

# Activities for children under 4



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# Activities for under 4 year olds

## Sense of touch

### You will need

- A large box
- An assortment of objects



### Activity

Before starting cut a hole in the bottom of the box, big enough for your child's both hands to fit through.

Ask your child to close their eyes, put an object in the box examples could be a plastic bowl, a spoon, a favourite toy.

Ask your child to put their hands through the hole and guess what is in the box only using their sense of touch.

## Rainbow trail

### You will need

- Sticks
- Paint
- White card or paper
- Box frame



### Activity

This can be done over a matter of days, when out for a walk on your allowed daily exercise time, ask your child to collect sticks, (collect as many as you can as these can be sorted out another day)

Look through all your collected sticks and choose those suitable to represent a rainbow (slight bend) an adult can cut the sticks to size if required.

Start painting the sticks rainbow colours

Once dry glue to the white paper or card, label Lockdown 2020 and insert into box frame to display and remind you of your walks during lockdown.



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## Toy rescue

### You will need

- Small toys
- Pots/tubs to freeze them in
- Food colouring (optional)



### Activity

This needs to be prepared the evening before, collect some small toys and place in freezer friendly containers, add water to fill half the container and put in the freezer until frozen then add more water (and food colouring if available) on top and freeze again.

Remove from freezer when ready to play with

Your child could use water pistols to squirt them or put water over them using spoons, droppers (if you have some) or even bath toy squirters.

## Handwashing rhyme

Handwashing is always important, but it's especially important now, since proper handwashing is one of the best ways to stop the spread of infections.

Children should wash their hands:

- After being outdoors or getting hands dirty
- After using the bathroom
- After touching animals
- Before and after touching food
- After coughing, sneezing or blowing their nose

Sing the following twice while washing their hands, sing to the tune of row, row, row your boat.

Wash, wash, wash your hands  
Play our handy game  
Rub and scrub and scrub and  
rub  
Germs go down the drain



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## Rainbow water xylophone



### What you will need

- Jam jars/mason jars or drinking glasses
- Tap water
- Food colouring to make it look visually more interesting

### Activity

Fill the jars or glasses with various amounts of water add food colouring to each if you have it to create a rainbow xylophone.

Tap each gently to create a tune.

## Animal wash



### What you need

- Selection of plastic animal toys
- 2 tubs or plastic pans (like a washing up pan)
- Soapy water
- Muddy liquid – could use cocoa powder, flour and water

### Activity

Put the plastic animals in the muddy liquid (you could add grass too) and let the children loose, to dirty them even more then wash them clean.



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## **Oh the Beautiful Month of May- Gardening Activities**

Nurturing and growing plants is a wonderful activity with children to model healthy relationships.

With our gardening centres now open, it'll be refreshing for the senses and wellbeing of young children to do activities with plants on the patio, on the window sill and or in the garden. Planting seeds and watering plants is also very good for hand-eye coordination. You can chant this lovely poem whilst you're at it, if you wish!

May is pretty, May is mild,  
Dances like a happy child;  
Sing out, robin; spring out, flowers;  
April went with all her showers,  
And the world is green again;  
Come out, children, to the glen,  
To the meadows, to the wood,  
For the earth is clean and good,  
And the sky is clear and blue,  
And bright May is calling you.

*Annette Wynne.*



### **1) Painted Flower Pots.**

#### **You will need:**

- Washable children's paint
- Terracotta pots
- Painting Brush
- Water
- PVA Glue (optional)

If you have any terracotta pots, children will enjoy painting and decorating the pots prior to planting them up! Glaze and seal with PVA glue.



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## 2) Tomatoes

### You will need:

- Tomato Planter Grow bag or compost and (plastic) gardening pots or your painted terracotta pots or a bed or raised bed
- A sunny spot in the garden, on the patio or window sill (6-8 hours of sun per day)
- Tomato plants (hardy variety).

Small children will enjoy helping with planting out tomato plants. They smell lovely too and they can help water it daily.

May is a good time of year to plant out tomatoes. It is easy to do in tomato planter grow bags or plant out in pots or the garden. Place in a sunny spot! Enjoy tomatoes from July.



## 3) Sensory basket of herbs

### You will need

- A hanging basket or plastic plant pot or your painted terracotta pots
- Compost
- A selection of herb plants, such as Mint, Rosemary, Oregano, Basil, Chives, Marjoram, Dill, Parsley, Thyme, Sage, Lavender. (Hardy Herbs will be easier to grow outside: mint, sage, oregano, thyme and chives)
- Sunny place, outside to hang your hanging basket or an indoor/outdoor window sill.

Children will enjoy planting up a pot or hanging basket of herbs whilst smelling, tasting and naming all the lovely herbs. Use for cooking with your child, or make herb tea and leave to cool down for them to smell and try, i.e. with thyme. Thyme is also good for sore throats! Lavender is nice in a relaxing bath at bed time.



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#### 4) Calming Chamomile

##### You will need

- Plastic plant pot, your painted terracotta pot or a garden bed.
- Compost
- Chamomile seeds
- Water

Growing Chamomile from seeds is relatively easy and chamomile plants like shade or partial shade. You can plant chamomile seeds in pots or sow in a garden bed with your child. Children will love smelling the yellow flowers, once they bloom and tasting them, i.e. by making herb tea and leaving it to cool for them to try. You can use the fresh flower heads or dry them. To dry, pick bunches, bundle, tie together with string or an elastic band and leave them to dry upside down to use for tea. Calming Chamomile helps soothe sore tummies and helps to aid sleep at bed time (you can use it in a bath).



#### 5) Planting Sunflowers

##### You will need

- Plastic plant pots or your painted terracotta pots.
- Compost, Water
- Sunflower seeds
- A sunny spot on a patio, on a window sill or in a garden.

*(ps watch out for slugs! You can get copper tape to put around the pot to stop slugs from crawling up and eating the leaves and stripping baby plants down to stems!)*

Children will enjoy planting sunflower seeds in (painted) pots and looking after sunflower plants and watching them grow. Plant out in the garden or in containers, once the plants are too big for the pots. It will be nice to harvest sunflower seeds at the end of the summer. Water daily.



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## Teddy Bears Picnic

### You will need:

- A mini play tea set (cups, saucers, teapot, spoons).
- Mini tea pot filled with water (juice gets too sticky if they're pouring themselves), or use cooled down herbal tea.
- A picnic blanket
- Finger foods, i.e. grapes, watermelon, banana slices, raisins, strawberries, apple rings or slices, satsuma segments. Carrot sticks, celery sticks, hummus. Jam, Cheese or Ham sandwich cut into small triangles. Breadsticks.
- Teddies
- Towel and tub of soapy water for washing hands.

On a sunny day, wear sun hats and sun cream. Spread out a picnic blanket for your child(ren) and teddies. Use a mini tea set. Provide a simple picnic of finger foods and let them have a picnic with their teddy bears. They can count out grapes and pour water (tea) in cups for their cwtchy friends!

If you wish, you can sing this traditional nursery rhyme (the song is on youtube)

If you go down to the woods today  
You're sure of a big surprise  
If you go down to the woods today  
You'd better go in disguise.  
For every bear that ever there was  
Will gather there for certain, because  
Today's the day the Teddy Bears have their picnic.

Picnic time for Teddy Bears  
The little Teddy Bears  
Are having a lovely time today  
Watch them, catch them unawares  
And see them picnic on their holiday.  
See them gaily gad about  
They love to play and shout;



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They never have any cares;  
At six o'clock their Mummies and Daddies,  
Will take them home to bed,  
Because they're tired little Teddy Bears.

Chorus: Picnic time for teddy bears,  
The little teddy bears are having a lovely time today.  
Watch them, catch them unawares,  
And see them picnic on their holiday.  
See them gaily dance about.  
They love to play and shout.  
And never have any cares.  
At six o'clock their mummies and daddies  
Will take them home to bed  
Because they're tired little teddy bears.

If you go out in the woods today,  
You'd better not go alone.  
It's lovely out in the woods today,  
But safer to stay at home.  
For every bear that ever there was  
Will gather there for certain, because  
Today's the day the teddy bears have their picnic

(Chorus)

Every teddy bear, that's been good  
Is sure of a treat today  
There's lots of wonderful things to eat  
And wonderful games to play  
Beneath the trees, where nobody sees  
They'll hide and seek as long as they please  
Today's the day the teddy bears have their picnic

(Chorus)



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