



Emma Carpenter

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Please find below examples of the Play Activities I do with children of different ages

• 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 toddlers 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

“Play dates” with other local children

• Toddlers

Painting, drawing, sticking, tracing

Singing, playing musical instruments and dancing. Making shakers

Outings to ball pools and soft play areas and Playgrounds

Outings to toddlers groups to meet other children

Making and using Play dough

Gardening-growing seeds and planting in garden

Cooking e.g. decorating biscuits

Reading and storytelling

Sandpits and water play

Puzzles

Collecting on nature walks

Camps and picnics

Imaginary play, role play, dressing up

“Play dates”



- **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 yearly calendar to learn about cultural events and celebrations for example:

Easter (Christian),

Christmas (Christian),

Mothers Day,

Father's Day,

Diwali (Hindu),

Chinese Lunar New Year,

Ramadan (Islamic),

Passover (Jewish),

Summer Solstice (pagan), etc.

We will also be working through the seasons with different things to learn and make.

Possible Daily Routine:
Pre-school children.

Morning

- 8.00am: Breakfast - cereal, toast and milk/fruit juice
- 8.30am: Nursery rhymes
- 9.00am: Nature walk
- 10.00am: Snack time - fruit and juice/milk/water
- 10.30am: Creative activity e.g. painting
- 11.00am: Books
- 11.30am: Free play
- 12noon: Lunch - snack meal e.g. fruit, yoghurt sandwich chopped carrot

Afternoon

- 1.00ish: "Role play games" followed by sleep time.
Quiet down time for non sleep toddlers, including reading, audio cassettes, cbeebies etc.

Games, puzzles, Garden for older children.

- 3.00pm: School run - walking. Snack time e.g. bread sticks with juice in buggy.
- 3.30pm: Park
- 4.15pm: Arrive home

Afterschool

- 4.15pm: Free play whilst I prepare dinner
- 5.00pm: Dinner - e.g. fish pie with cauliflower cheese and broccoli followed by homemade fairy cake.
- 6.00pm: Story time / Prepare for pick-up
- Pick-up: and your night shift begins!!

Possible weekly routine:
After school pickup children

Monday

- 3.20pm: Pick up from School – walk to Local Park, drink and snack.
- 4.15pm: Home – Dressing up / role play / acting – while I prepare dinner.
- 5.00pm: Dinner – homemade shepherds pie (inclusive of vegetables) followed by yoghurt and fruit.
- 6.00pm: Story time / Prepare for pick-up.

Tuesday

- 3.20pm: Pick up from School. Drive to the Library: Drink and snack
- 4.15pm: Home - Looking in library books and choosing e.g. what to bake the following week from the cookery book from library – while I prepare dinner.
- 5.00pm: Dinner – spaghetti bolognaise, followed by banana custard.
- 6.00pm: Story time / Prepare for pick-up.

Wednesday

- 3.20pm: Pick up from school. Drink and snack. Nature walk around the Belstead Brook to collect flowers & leaves to glue.
- 4.15pm: Home – Creative time using glue, pencils/crayons and things collected from nature walk - while I prepare a picnic.
- 5.00pm: Picnic in the garden – egg sandwiches, fruit, yoghurt, chopped fresh veggies and jelly.
- 6.00pm: Story time / Prepare for pick-up.