

Well being Wednesday - 10th Feb

Twinkle Twinkle Little Star

Try sticking tin foil onto card and then cutting out star shapes. You could make patterns with a pencil on the foil. How many stars do you have? Count them together, touching each one as you say the number.



Feeling energetic?

Why not do some star jumps! See how many you can do, counting as you go.

Make a rocket ship

Why not create your own rocket ship together to fly to the stars. You could make this from old boxes, plastic containers, scrap materials and other bits and bobs you can find. Cutting, creating, designing, imagining and inventing are all great learning opportunities. Where will your rocket ship travel to? Will there be a count down... 5, 4, 3, 2, 1, blast off?

What name will you give your super spacecraft?

You may have toy figures that you can incorporate into the play. Your child may pretend to travel through the air and into space. Which planet will they go to? You can use language such as soar, speed, zoom, float and atmosphere.

Why not make a spaceship from your sofa cushions and other bits and bobs

A spoon may be a gear stick or a colander might be a part of the control panel. Use what you have around the house. Pretend you are an astronaut on a mission. This creative activity is great for encouraging them to make up stories, be imaginative and enrich their language.

I'd Love to be an Alien

I'd love to be an alien...

Where would I be from?

A billion trillion miles away -

The planet Megatron.

I'd love to be an alien...

Would I look quite scary?

With eyes on all my hands and feet

And nostrils extra hairy.