  
do today...



with stones?

- Make stones to help to tell a story. Stick on characters or draw pictures.
- Paint some stones to play noughts and crosses with.
- Paint stones as decorations for the garden.
- Use stones to make outdoor art, create shapes, patterns or characters by laying them on the grass.
- Paint your own stone pet to take care of.

Cumbria County Council

What can I  
do today...



with clothes?

- Have your own fashion show – dress up and have your own catwalk!
- Get your child to help sort the washing into light and dark colours.
- Use magazines to cut out and stick clothes on paper. Add a head, arms and legs.
- Have a clothing race – how fast can your child put on a pair of socks or a coat?

Cumbria County Council

What can I  
do today...



with kitchen roll?

- Make paper towel marker magic by drawing on kitchen roll with a washable marker then pouring on water. Watch what happens to the colours!
- Use the tube to make a rocket or a telescope.
- Make a shaker with the tube by decorating it and putting a few beads or grains of rice inside. Place paper over each end and secure with an elastic band.
- Make a cuff bracelet with a tube. Decorate with paint or pens and stick on anything you fancy!

Cumbria County Council

What can I  
do today...



with crayons?

- Use up old piece of crayons by placing them in a mould or cupcake tin to melt in the oven into new shapes.
- Make wax crayon rubbings – try placing paper on different surfaces, tree bark or leaves.
- Make crayon etchings. Cover a paper plate with colourful crayon then go over with black crayon. Use a cocktail stick to etch off the black and reveal the colours underneath. Draw pictures or make patterns.
- Try drawing with crayons on sandpaper for a different sensory experience.

Cumbria County Council

What can I  
do today...



if it is windy?

- Try to make a kite that flies with paper (or a plastic bag) straws or sticks and string.
- Make a wind streamer. Cut off the bottom of a milk bottle and stick on different coloured paper/material strips or ribbons.
- Make your own garden wind chime with old CDs or metal items such as keys or cutlery. Or you could make a nature wind catcher – tie items from a horizontal stick such as leaves or feathers to blow in the wind.

Cumbria County Council

What can I  
do today...



..with paint charts?

- Take a walk and match the colours to objects you find inside and outside.
- Cut up the colours and make a mosaic picture with them.
- Use a split pin to make a colour fan to keep yourself cool.
- Read the names of the paints and make characters or pictures inspired by the names e.g. Ginger Glow / Fire Cracker.

Cumbria County Council

What can I  
do today...



..with a paper plate?

- Lots of animals can be made from cutting, painting or colouring a paper plate. Try making a T-rex (use split pins for movable arms and legs), a frog with big eyes or a chicken.
- Make a rocking horse by folding the plate in half and adding the body and tail.
- Make a sundial by adding the time around the edge and a straw, stick or pencil coming from the centre. Move it round to ensure the time is correct.
- Cut a hole in the centre of the plate for your whole face to fit through or make eye and mouth holes. Decorate the edges to make face masks. You could add a lion's mane. Add a stick as this will make them easier to hold.



Cumbria County Council

What can I  
do today...



....with a jam jar?

- Use small toys or draw characters and make a small world for them. You could make an aquarium. Suspend the fish from the lid using cotton.
- Use just the lid to make a picture frame. Cut out pictures of loved ones or favourite characters to fit exactly. These are easy for babies and toddlers to hold and they love to look at them.
- Put objects found in the garden in them. Soil, sand, leaves....add water. Put the lid on and shake...see how these things change.
- Write down some activities from “What can I do today?” Put them in the jar and take one out when you are bored and looking for ideas.
- Fill the jar with the objects you can find beginning with particular letter.

Cumbria County Council

What can I  
do today...



....with my toys?

- Help make a sandwich for your favourite toy and eat it together.
- Wash your toys in the bath.
- Take your toys for a walk and tell them about what you see.
- Make up a story about your toys. Ask an adult to write this down for you.
- Draw a picture of your biggest and smallest toy.
- Make a ramp for your cars, a petrol station or a train station using a cardboard box.

Cumbria County Council

What can I  
do today...



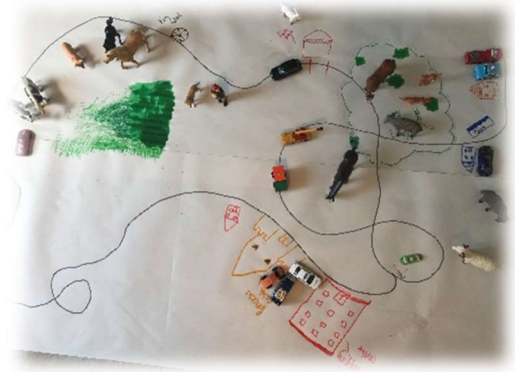
..with buttons and bows?

Always check small objects for safety.

- Find buttons, bows and small objects from around the house and make a picture or pattern with them.
- Make a button golf game. See the photograph above. To play take turns to throw a button into each hole. Add up your total score.
- Use buttons to count as high as you can go. Write numbers on paper and match that many buttons. Sort them into 2s...4s...6s...
- Sort buttons by colour, size, shape, number of holes.....
- Play hunt the bow. Tie a ribbon, sock, tights or a scarf in a bow outside or inside. Count to find out how quickly the other player can find your bow.

Cumbria County Council

# What can I do today...



with a large sheet of paper?

- Draw round your child lying down on a sheet of large paper (or stick some together) can they help to add clothes by colouring, painting or sticking? Keep them to see how much your child has grown!
- Make your own car mat – draw roads, trees and buildings to make your own world! Add cars, figures and farm animals.
- Make your own twister mat! Draw or paint large coloured spots on the paper – place small pieces of coloured or painted paper in a hat, close your eyes and draw one out – pick a part of your body and place it on that colour!
- Fold paper and cut out a chain of paper dolls to decorate. Can you give them names? Can you talk about similarities and differences? Perhaps some are happy and some are sad? Why might that be? You could read *The Paper Dolls* by Julia Donaldson or search for it being read on YouTube.
- Make a paper poncho! Fold a large piece of paper in half and cut out a neck hole in the middle. How will your child decorate it? Painting, colouring or sticking? Does it need tassels? Can they snip with scissors to make them or cut and manipulate Sellotape to stick them on?

Cumbria County Council

What can I  
do today...



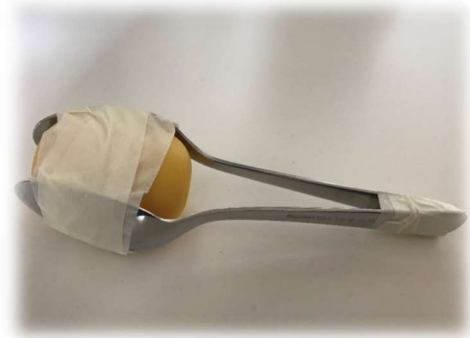
with flowers?

- Make a flower sensory bottle. Put different flowers in a plastic bottle and fill with water. Make sure the lid is on very tightly and allow your baby to shake and look at all the different coloured petals (always supervise)
- Try pressing flowers in kitchen roll between two heavy books – use them to decorate a card for someone once dry.
- Some flowers will change colour if you place food colouring in their water – try daises. How does that happen?
- Practice your scissor skills – pick some flowers and leaves to snip.
- Magic messages! Snap dandelion stalks and squeeze while writing on white paper (keep cutting them) leave in the sun to dry and your message will appear!
- Go on a flower hunt – count how many petals are on the flowers. Which flower has the most petals? Which the fewest? Which colours did you find? Which colours did you not find?
- With old pots and pans in the garden make some pretend ‘flower perfumes’. Which smell the best? Which don’t you like? What colours do they turn?

**ALWAYS** check flowers are safe to pick (check the internet for toxic plants and flowers) It is often illegal to pick wild flowers – check first or pick from a garden with permission or use bought flowers.

Cumbria County Council

What can I  
do today...



with homemade instruments?

- Make your own drum kit with pots and pans and a wooden spoon. Can you tap fast? Slow? Different beats?
- Make your own didgeridoo with wrapping paper tubes! Decorate with felt pens and try to make a sound!
- Make plastic egg maracas! Use the small plastic eggs toys come in or are inside chocolate eggs. Fill with different materials e.g. rice/ beads/ Lego etc. Tape two spoons on and get shaking! Can you dance while you shake? Do different materials make different sounds?
- Make a cereal box guitar. Cut out a hole and place elastic bands around the box. Do different thicknesses of bands make different noises?
- Fill glass bottles with different amounts of water. Blow just over the top – can you make a musical note? Do different amounts of water make different notes?

Cumbria County Council

What can I  
do today...



with shoes?

- Look at the different patterns on the bottom of shoes. Dip your shoe in a shallow puddle/ bowl of water and make footprints. How many footprints can you make before the water dries? Can you describe the different patterns?
- Look in shoes for numbers – which numbers can you find? Compare a collection of shoes. Can you sort them? Which have laces/ Velcro/have no fastenings/ by number of eyelets and by colour?
- Play matching pairs blind folded! Place pairs of shoes in the middle – can you find the matching ones with your eyes closed or blindfolded?
- Use your shoes to role play a shoe shop! How will you measure someone's feet? What size will they be? What kind of shoes do they want and can you match their description?
- Play Kim's game with shoes! Place a few different shoes in the middle. Have a good look. Cover with a cloth and remove one. Can you remember which one is missing?

Cumbria County Council

What can I  
do today...



with toy cars?

- Make a road to drive on by sticking masking tape to the floor, make junctions and roundabouts.
- Gather some car toys and roll them in paint – drive over some paper to see their different tyre patterns or roll them over rolled out playdough.
- Make a ramp with books or pieces of card. How high can you make your ramp? Have a race with different cars.
- Make a garage out of cardboard. Draw out parking spaces and number them. Stick numbers or spots on cars to match to the right numbered space.
- Sort cars by colour or type.
- Have a toy car wash! Fill a washing up bowl with soapy water, add old toothbrushes or cut up a dish washing sponge into smaller pieces. Get scrubbing! Will you charge for washing cars? How much? Can you count out the right number of pennies?



Cumbria County Council

What can I  
do today...



....with chalk?

Chalk will wash away in the rain or you can scrub it off with water and a brush.

- Outside mark out parking bays for your cars, big and small. Add road markings such as zebra crossings and stop lines.
- Draw lines on the path and see if your child can walk, run and hop on the lines. Depending on the age of the child add zig zags and shapes to jump over.
- Draw a line and ask your child to draw a shorter or longer line and find something the same size. Then they can draw a line for you.
- Play big noughts and crosses outdoors.
- Draw round your child's shadow and they can draw themselves or a character in the shape.
- Draw numbers, letters or shapes on the ground. Take turns to shout them out and jump on them.

Cumbria County Council

What can I  
do today...



....with my fingers?

- Use the fingers from old gloves or card and paper to make finger puppets. Add eyes, noses, ears. Make up a story using your characters or make birds and say the rhyme 2 little dickie birds sitting on a wall.
- Sing songs and rhymes using your fingers for actions such as Round and Round the Garden like a Bear or 1, 2,3,4,5, once I caught a fish alive. For more ideas go to:  
<http://www.wordsforlife.org.uk/songs>
- Strong fingers make for strong writers. Strengthen fingers using water squirters, by pegging out clothes, sticking sticks into plasticine.....
- Play finger flick football using beads, marbles or rolls of paper for the ball. Mark out the goals and pitch on paper.
- Finger paint! For younger children explore the paint with their fingers and hands. Older children can make pictures such as apple trees, characters, fruit and flowers.

Cumbria County Council

What can I  
do today...



....pipecleaners?

- Poke different coloured pipe cleaners into the holes of a colander.
- Make several fish out of pipe cleaners. Make a hook. Put the fish in a glass container. See how many fish you can hook and put them in a bucket or container when caught.
- Make different letters out of pipe cleaners.
- Make a hoop at one end of the pipe cleaner, thread cheerios on from one end to the other. Put a knot in the end and hang out for birds.
- Weave pipe cleaners in and out of a backing rack.

Cumbria County Council

What can I  
do today...



..with my senses?

- Sight – travel around the house looking for shiny and matt objects. Move them into sunlight or dark spaces and look at how the colours change.
- Touch - collect objects of different textures and put them into egg box spaces. Sticky, prickly, smooth, hard, rough, soft. Make a feely bag. Can you guess what is in the bag only by feeling and not looking?
- Sound – sit and listen. Draw what you can hear. It can be shapes or lines as well as pictures. Put music on and see how it makes you feel and move. Make a sound for baby to turn their head to. Play sound hide and seek.
- Smell – add smells to treasure baskets. Talk about smells in your house such as coffee granules, soap or flowers. Do you like the smells?
- Taste – can you find foods that taste sweet, bitter,

Cumbria County Council

What can I  
do today...



....with playdough?

- Write the instructions on how to make playdough for your child to follow with you. Add pictures to help them. (*2 cups plain flour / 2 tablespoons cream of tartar / ½ cup of salt / 2 tablespoons vegetable oil / 1 cup boiling water*)
- Use buttons and a dice to play playdough numbers. Throw a number and squash that many buttons into your playdough.
- Use bricks, small toys, stones to print into your playdough...what shapes can you make?
- Add smells such as cinnamon and ginger.
- Find “tools” in the house to help with modelling such as spoons, rolling pins and safe scissors.
- Add blobs to sticks to see if you can build a structure.

Cumbria County Council

What can I  
do today...



with newspaper?

- Play newspaper islands! Pretend the floor (or play outdoors) is the sea. Can you use two sheets of paper as islands? You need to make sure everyone can fit on one piece as you move the other to make your way across the sea!
- Make hats out of newspaper – how will you decorate yours? What type of hat will you make? A triangular pirate hat? A pointy witch's hat? Or a round bowler style hat?
- Rip strips of newspaper up – dip them in watered down glue to make papier-mâché models – perhaps stick them on a balloon to make a planet or a hot air balloon.
- Have an indoor snowball fight! Scrunch up balls out of old newspaper! Perhaps you could have a target to aim for like a bucket? Count how many went in and how many missed – how many snowballs did you throw altogether?
- Rip out triangles from newspaper to stick onto paper to make sharks– add eyes and practice your scissor skills by cutting out small triangles for sharp point teeth! Can you use a pen or pencil to make wavy lines for the sea?
- Use a newspaper to go on a letter search – can you find the letters in your name? Can you try to cut them out? Can you use some glue to stick them on a piece of paper to spell out your name? (If you need help a grown up could cut the letters out for you and write your name out to help you find the letters and put them in the right order)

Cumbria County Council

What can I  
do today...



with food colouring?

- Make different coloured sensory bottles for your baby to explore. Add different coloured food colouring to cold water and pour into the bottles. Ensure the lids are on very tightly. You could add other items such as sequins, buttons, little toys, bead etc. too. Always supervise your baby exploring the sensory bottles.
- You could add food colouring to your child's outdoor water tray if you have one, or simply add it to water in the washing up bowl to play with. Include items such as plastic bottles, jugs, funnel, sieves, cups and spoons. Ensure your child wears old clothes when exploring.
- Add a little bit of food colouring to shaving foam to make homemade body bath paints! (take care if your child has sensitive skin)
- Make homemade water colours – mix food colouring and water and get painting! You could use paint brushes, cotton buds, cut up sponge or try blowing a small puddle of paint across the page with straws.
- Paint your Toast! Mix milk and a small amount of food colouring to decorate your toast – can you write your name?

