

Home Ideas: Play and Movement

<p>Build a Fort</p> <p>Think about using couch cushions, chairs and blankets to make a fort.</p> 	<p>Sing a Song</p> <p>Think about songs you can sing with actions like Open Shut Them, Itsy Bitsy Spider and I'm a Little Teapot.</p> 	<p>Play Dress Ups</p> <p>Think about using home dress ups, old clothes and clothes from other family members that you can use to dress up.</p> 	<p>Create a Dance</p> <p>Think about your favourite songs and create simple dance steps to them.</p> 	<p>Move Your Body</p> <p>Think about different ways you can move your body (star jumps, side gallop, hop, skip, etc.) and create a fitness workout.</p> 
<p>Have a Tea Party</p> <p>Think about which of your toys you can invite to a pretend tea party and which games you could play together.</p> 	<p>Invent Something</p> <p>Think about a new invention. Draw a design, gather your materials from around the house and create your invention.</p> 	<p>Build an Obstacle Course</p> <p>Think about things around the house you can use to jump over, tunnel under and skip through to make an obstacle course.</p> 	<p>Have a Race</p> <p>Think about all the different ways you could have a race with others at home (running, hopping, skipping, crawling, etc.) and see who is the fastest!</p> 	<p>Create Artworks</p> <p>Think about items you can use at home to create an artwork (painting, drawing, sculpture from recyclables, mosaics from scrap paper, etc.).</p> 
<p>Use Your Imagination</p> <p>Think about items around the house you might not normally play with (plastic cups, rocks, bottle caps, etc.) and use your imagination to play with them.</p> 	<p>Play a Game</p> <p>Think about different games you could play (freeze, musical chairs, board games, hide and seek, etc.) and play some of these games together.</p> 	<p>Get Messy</p> <p>Think about something messy you can create and play with (e.g. 'mud' from cocoa and water, 'oobleck' from corn flour and water, bubbles with dishwashing liquid and water, etc.).</p> 	<p>Create Music</p> <p>Think about different ways to make music using items from around the house (pots for drums, Tupperware container of rice for a maraca, clapping, etc.).</p> 	<p>Experiment with Water</p> <p>Think about different ways to experiment with water (build a paper boat, explore objects that float/sink, explore items for pouring and collecting, etc.).</p> 



Keep in mind:

- These activities can be repeated and extended upon.
- Talk to your child about their play (but don't quiz them!). Be a good example for using a rich vocabulary. Don't simplify your selection of words!
- Use your first language (especially if it's not English!)
- You can brainstorm other activities with your child that involve movement and play.
- Encourage your child to also engage in unstructured play time with their toys.
- Have fun 😊