Stay at home Play at home

30 days of fun activity ideas, to engage, create, play, move and learn at home
Based on the Developmental Play Pyramid and colour coded in play stages

Each activity is headed

Tell me all about it

What will we need?

What will my child learn?

Any tips for maximum benefit?

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Tell me all about it

This is a great way for your child to make something they can use and play with. Help them mix it with you and then they can play with it. They can roll, squeeze, use cookie cutters, build and construct with it. It starts as a floury mess which becomes something functional.

Put all the ingredients in a bowl. Then mix with your hands. If you put the flour in last you can then adjust its texture, it should be soft and squeezy, not too dry and not too sticky. Can be kept in the fridge for several weeks wrapped in cling film. Is safe and edible!

What will we need?

3 teaspoons cream of tartar
3 cups plain flour
½ cup salt
1/2 tablespoons oil
1 cup of water(Food colouring if you want)

What will my child learn?

The joys of mixing, Sequencing and three dimensional play
To tolerate touch and unpredictability
To develop fine motor skills and dexterity
To focus and have attention by being absorbed

Any tips for maximum benefit?

Prepare all the ingredients beforehand. Talk your child through the mixing so they understand what each one is, help them pour, measure and mix. It doesn’t matter if it is a mess they will have fun.
Hide and Seek

Tell me all about it

First you just hide behind your hands and ‘peekaboo’ out. Babies find this endlessly hilarious. In fact, their delight in it can go way beyond most adults’ stamina for the activity... Then with blankets, and finally you hide and let them find you and vice versa.

You can play this anywhere in the house. It develops imagination and a sense of anticipation and pleasure in discovering things.

What will we need?

All you need is a few good hiding places, under the bed, behind the curtains, doors, blankets, pillows, cupboards – you will be amazed the different places you can find to hide.

What will my child learn?

Child will learn to deal with anticipation and high arousal as they wait to be found and they learn patience and perseverance if they cannot find you. These are all good skills for developing a creative mind.

Any tips for maximum benefit?

Don’t make it too hard to find yourself when you first start to play the game. The idea is for them to find you, not for you to show how successfully you can hide. If you can hear the kid getting distressed at finding they are alone, it’s time to pop your head out and say ‘Over here!’
Tell me all about it

In these days of uncertainty all exercises that support the child feel safe and protected are good, and what better way to do it than to build a den. Children love doing it in the woods but you can do it in the house as well using household items. Making dens and spaces is all about practicing skills for building a home and a life in the future. It also helps children feel safe. Give them a space somewhere in the house where they can build this den, under a table, in their bedroom, under the stairs. They can create a safe world in there and build an imaginary world with their toys or just read a book in safe warm space.

What will we need?

Space
Blankets, pillows, duvet covers, chairs
Pegs can help fix flowing items

What will my child learn?

How to keep themselves safe
Confidence
Ownership
Planning, organization and problem solving
Creativity and imagination

Any tips for maximum benefit?

It may look messy to you but remember that for child these can be places of magic, encourage them to take their special toys into it, they may even enjoy a snack in there. Given the chance children can spend hours happily playing in a safe space they have created, encourage them.
Create a story

Tell me all about it

This is another activity to develop imagination and playfulness in your child. Choose five objects that are lying around the house – as random as possible, this could be a bucket, a coat, a plate, a pencil and a wallet. Lay them out and then the child has to create a story that includes all the objects. See what amazing ideas they come up with.

What will we need?

Household items
A sense of fun!
Time

What will my child learn?

Flexibility and imagination
Sequencing
Imagination
Thinking out of the box
Organisation
Language, understanding metaphor and creative thinking

Any tips for maximum benefit?

There are no rights and wrongs in creative storytelling, let your child’s imagination run wild. If they have a favourite toy you may want to include that in the objects so they personalize it more. If you want to expand on this activity they can write it down afterwards or draw the part the most enjoyed.

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Water Play

Tell me all about it

This activity can be done in the bath, with a bucket, with a hose. It can be done inside in the bathroom or the kitchen, or outside in a garden or on a balcony. Somewhere that is easy to wipe the floor, or let the excess water soak into the ground. Ensure that the floor does not get too slippy when wet and if need be have a towel nearby for them to sit or stand on.
The idea is to let the child splash, pour and scoop water. Let them make lots of sounds and mess and see how using hands, feet, whatever they want makes the water move and make different shapes and affects.

What will my child learn?

Cause and effect.
How their bodies can be used to have different affects on the world around them. To see and respond. To predict and be surprised. Wonder. Joy in the unexpected.

Any tips for maximum benefit?

Don't worry about getting wet - enjoy it with your child and they will learn so much more through it.
Set up the activity so it does not matter that water goes everywhere.
Encourage the child to help clear up afterwards then they will learn responsibility in their actions. Try and predict when they are getting tired and bored with the game and start to clear up before.

What will we need?

Water...lots of it
Bucket or bowls
Straws
A towel or cloth as back up

Show them how to pour it from one bucket to another, how to blow bubbles with a straw, or splash with their feet.

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Sing and dance

Tell me all about it

Sing and dance with your child. Let them feel their body in space and feel good about it. There is a reason why humans like rhythmic music: it calls to something deep within them.

You can dance in front of the mirror together, you can dress up and dance. You can find your favourite moves on your TV or You-tube channel. If you can’t go out of your house this will help expend all that energy and you can play the music loud.

What will we need?

A range of music, fast, slow, deep, high, classic and modern. Maybe a few props to dance with, ribbons, fans, feathers. You-tube for dance move ideas. A clear space to dance and lots of energy to expend.

What will my child learn?

This will build confidence in expression and risk taking, and develop flexibility and an ability to respond to different things in the world around them. And it will make them more confident.

Any tips for maximum benefit?

Some music will connect with them more than others, of course; the idea is to let them choose. Allow them to respond to different rhythms and sound, and adapt to the sounds and evoke different movements in their bodies.

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Tell me all about it

This is a great activity for working on creating safety and children love it. First they paint the box on all sides in any colour they want, then they decorate it on the outside. When this is done they can decorate inside with something soft and keep special things in it. Often this activity really helps children feel a sense of control in their world and they will really feel pride in their work.

What will my child learn?

Self – expression
Dimension and space and an understanding of form
Numeracy as they count the sides
Self esteem
Confidence and a sense of achievement
A sense of control and safety

Any tips for maximum benefit?

If working with young children help them count the sides of the box. Talk about what they want outside and what they want inside. Inside is the safe soft space and they can keep special things in it. Let them keep it as their special box and evidence of their creativity. You may want to ask them what is precious in their life that they would like to keep in it.

What will we need?

Cake box, cereal box, tissue box or shoe box- ideally one with an inside and an outside.
Paint, Brushes, Glue
Collage materials, sprinkles, glitter, stickers, feathers
Cotton wool or tissue paper

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Tell me all about it

A simple group game for children, great for building listening skills. Sit them in a circle, one child thinks of a simple sentence and has to whisper it to the person next to them without anyone else hearing. They are only allowed to whisper it once and the person listening then has to pass the whisper on to the person next to them. The last person to hear it says it out loud and everyone sees how much it has changed.

What will we need?
A quiet room
Space to sit in a circle
Children who can understand language

What will my child learn?
Listening skills
Patience
How to speak quietly
Self-control
Interpreting skills

Any tips for maximum benefit?
If there are different languages in the group encourage them to use them, this really helps listening skills and builds awareness of ways of communicating in the group. Make sure everyone gets a chance to have a go and avoid blaming anyone for getting it wrong. This is a fun way to learn to listen!

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Random art making

Tell me all about it

This is a great activity for children to explore how different marks are made and to use their whole bodies for creating art.

Spread paints onto a plastic lid or large tray, then put out large sheets of paper. Mahjong paper or newsprint is great for this. Then give the children a range of household items to print and paint with. Let them try lots of different random materials until the paper is covered and they are ready to finish.

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What will we need?

Plastic lids or trays
Paint
Assorted household items- Whisks, scourers, hairbrushes, feather dusters, fly swats, washing up brushes, scrubbing brushes, plungers, whisks, nailbrush- anything that has an interesting shape and surface.

What will my child learn?

Cause and effect, To explore and take risks, Playfulness and spontaneity. To be flexible, to have fun
To develop balance and co-ordination
Sequencing skills
To be surprised
To focus and have attention by being absorbed.

Any tips for maximum benefit?

The end results of this activity can make lovely wrapping paper, but don't worry if they have so much fun it all tears and falls apart at the end, they learn so much in this process. This is an ideal exercise to do outside as it can be very messy. Have cloths near by to clean up.

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Tell me all about it

This is a great game for building cognitive skills in your child and can be played with household objects. Place 10 assorted household items on a tray, these can be items like a comb, a peg, a spoon, a pencil - anything you can find in the house. Cover them with a tea towel or cloth. Then place them in front of your child for one minute taking off the cloth. Then cover again and remove the tray. The child now has two minutes to write down all the objects they can remember.

What will we need?

- 10 or more everyday objects
- Pencils and paper
- A table for the children to sit around

What will my child learn?

- Observation skills
- Memory
- Writing skills
- How to work under pressure – a great exam skill!
- Planning and organisation

Any tips for maximum benefit?

This is a great activity for older children and can get quite competitive, play several rounds and you will see how the children develop strategies for remembering. Make it fun and if you are working with a group of children you can let them take turns to prepare a tray of memory items.
**Indoor circuits**

**Tell me all about it**

This is an activity to use up all that excess energy. This is creating a place for jumping, running, balancing and moving safely within the home. Create a circuit, a bit like an assault course, that the child has to go round - i.e. “up the stairs” “jump over four pillows” “somersault on the sofa” “hop over four kitchen tiles” “roll across the bed” “make a face in the mirror”.

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**What will my child learn?**

Organisation, Balance, Sequencing
Self-control
Dexterity and co-ordination.
Gross motor skills
Visual planning
Focus and attention

**What will we need?**

Robust furniture - chairs
Cushions, pillows
Any household item they can use for movement

**Any tips for maximum benefit?**

You can expand on this activity by adding an element of competition, time them and see how fast they can do it – can they beat their record? Or add an element of rhythm and listening – whenever you say freeze they have to stop. A great physical game – use the space of your home in the most creative way you can.
Phone films

Tell me all about it

This is an activity for higher play where children can explore their inner filmmaker! Most smartphones or tablets can make a stop-frame animation. Use any fun objects you can find around the house to tell a 15—30 second animation. You can use paper, pens, fruit, kitchen utensils – anything can tell a story. Get your child to prepare it and then show you it. You can even make a few and have a mini Oscars or BAFTAs evening!

What will we need?

- Found objects around the home
- A smartphone

What will my child learn?

- Imagination and creativity
- Planning and sequencing
- Patience
- Organisation and visualization
- Fine motor skills

Any tips for maximum benefit?

If your child needs help to structure an animation remember any good story just needs a beginning, a middle and an end. If you want to expand on this for older children they can use some of the computer software to edit if they have it. You can make amazing little movies on smartphones these days.

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Tell me all about it

Often we discourage children from this kind of play but if you are stuck inside, this activity can be really important to use up all that trapped energy. It does not hurt anyone and boisterous children love it. They can express their physicality and rough and tumble together. We recommend doing it on a bed so nothing is in the way and children are safe.

What will my child learn?

- The power of their bodies
- How to trust someone else physically
- Control and regulation
- Expression of big strong feelings
- Body awareness

Any tips for maximum benefit?

If you fear that the children will get hurt ask them to set the rules for the play so they are aware that the aim is not to hurt each other but to have fun. Children will often self monitor and regulate their play and if one of them gets hurt you can support them to problem solve with the other child, to say sorry, to analyze what happened and how to deal with it. This helps build compassion, empathy and social skills.
Goop

Tell me all about it

This is a highly sensory activity where the child gets to touch and feel this brightly coloured substance that is hard to the touch and then when lifted up in the hands it becomes soft and drips down the fingers. Magical mess in their hands.

Mix the cornflour, food colouring and water in a large container. It should have a thick consistency. Let the children plunge their hands into it and feel what it is like when they tap it, when they squeeze it and when they lift it up. It will run through the fingers, and make patterns on the table or in the air.

What will my child learn?

* Cause and effect.
* To tolerate touch and unpredictability
* To sense difference with their fingertips
* To be surprised
* To use their fine and gross motor skills
* Focus and attention by being absorbed.

Any tips for maximum benefit?

Never force a child to make a sensory mess, some children may find this over arousing, if so just let them watch and join in only when they are ready. Let them be lured in and feel a sense of control over their explorations. Get the children to use words to describe the feeling or model the words for the, “slimey”, “sticky”, “cool”.

What will we need?

- 2 packets of cornflour
- 2 cups of water
- Food colouring
- Large containers
- Aprons

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Tell me all about it

A great way for using all that excess energy and making it into a game. Choose the children’s favourite music and get them to dance as expressively as possible. Then stop the music without them seeing and they have to freeze - stay as still as possible - if they move they are out or lose a life. Depending on the number of children you can give them bigger numbers of lives if the game needs to last longer. Once all the lives are lost the child is out and the child left dancing alone is the winner.

What will we need?

Music
Something to play the music on
Space

What will my child learn?

Self-expression
Listening skills
Regulation – the ability to stop immediately the music stops
Body awareness
How to deal with arousal and excitement

Any tips for maximum benefit?

Make it fun, some younger children may not want to lose so reassure them they can have another go next round. This is a great game for building coping skills as they move from great excitement to stillness, to potentially having to deal with disappointment but generally children love this diverse experience.
Tell me all about it

This is an activity that children can do over several sessions. They create a book all about themselves. Staple four or five pages together or hole punch them and tie it together with ribbon. On page one draw round their hands, in the palm they write their name and on the fingers, their age, their favourite colour, their favourite food, a hope and something they don’t like. On page two they cut out collage from old magazines of things they like. Page three is a self-portrait and page four is their favourite thing. 

What will we need?

4 – 5 sheets of A4 or A3 paper per child
Crayons and markers
Glue
Old magazines
Scissors

What will my child learn?

Self-expression and confidence
A sense of identity and self-esteem
Fine motor skills
Planning and organization
Sequencing
Literacy

Any tips for maximum benefit?

You may find out some new things about how your child sees the world through this activity. Remember no rights and wrongs in art making. Talk about what they create and if you have extra paper ask them what else they would like in their book of me!

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Tell me all about it

Children love bubbles, even before they can blow them, they love to watch them. Sit with your child and blow bubbles with them. Watch them together, see where they go, pop them.

What will we need?

Bubbles, this can be washing up liquid or bubble bath as well as the commercial bubble pots. A bubble blower, a circle- make one with wire if you do not have the plastic ones.

What will my child learn?

Cause and effect.
To anticipate.
To see and respond.
They will build the muscles needed for eating and speech
To predict and be surprised
To develop visual spatial and scanning skills
They will improve neck strength
They will learn wonder.

Any tips for maximum benefit?

You can do this in the bath, you can do it inside and outside. Make it fun and joyous, Encourage your child to follow the bubbles, when you pop them make joyful exclamations.
You can expand this exercise by encouraging your child to pop them on different parts of the body, by seeing if they are big or small, by blowing them to music or creating a bubble song.
Tell me all about it

This activity is all about rhythm and making music but doing it with household objects, pots, pans, buckets, spoons and colanders – anything that makes a noise. Allow your child to explore your kitchen cupboards and find out different things that make sound. Then practice different rhythms together, put the same sounds in groups and create an orchestra. The more people you can get in this activity the better. You can also take turns conducting the different parts of the orchestra. Make a noise and express those different feelings through sound. It can be surprising how good it can sound with some practice.

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What will my child learn?

- Listening skills and How to sequence
- Differentiation of sound
- Self expression
- Organisation
- Regulation and focus as they follow a conductor
- Musical appreciation

Any tips for maximum benefit?

No rights and wrongs in a pots and pan orchestra, you will be amazed how after a while it may start to sound tuneful even if a cacophony at first. Let them bang and crash a bit as that will help them find the rhythm as well as express their feelings.

What will we need?

- Pots and pans, spoons, buckets – any household items that makes an interesting sound.
- A chopstick or stick for conducting.
- Phone if you want to make a recording of your orchestra or listen to different orchestral music for inspiration.

Pots and pans orchestra

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Tell me all about it

This is a good activity for developing some of the skills that underpin later writing as the child is exploring motor control, hand-eye co-ordination and visual tracking. It is also lots of fun.

Prepare palettes or plates of paint. Put paper on the table. It may be a good idea to tape it down. Dip the string into the paint and trail it across the paper. Different affects will be created by dragging, flicking, pulling and dabbing the strings onto the paper. Allow your child to explore the possibilities.

What will my child learn?

Cause and effect.
To develop fine motor control. Visual tracking and scanning
The motor control that underpins writing
To sequence. Concentration.
To develop control and patience

Any tips for maximum benefit?

If the child does not like to touch paint much you can attach pegs to the strings so they can pull it across the paper.
See if the child begins to create lines and order.
You can always combine this activity with folding the paper to see what random marks emerge.
Allow the child to explore and experiment with different colours and different textures

What will we need?

String, cord or cooked spaghetti- various lengths and thicknesses
Paint in a shallow container
A4 paper
Apron

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Body Play on the bed

Tell me all about it

A great physical game for you and your child which can be played indoors. You become the avatar of the child. Your child balances across your knees as shown in the picture the child can be taken on a journey and you move them back and forwards and side to side. You can expand this into imaginative play: they can be a plane, a superhero, a flying animal anything they want.

What will we need?
A bed, some cushions
Time and physical strength

What will my child learn?
Body awareness and balance
Trust
Celebration of their physicality
Communication and Imagination
Focus and Core strength

Any tips for maximum benefit?
This is a game that children can play as soon as they have sitting balance, they love the movement of it and being in contact with your body. Hold their hands to keep them safe and watch your child’s eyes – if they are scared, they will tell you in that way. Very often they will want to play this again and again and if you play it on the bed you will both feel safer and be able to expand the game more.

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STAY PLAY at home at home

Superhero shield

What will we need?
- Cardboard cut into the shape of a shield (this can be an old cereal box, or any strong card)
- Paints, colouring pens and crayons
- Markers
- Glue
- Any collage materials you have, buttons, glitter, shiny paper, silver foil

What will my child learn?
- Self-expression
- Imagination
- Confidence
- Fine motor skills
- The language of metaphor

Any tips for maximum benefit?
There are no rights and wrongs for making a superhero shield, let the child express whatever comes to mind. Validate whatever they make and they will feel good about themselves. Get them to talk about what they use to decorate their superhero shield and what it means to them and they will grow in confidence. Photograph them with the shield protecting them.

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Tell me all about it

Superhero play is really important when children feel they are not in control of their world. It makes them feel strong and that they can cope with adversity. This is just one activity you can do on this theme. The child makes a shield that represents their superhero and they personalize it using colouring and collage—any art materials you have in the house. This activity can follow on from a superhero story or precede a role play, where they can use it to act out how they overcome the “bad”. It is an activity to build confidence and self-esteem.

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Tell me all about it

This is a great activity for getting children to explore and appreciate what is around them. Using found objects around the home get them to dip them into paint and make prints. You will be amazed the kind of patterns everyday objects make. You can cut vegetables for prints, or use recycled materials, so many things make different marks. If you have large sheets of brown paper you can make gorgeous original wrapping paper.

What will we need?

- Paint – assorted colours if possible
- Paper
- Found objects in the house
- Vegetables, household items
- Trays to put the paint in
- A flat work space

What will my child learn?

- Hand-eye co-ordination
- Cause and effect
- Colour recognition and how colours mix

Any tips for maximum benefit?

You can also do parts of the body printing but sometimes we recommend this in the bathroom as it can get messy. Allow your child to suggest objects around the house and explore what marks they make. You can build their language skills by getting them to describe what the marks look like.
Create a world

Tell me all about it

This is an activity that can be done over several days, you start with a flat piece of cardboard. The child can make hills and mountains with scrunched up paper that you stick on with masking tape, then they paint on roads, rivers and the fields. They can then make buildings with recycled materials and trees with any found objects they have in the house. Help them build a world over which they have control.

What will my child learn?

Planning, imagination and visualization
Fine motor skills
Organisation
Self-esteem
A sense of control and hope
Creativity

Any tips for maximum benefit?

Help the child make this but do not direct it, allow them to visualize their own world. After making it children can play with their toys on it as it is their special world and they will feel such pride in it. This is practicing for growing up and will give them lots of life skills.

What will we need?

A piece of large cardboard, Old newspaper or recycled paper
Masking tape
Paints and brushes
Recycled materials- cereal boxes, tissue boxes, old plastic bottles, Scissors, White glue
Any collage materials you have, Toilet rolls

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Tell me all about it

This activity involves melting coloured ice cubes into water and watching the wonder as the ice cubes melt, the colour changes and mixes with the water. Simple magic. It just needs a little bit of preparation, i.e. time to freeze the ice cubes beforehand and mix them with different colouring. Then empty the ice cubes into a container of water and watch them melt, colours will mix, swirl and blend together. Rubbery ice cube containers work well and the child can improve their fine motor skills as they slip the ice cubes out. They also learn what cold and slippery means!

What will we need?

- Food colouring or paint
- Water
- Ice cube trays or assorted plastic containers to freeze food in
- Large plastic bowl or container

What will my child learn?

- Cause and effect
- To be patient and observe
- That things change under different circumstances
- The beginning of scientific discovery
- To see and respond
- To be surprised – wonder
- Flexibility

Any tips for maximum benefit?

Dark colours are best added last as they will make the colours murky. Let the child feel and watch the shapes of the melting ice. Discussing why it melts helps develop more understanding of cause and affect, hot and cold and solid and liquid.
Dressing up play

Tell me all about it

Encourage your child to create a play or performance around a story they like and perform if for you. Use anything for dressing up - children just need to drape themselves in something to feel they are in character. Give them time to plan and rehearse. They will love it if you set up a little circle of chairs for their performance and if you can, film it to show them later.

What will we need?

- Old clothes, fabric squares, old hats and scarves, bits of lovely silk, ribbons, old shoes and old blankets.
- Props like handbags, plastic cups, walking sticks
- Any other dressing up clothes you have
- Phone or camera to record it.

What will my child learn?

- Confidence
- Expression
- Social skills
- Empathy and understanding others

Any tips for maximum benefit?

- Don’t forget to applaud, and talk to them about it afterwards.
- They can design a programme, build a set. Pose as film stars.
- Lots of scope for expansion and exploration here. They can even re-enact their favourite TV shows.

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Tell me all about it

This is a fun activity for children who enjoy drawing and are symbolic thinkers. It can also be done with younger children who are just beginning to make marks. Basically you pass your drawings back and forth adding things onto each other drawings. It can be a replacement for language, they make a mark you add to it, or in a group they can create a hidden group person. Each person has a sheet of paper and draws a head on it, leaving a bit of neck sticking out, they then fold it over and pass it to the next person who adds the body and arms leaving a bit of waist showing, they pass it on. The next person adds legs, leaving ankles exposed, final person adds the feet.

What will we need?

White paper – a sheet for each child
Pens or crayons.

What will my child learn?

Turn taking
Fine motor skills
Visual skills
Imagination
Intuition
Creativity and nonverbal communication

Any tips for maximum benefit?

Try not to rely on language to help build right brain processing skills of creativity, intuition and visual processing. If making a person you can always give it a name and create a story about they have created. Often this leads to hilarious creations – don’t forget to laugh.

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Letter game

What will we need?
No specific materials needed just an observant eye and an ability to spell.

What will my child learn?
- Literacy and numeracy
- Patience
- Memory
- Object recognition
- Visual skills
- Problem solving

Any tips for maximum benefit?
If you are playing with more than one child you may want to time who can find them first or give extra points for the most obscure object. Get them to give you a letter too so that you have to look, children love to see you rising to the challenge too!

Tell me all about it
This is an activity that builds language and needs the child to be able to spell—Think of a letter and get the child to go around the house and find four things that begin with that letter, e.g. “S”, they may find shoe, shelf, scissors and scarf! Challenge each other on this and change the numbers depending on how common the letter is.

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Food worlds

Tell me all about it

We’re told not to play with our food, but this is a great way to build imagination and think out of the box. Make a mythical landscape out of dinner or with food and vegetables in the kitchen. Potatoes as rocks, broccoli as trees, noodles as fluffy clouds, rice as pebbles on the beach. What is the chili sauce or ketchup? Aaargh! Help your child create a story of the world you eat.

What will we need?
Any food stuffs you have in the house or your dinner.
A camera/smartphone to take photos if they want

What will my child learn?
Imagination and creativity
Thinking out of the box
Problem solving
Language skills
Planning and visualization

Any tips for maximum benefit?
If the children create amazing stories from this food game you could expand on the play by getting them to draw the world or create a story. Or ask them what would happen next, “tell me more about the characters in this world”? “what are they like?” “what happens to them?” You may find a whole new imaginary world enters your life.

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Paper hats

Tell me all about it

This is a game of role play and imagination. The child uses old newspapers and any other kind of paper to make a hat. What kind of hat do they like? A chef’s hat? A crown? A witch? Encourage the child to look at themselves in the mirror in the hat and have a conversation with their new self. A fun, creative way to explore and change identity. They can also colour it if they want.

What will we need?

- Newspaper – or any other plain paper
- Scissors
- Tape or stapler
- Crayons or markers
- A mirror

What will my child learn?

- Self expression
- Sequencing, planning and problem solving
- Imagination and flexibility
- Role awareness
- Confidence and self-awareness

Any tips for maximum benefit?

If constructing the hat is difficult for your child give them a hand. They may also like to be photographed in the hat. You can make lots of different kinds of hats to explore different roles if you want.
Tell me all about it

This is a fun family game where you can play with sound, language and rhythm and it can be done with children of all ages. Think of a sound – any sound or word and sing it together then rhyme it with something else, play around with a tune and match it to the sounds. You can create any kind of silly songs this way e.g. yellow, mellow, fellow, boom boom loom, higgledy piggledy woo., diigel diggel doo.

What will we need?
Your voice
Household objects for instruments if you want

What will my child learn?
Mirroring
Listening
Expression
Confidence
Language skills
Turn taking
Flexibility

Any tips for maximum benefit?
Just have fun with this game, make it as wild and wonderful as you can and see what come up. You can create accompanying music for it if you want using pots and pans and buckets as deep drums. Enjoy.

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