



PLAY

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If you have enjoyed the activities in this booklet, you will love our newsletter! Every two weeks, you'll receive a newsletter with the latest chat, play and read activities, recent news and much more!

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PLAY ACTIVITIES

Peek-a-boo

Bath time fun

Make your own sound box

Zoom, zoom, zoom we're going to the moon

Take teddy on an adventure

The rain game

SIMPLE, FUN ACTIVITIES FOR CHILDREN

Many little things light up hungry little minds.

Children take everything in. Even the smallest things you do with them can make a big difference to get them ready for the day they start school.



No one knows your child better than you do. Pick and choose the ideas that feel right for you, adapt our activities or even come up with your own.



We know that you are the expert on your child. Some of these activities may take minutes, whereas others may take longer. We want you to enjoy these activities as much as possible so please don't feel pressured by the clock. You can come back at any point. Follow your child's lead.



Use **#HungryLittleMinds** to share pictures and videos of you and your little one doing these activities or from

We love to see how families use our ideas all over the country!



CREATE SOMETHING!

Make your own flap book activity by adding a photo/drawing(s) of your family/pet and adding a flap(s) from paper over the top to play a different game of peek-a-boo.

ALL ABOUT ME

Use a piece of paper or card to create a page all about your child. Help them to write their name and draw a picture of themselves along with any other things they want to add.

This could be where they were born, where and who they live with, their favourite toy or game - let your child decide the most important things to them.

(This is an example!)

My name is...



My favourite toy

**What I enjoy
playing...**

What I look like...

**DRAW
SOMETHING!**

Can you draw yourself? You can play with different colours here to show the colours of your clothes!

Peek-a-boo

Peek-a-boo is a fun game that all young children enjoy!



This is a great game to play when your child is happy and relaxed. You can play this game with your baby in your lap or when your child is laying down and focused on you. Play this game by covering your face with your hands or a blanket. Ask your child “Where did mummy/daddy/your name go?”. Then reveal your face and say “Peek-a-boo!”



Good to know

Playing Peek-a-boo is a great way for your baby to start to anticipate what is coming next, which helps them to start to recognise sequences and routines.

Bath time fun

Bath time is a good time to chat and play because your child is often relaxed and you have their attention.



You can make them happy just by copying their actions or sounds.

Talk about what you're doing while you're doing it. For example, when it's time to wash their face say, "Time to wash your face".

If they have a bath with a toy, you can do the action to the toy. For example, "Time to wash ducky's face!"

You can also mime the action. See if your child copies you or makes noises.



Good to know

The more fun you have together, the more your child will learn.

Make your own sound box

There are lots of ways to interact with toys or pictures. One of those ways is by making sounds.

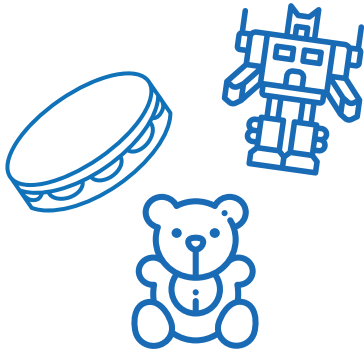


Good to know

Games with sounds help your child learn to listen better, which is useful for when they're ready to communicate.

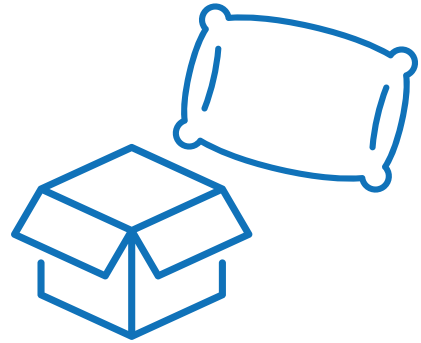
Which sounds does your child like best?

1



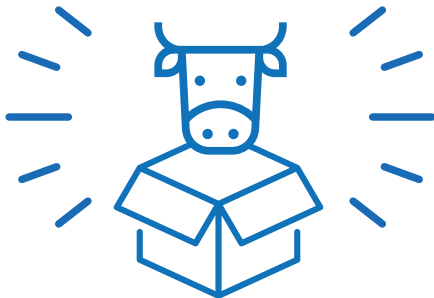
Bring together some familiar objects. These might be toys or pictures of things your child likes. These will go in their 'sound box'.

2



Next, put the objects in a box (or a pillow case will work just as well!).

3



Sit with your little one and make the sound of something in the box. For example, a cow goes "moo" or a car goes "vroom". Ask your child to find the toy that made that noise.

4



Encourage them to rummage through the box and find the right thing. When they find it, praise them and say what the object is. For example, 'Well done, you found the cow!'

**WRITE
SOMETHING!**

Write down on in calendar or diary which sounds your child liked best.

Zoom, zoom, zoom we're going to the moon

This nursery rhyme has fun actions and noises to make your child laugh.



Sit with your child in your arms and gently rock back and forth. Point to the sky and form circles with your arms on your way to the moon. As you count down say each number louder than the last. When you and your child reach “blast off”, lift your them high into the air.



Good to know

This song helps with your child's motor skills as they are using their hands to make shapes. This can help them with their balance and muscle development.



Attention all astronauts
Please report to the rocket ship
Prepare yourself for blast off
Thank you!
Zoom Zoom Zoom
We're going to the moon
Zoom Zoom Zoom
We're going to the moon
If you want to take the trip
Climb aboard my rocket ship
Zoom Zoom Zoom
We're going to the moon
10 9 8 7 6 5 4 3 2 1

We have **blast off!**
Zoom Zoom Zoom
We're going to the moon
Zoom Zoom Zoom
We're going to the moon
If you want to take the trip
Climb aboard my rocket ship
Zoom Zoom Zoom
We're going to the moon
10 9 8 7 6 5 4 3 2 1
We have **blast off!**

When you reach "**blast off**",
lift your child high into the air.

Nursery rhymes with your child

**WRITE
SOMETHING!**

Make a note in your calendar or diary of your child's favourite nursery rhyme and why they like it.

Take teddy on an adventure

Make believe with your child's favourite toy.



This activity encourages your child to take their favourite toy on an adventure. Choose one of their favourite toys together, like a teddy or a doll, and make it the main character of the story.

If you're stuck for an adventure idea, involve the toy in your child's favourite activity.



Good to know

Involving a toy in your child's activities helps your child learn to be creative, as well as how to share thoughts and belongings.

- 1.** Start with the toy's name and where it lives.
- 2.** Then start acting out the toy's adventure. Make the toy perform a number of activities.

**Eating
breakfast**

**Having a
tea party**

**Packing a
picnic**

**Singing
a song**

**Going on a
train journey**

**Getting ready
for bed**

Make up your own prompts as you go. It doesn't matter how silly the story is. Making up stories helps your child learn to speak and use their imagination.

**DRAW
SOMETHING!**

Use some paper to draw Teddy's adventure with your child!

The rain game

This game encourages your child to make sounds to tell a story.



Good to know

Listening and following instructions helps your child learn how to do tasks well.

The story goes like this:

**“I think it’s going to rain. The sky is getting darker.
The wind is starting to blow.”**

Then start to blow through your cupped hands to make a noise.

Encourage your child to join in too and do the actions in **bold**.
See if your child will join in on any of the sounds.



“I can hear the rain falling.”

Tap one finger into the palm of your hand to make a rain sound.



“It’s raining harder.”

Now tap four fingers to make the sound louder.



“It’s starting to thunder.”

Clap your hands quietly and build up to faster, louder claps.



“Phew, the thunder is stopping.”

Clap quieter.



“The rain is stopping too.”

Tap your fingers softer and softer.



“Listen. The wind is getting quieter.”

Make soft wind sounds.



‘The storm is over. Now we can go to bed.’



You can find more ideas for fun activities
to add to your routine at:

