

# Activity pack for four to five year olds



**Inside the pack you will find a variety of educational, fun and practical activities to keep your children entertained whilst home-learning.**

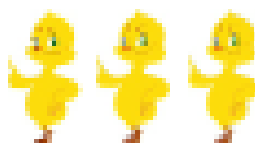
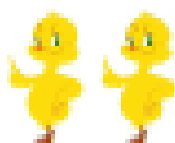
## Maths activities

How many chicks have you got if you add them together?



1 chick and 1 chick make  chicks.

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2 chicks and 3 chicks make  chicks.

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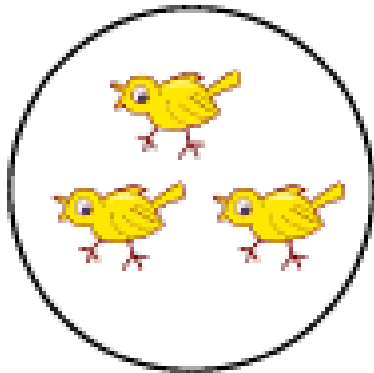
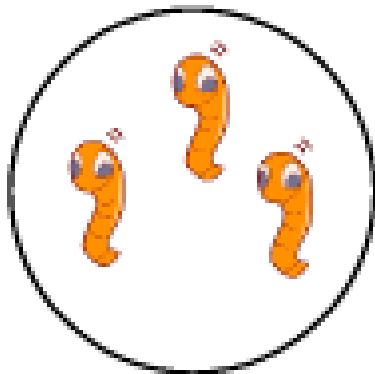
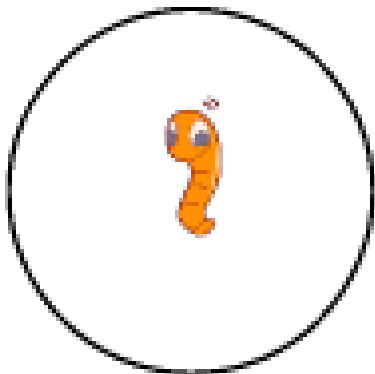
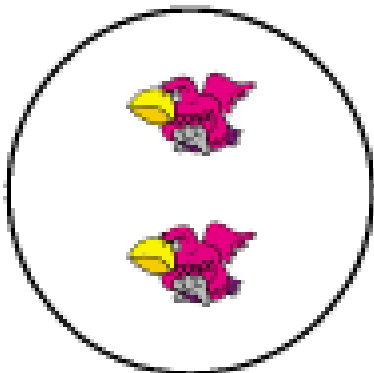
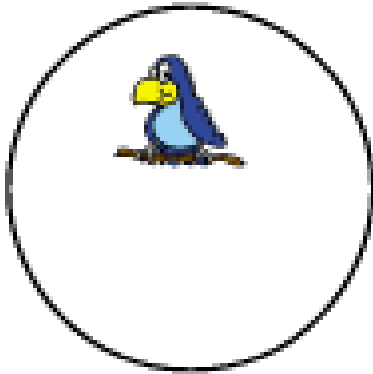
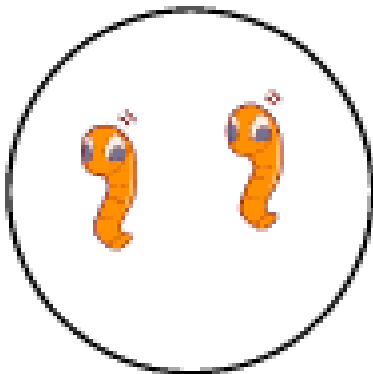
3 chicks and 1 chick make  chicks.

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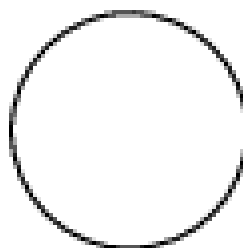
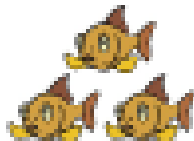
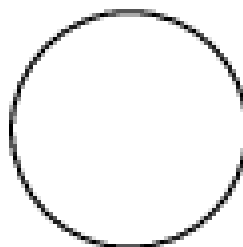
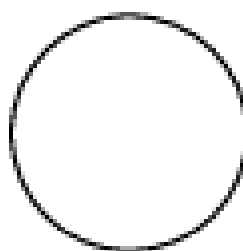
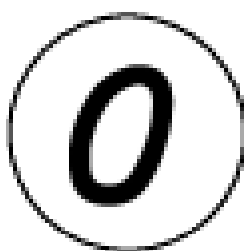


4 chicks and 2 chicks make  chicks.

Match the pictures together by drawing a line from the circle with the same number of birds to the circle with the same number of worms.

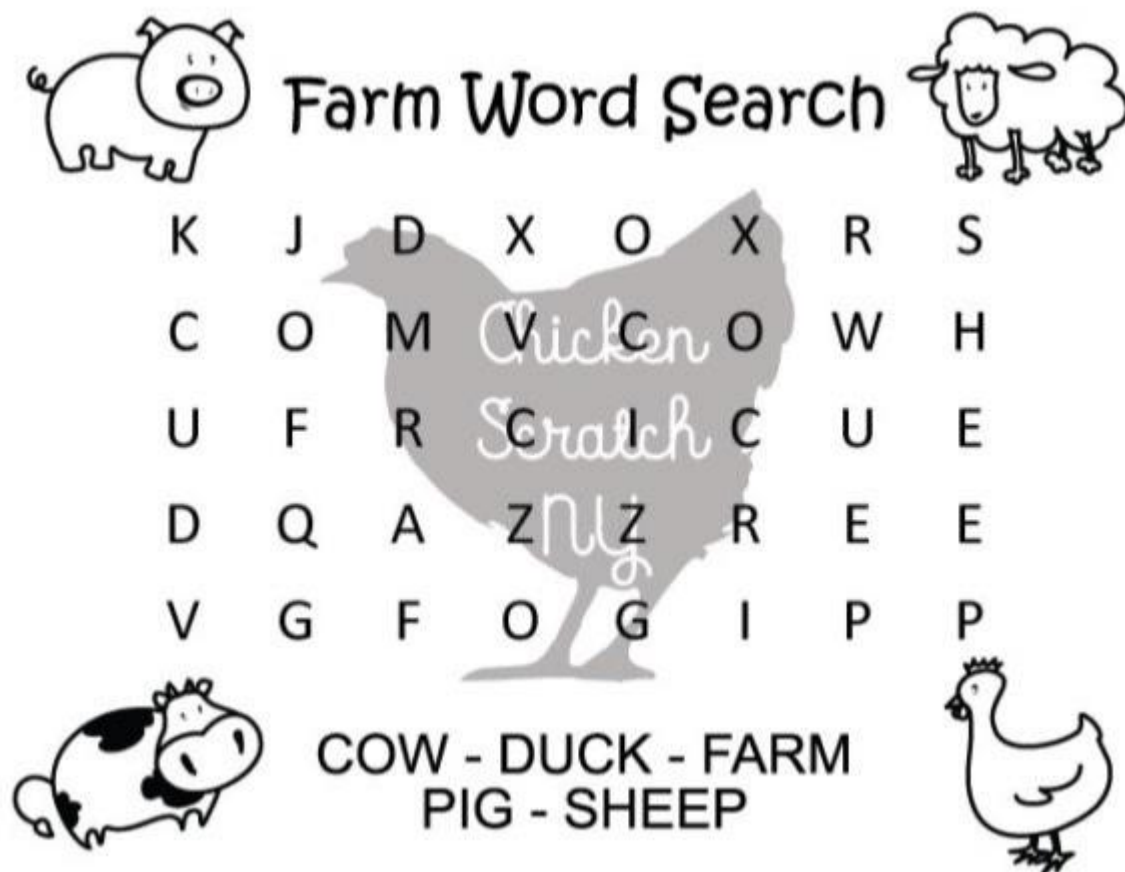


Fill in the missing numbers by counting the number of fish underneath the blank circles.



## Word Search

How many farm animals can you find hidden in the word search?



## Fun activities

Write your name and then complete all the activities listed for each letter, encourage your family to do it too!

# what's your name?

Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR SIDDLE NAME & DO EACH ONE TENCET FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

<b>A</b> jump up & down 10 times	<b>N</b> pick up a ball without using your hands
<b>B</b> spin around in a circle 5 times	<b>O</b> walk backwards 50 steps and skip back
<b>C</b> hop on one foot 5 times	<b>P</b> walk sideways 20 steps and hop back
<b>D</b> run to the nearest door and run back	<b>Q</b> crawl like a crab for a count of 10
<b>E</b> walk like a bear for a count of 5	<b>R</b> walk like a bear for a count of 5
<b>F</b> do 3 cartwheels	<b>S</b> bend down and touch your toes 20 times
<b>G</b> do 10 jumping jacks	<b>T</b> pretend to pedal a bike with your hands for a count of 17
<b>H</b> hop like a frog 8 times	<b>U</b> roll a ball using only your head
<b>I</b> balance on your left foot for a count of 10	<b>V</b> flap your arms like a bird 25 times
<b>J</b> balance on your right foot for a count of 10	<b>W</b> pretend to ride a horse for a count of 15
<b>K</b> march like a toy soldier for a count of 12	<b>X</b> try and touch the clouds for a count of 15
<b>L</b> pretend to jump rope for a count of 20	<b>Y</b> walk on your knees for a count of 10
<b>M</b> do 3 somersaults	<b>Z</b> do 10 push-ups

## Interview your grandparents

This activity can be undertaken by telephone call / Facetime / Skype / Facebook Messenger (or any other virtual method of communication you use).

Ask your grandparents the following questions and make a note of their answers

1. When and where were you born?
2. Did you have a nickname at school?
3. Did you have any pets, if so what kind?
4. What were your favourite and least favourite subjects at school?
5. What kind of games did you play growing up?
6. What did you want to be when you grew up?
7. What was your first job?
8. How did you meet Granddad/Grandma?
9. What's been your favourite age so far?
10. What were your favourite sweets when you were a child?
11. Where has been your favourite place in the world to visit?
12. What was your school like?
13. What was it like when you were growing up?
14. Looking back at your life what is your proudest achievement?
15. What would you like your grandchildren to remember about you?

After your call, do you feel you know your grandparents more now?











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Jack and the Beanstalk



Peter Pan



## Practical activities

### The Leafy Hedgehog (outdoor activity)



Get crafty with natural materials and use the hedgehog template to create a leafy hedgehog of your own. Value the outdoors and enjoy being outside, feel comfortable in nature and feel connected to the natural environment.

**Activity Details:** Time: 20 mins

#### You will need

- A4 paper
- Glue sticks
- Scissors
- Natural materials (for example, leaves, twigs, feathers)
- Hedgehog template (attached)

#### Before you begin

1. To create the leafy hedgehogs, you'll need to collect plenty of leaves (and leave them to dry if they're damp). Each hedgehog will need between 15 – 20 leaves, depending on the size of the leaves. You could collect these before the meeting or you could ask everyone to collect leaves during a visit to their chosen natural area, in order to link this with requirement 2 of the Naturalist Activity Badge. Remember to only collect fallen leaves, don't pick leaves off living plants.
2. Leaves of any colour can be used but autumn leaves would work best for this activity. Just ensure they are dry and not too dirty before creating the hedgehog.
3. Print enough hedgehog templates for everyone.
4. To increase the flexibility of this activity those leading the game could cut out the templates in preparation of the meeting. This will give young people more time to decorate the hedgehogs and remove the use of scissors.



## Craft your leafy hedgehog

1. Before starting the activity gather the required equipment. There should be enough equipment for everyone or to share in small groups: brown colouring pen or pencils, scissors, glue and 15 – 20 leaves per young person. As well as a hedgehog template each. If you do not have access to a printer young people could be supported to draw a simple outline of a hedgehog on a piece of plain paper.
2. The person leading the game should ask everyone to sit at the tables and hand out the required equipment.
3. They could introduce the craft activity by explaining how hedgehogs love to explore and sleep in big piles of leaves where it's nice and warm on cold autumn days.
4. To make a leafy hedgehog, cut out the hedgehog template with the scissors. Try and stay as close to the lines as you can.
5. Write your name on the back of the hedgehog so you know which one is yours.
6. Colour the hedgehog's face and belly brown, using the colouring pen or pencil.
7. Using the glue, cover the area of the hedgehog's back where it says, 'glue here'. This is where the hedgehog's prickly spikes would be.
8. Gather some leaves and carefully place them on the hedgehog's back where the glue is.
9. Put the completed hedgehogs to one side and wait for the glue to dry.
10. Whilst waiting for the glue to dry, give your hedgehog a name and think about what special talents or skills they might have. You could also discuss why Bonfire Night is such a dangerous time for hedgehogs and what we could do to help them; such as finding them somewhere else to hibernate and making sure they have access to enough food and water.

## Reflection

During a reflection moment or throughout the craft activity, ask everyone to take a closer look at the leaves. Using their new identifying skills learnt for requirement 1, can they identify what type of tree the leaves may have come from? Why do hedgehogs love big piles of leaves so much? (It's warm and cosy.) What does this tell us about their habitat and where they like to live? (They like to be in warm, quiet places.)

## Safety

### Scissors

Supervise young people appropriately when they're using scissors. Store all sharp objects securely, out of the reach of young people

### Glue and solvents

Supervise young people appropriately when they're using glue and solvent products. Make sure there's plenty of ventilation. Be aware of any medical conditions which could be affected by glue or solvent use and make adjustments as needed.

*All activities must be safely managed. Always get approval for the activity and have suitable supervision.*

## Window pictures

Spread some joy and draw a picture, put it in your front window for people to see when they walk past your house and ask your friends to do this too!



Week 1 – draw a rainbow

Week 2 – draw a picture of your family

Week 3 – draw an Easter bunny or Easter egg

Week 4 – draw your favorite animal

Week 5 – draw a flower

Week 6 – a smiley face



## Indoor activities

- **Balance Beam**

For this activity, all you need is masking tape. Roll out the tape on the floor such that you form a line, then you need to walk only on that line. You can even stick the tape in a zigzag to make it more fun!

- **Follow the leader (for 2 people or more)**

For this activity, you need to have someone to be the leader. Everyone else needs to follow what you do. Walk in and around the house and while walking, do activities like jumping, jogging, squatting and stomping your feet.

- **Musical bubble shapes (with the help of a parent/guardian)**

Take some bubble wrap and cut it into different shapes big enough for you to stand on and stick them onto the floor. Play some music and dance, hop and jump around over all the shapes, bursting the bubble wrap. When the music stop, shout out what shape you are standing on.

- **Obstacle course**

Set up the room to form a makeshift obstacle course. Follow the instructions given by your friend/parent/guardian that you are given. Like 'crawl under the table', 'climb over the chair' etc in order to pass the obstacle course.

## Outdoor activities

- **Hot potato (with friends)**

All but 1 person needs to stand in a circle – one person should stand in the centre of the circle holding a ball, the ball is the 'hot potato' and the circle is the 'oven'. The person in the centre of the circle has to try and get out of the circle while pushing the ball around with their feet. The rest of the children have to try and stop you from getting the ball out, and they too are only allowed to use their feet.

- **Hula hooping**

Place some different coloured hula hoops on the ground randomly. Then one child is to give instructions such as 'hop into the green hoops in groups of four' ... 'pick up a red hula hoop'

- **Animal kingdom**

Everyone stands in a line in the garden facing the direction in which you will be running too. Draw a line at some distance – this will be the finish line. You need to cross the finish line the same way a particular animal would. If someone calls out 'penguin' you have to race to the finish line by walking like a penguin, if someone calls out 'lion' you have to race to the finish line by prowling like a lion!

## Parent time - join in!

### Here are some other learning ideas you can do together

- Read books of all kinds to your child - picture, words and pictures, pop up, information and poetry.
- Using scissors is a useful skill and is a great way to develop co-ordination, control and build strength. Your children may find scissors tricky to master so they need lots of practice.
- Make paper chains together or ask your children to find particular photos in magazines and catalogues (by colour or other categories) to cut out and then stick them into their own pictures.
- Dressing up and role play are great opportunities for talking and listening and for imaginative play. On a practical level, a fun dressing up session can help your child to practice getting themselves dressed. You can fit in a sneaky bit of training with those tricky zips, armholes and buttons.
- Cooking with your child is not only fun but it's an excellent way to begin to talk about maths – counting eggs for a cake recipe, more or fewer toppings for a pizza. Let them pour liquids or spoon flour to develop eye-hand co-ordination and control. Best of all, you both get to enjoy a tasty treat at the end!

## Keep active and keep talking!

Even though your children can't attend their usual weekly clubs or play with their friends at the moment there are still many fun activities we can do together to keep fit and healthy. It is also important to keep talking to the children and reassuring them at this tricky time.

- Joe Wicks (The Body Coach) is running a daily online PE class for all children and parents. It is hugely popular with over 6 million households from around the world taking part in the first two days. You can even post messages and pictures on his social media pages to get a shout out live on air!

**Tune in at 9am every week day on You Tube by searching for The Body Coach TV.**

- Cosmic Kids Yoga is a You Tube channel offering lots of different themed kids yoga routines and mindfulness techniques which will help with their anxieties. The storytelling they use alongside the exercises will keep your children engaged. **Search for “Cosmic kids yoga” on You Tube.**
- If you are not having to self-isolate, then ensure you go out for a daily local walk with your children which will burn off some energy and help with any anxieties your children might be experiencing.

Every week day there are many free resources available online for your children covering most subject areas:

9.00am - PE with Joe Wicks [https://youtu.be/6v-a\\_dpwhro](https://youtu.be/6v-a_dpwhro)

10.00am - Maths with Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)

11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver) <https://m.youtube.com/watch...>

1.00pm - Music with Myleene Klass

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell

<https://twitter.com/diversedance.../status/1241098264373592065>

2.00pm - History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>

4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri)

<https://www.instagram.com/theocooks>

## Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests

<https://cosmicshambles.com/stayathome/upcoming-schedule>

9.30am Wednesday 25 March - Geography with Steve Backshall

<https://twitter.com/SteveBacksha.../status/1242058846941712385>

**If your children are feeling particularly anxious and are asking lots of questions, then here are a few tips on how to reassure them ([youngminds.org.uk](https://www.youngminds.org.uk))**

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
2. Talk to your child about what is going on, you could start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

**Please note that information and materials contained in this guide have been sourced from external websites which are free to use for the general public. Further details are available upon request.**