

## Home Play Ideas

Below is a list of **play activities** that you can enjoy at **home**. You may need some simple materials or just your imagination! If you don't have what you need then **be creative** and simply use what you can find. Have fun!

### Arts & Crafts

- Drawing and Colouring
- Painting – *if you don't have paintbrushes, use your hands or your feet! Try it outside or in the bath so it's not too messy*
- Paint rocks or stones – *if you go out for a walk, see if you can collect some rocks to paint or colour when you get home*
- Family Paper Chain – use some paper to make body cut outs of all the people you love. Tie them together with some string and hang it somewhere in your home! You can decorate with colouring pencils and maybe some beads too.
- Make a collage – *you can use anything to make a collage. Maybe some old newspapers, magazines, or even twigs and leaves from outside. If you go for a walk, see what you can collect*
- Make a Monster Picture – *use whatever art & craft materials you have to create a monster picture. A monster can look however you imagine it, so be creative.*



### Games

- I Spy
- Hide & Seek
- Board games
- Card games
- Charades – *no talking, just act it out!*
- Play '20 Questions' – *can you think of a person, place, or thing? See if other's can guess what you're thinking of by asking you 20 'Yes' or 'No' questions*
- Blindfold games – *you could line up some objects, or do a taste test. Can they guess what they are just by feeling or tasting? No peaking!*
- Memory game – *choose some items and let the other person look at them for 1 minute, then cover them up and see if they can remember what was there. Make it harder by giving them less time or more objects to remember*

### Get Moving

- Have a dance party – *maybe you want to learn a dance off YouTube, or you could make up your own! Play some songs and have a dance party*
- Do a home workout – *find a video on YouTube and do a workout – it can be fun!*

## Imaginative Play

- Make an obstacle course
- Make up a handshake
- Try a new recipe – have a look online, BBC Good Food is a good place to look, or you could make up your own?
- Make a den or fort – do you have some blankets? Or maybe some towels? See what you can create and make it cosy inside
- Treasure Hunt – what can you hide for others to find? Maybe you can make up clues to help them, or just say 'warm'/'cold' as they explore
- Make new outfits for dolls or toys – you can use paper, fabric, napkins, toilet roll, or anything you can find to make some clothes for your toys
- Make a bowling alley – use some 2 litre bottles (or any kind of bottles would work) and a ball
- Cardboard boxes – use a shoebox or a cereal box! You can make so much out of these. Maybe a dolls house, a rocket ship or a guitar with some elastic bands. Be creative!
- Cotton Wool Balls – use these to play different simple games:
  - Popcorn Pop: Pick up a tea towel together and hold it between yourselves by its four corners. Place some pieces of cotton wool on the tea towel as you prepare to warm up the popcorn. Start by gently shaking the tea towel as the popcorn becomes warmer and warmer. Gradually get faster and faster until the popcorn gets really hot and all the little pieces jump and fly into the air as it pops. Make sure you work together to warm the popcorn up just as you like it.
  - Cotton Wool Hockey: Take it in turns to be the goal and the shooter! Create a goal using your hands, standing your four fingers upwards against the floor and joining your two thumbs in the middle. Then, whoever is starting as the shooter, gently blow the pieces of cotton wool and try to score a goal, you can use a straw to help if you have one! Make it harder by moving further away from the goal. Have a go at being both the goal and the shooter!
  - Cotton Wool Throw: One person starts as the thrower, and the other person holds a cup. See if you can score a cotton wool goal! Make it harder and see if you can do it being further away from each other?
  - Cotton Drop: See if you can drop the cotton wool balls into the cup from high up! Now try with your eyes closed!
  - Cotton Scoop: Place the cotton wool ball on the floor and see if you can scoop it up by using a spoon! You can't use anything else, just the spoon. Who can pick up all of their cotton wool balls and put them into their cup the quickest? Make it into a race!
  - Cotton Wool Blow: Sit opposite each other and cup your hands in front of you, with your palms facing up. Place a piece of cotton wool in the palms of your hands, then breathe in through your nose and gently out through your mouth. As you breathe out, pass the cotton wool over to your partners hands nice and controlled. Once you have mastered doing it slowly and calmly, see if you can move further away and still pass it from palm to palm. How far can you get?



## Sensory Play

- Make Slime – there are recipes for edible slime too!
- Make Jelly – great for eating or sensory play
- Water Play – water can be so much fun, even with a sink, bowl, or a bath! Fill it with bubbles and toys and enjoy
- Make a sensory bin – use a bowl, tray, or a small bin. Fill it with dried pasta, rice, beads, cereal or anything you like. Put some objects inside too and enjoy playing with it
- Play 'Sink or Float' – choose some objects and get others to guess if they sink or float when you put them in water. Have an experiment!
- Make musical shakers – use an empty bottle and fill it with dried materials, maybe rice, dried pasta, beads, cereal, etc. Add glitter or colours if you want to decorate it. Play some music and shake along. What sound does it make?
- Make playdough – there are some simple recipes online!
- Lotion massage – use some moisturiser or lotion and give each other a hand massage. Maybe you can write something on their hand with the lotion and see if they can guess what it is? This can be very relaxing
- Emotion Biscuits – decorate some biscuits with some icing and sweets and see if you can make different faces! Talk to each other about why you chose that face and how you are feeling. Then you can enjoy eating the biscuits!



## Chill Out Play

- Watch a movie
- Have a pyjama party
- Read a book
- Listen to an audiobook – audible stories on Amazon have some free stories.
- Make Glitter Bottles – add some glitter and food colouring to a small bottle of water. Make sure the lid is secure (properly), give it a shake and watch the glitter spin round. This can be very calming
- Hand mirroring – sit opposite each other and take it in turns to lead the movement. Can you mirror each other's hands?
- Post-it note compliments – use some post-it notes or even small bits of paper and write something you love about someone on it. Then hide it in your home somewhere for them to find later on

