

# angels™

DAY NURSERY

## Learning During Lockdown

Play Based  
Learning



# Welcome to Lockdown learning with Angels

With the current situation with Covid-19, providing virtual support to children and families is key. Keeping you and your child healthy and safe is our main priority.

At Angels we have tried to provide you with a rich and varied range of learning opportunities. They are play based experiences and they fulfil and compliment so many curriculum areas. These are only guide lines and you can adapt the ideas, as you know your children best and can follow their interests. It is very much about laying a firm foundation in a fun and informal manner. This is about a quality, shared time together whilst also supporting their educational enrichment and development.

With all activities we ask you to reflect on the health and safety aspects. We know you will want to keep your child safe and happy. Please consider any risks. Remember adult supervision is required at all times.

Don't forget to take lots of photos and upload them to Tapestry!

**Tapestry Log In**  
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The background of the page is a light beige color with faint, stylized illustrations of a large rainbow in the center, a child crouching and playing with a green dinosaur toy in the bottom left, and a girl in a green dress dancing in the bottom right. There are also faint illustrations of leaves and stars scattered around the page.

# Play Based Activities

Play-based learning is the foundation of childhood development in terms of language, emotional intelligence and regulation, creativity, and intellectual reasoning.



# Making Play Dough

Play dough is a really quick, easy and satisfying thing to make. The actual making experience with the ingredients and how they react can support children's learning. It can be used in all kinds of learning activities. It needs to be stored in an airtight container or bag if you are going to reuse it.

## Ingredients:

2 cups of plain flour  
3/4 cup salt  
2 cups of warm water  
Food colouring (optional)

## Equipment:

Cup  
Bowl  
Spoon

## Method:

Measure out the plain flour and salt, pour into the bowl and add the warm water to the dry ingredients

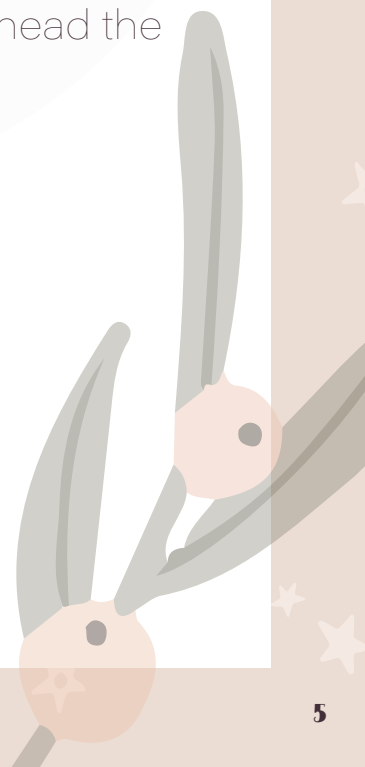
You can add food colouring if you wish. (Just a drop of your favourite shade).

Stir the mixture together. It will become sticky, continue stirring until the mixture has all come together.

Once the mixture has come together, use your hands to knead the dough.

If your play dough is too sticky you can add in extra flour.

Knead the dough into a smooth lump.



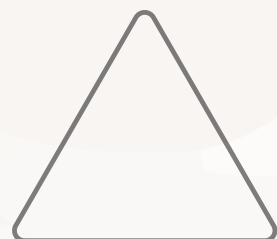
# Play Dough Fun

Play dough is a really fun material to play and learn with. You will have your own great ideas. There are so many possibilities for what it can be transformed into. Here are a few ideas to get you started.

This is a great opportunity to learn about language, science and maths. It is a shared experience. Start off by exploring the different ingredients together. Do they have the same texture, same colour or consistency? What happens when you add the flour and salt together? Is it dry or wet? What happens when you add in the water?

Use words such as *liquid*, *dry* and *wet*. Encourage your child to make observations about the changes throughout the process. Once they have started stirring you can talk about the texture. Is it *sloppy* or *sticky*? This is learning about the properties and ingredients. Encourage the children to use the language of texture and other descriptive words.

Use cookie cutters to cut out shapes and get your child to recognise shapes, count how many edges and corners there are.





# Play Dough Chef

Perhaps you could make a pretend lunch or tea with the dough. It could be your own bakery, café or restaurant. Think about what equipment you have in your kitchen (risk assess). Have you got a rolling pin to roll out pastry and make pasties or pretend jam tarts?

Talk about how the dough rolls out smoothly and how it stretches. You can use scientific and imaginative language. Imagine making a delicious pizza. Which toppings will you add? You could make some cheese, pineapple, tomatoes into shapes and add it to your base. Once you have created the pizza you may want to start slicing it up and sharing it with your family.

How many pieces do you have?

What about making a special birthday cake. How old is the person?

You could add pretend candles. Count the candles and sing the Happy Birthday song together.

You could also make food for a feast in a castle.

What about making 5 currant buns and singing the song.

Have some 1 pence coins and make this a great maths activity as well as being creative and language rich.

# Play Dough Monster

Your child may want to create their very own monster. You may have some accessories (risk assess) for them to use as legs, arms, eyes, wings, etc.

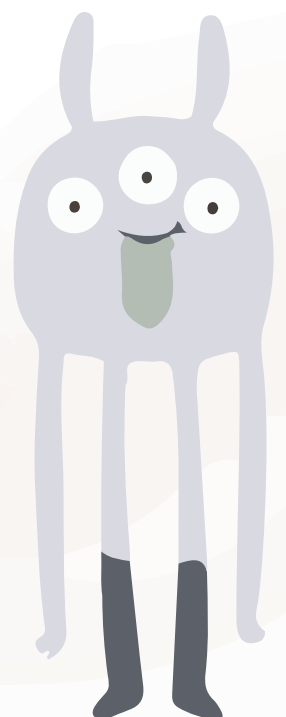
You can use paper straws, feathers, beads, buttons, pipe cleaners and wool (risk assess).

Talk about what features their monster may have. They may choose 8 legs because they can run really fast or one huge eye that can see everything.

What colour is your monster?

What is the monster's name?

Consider what your monster might eat. The yellow monster's favourite food might be bananas. The green monster's favourite food might be peas.





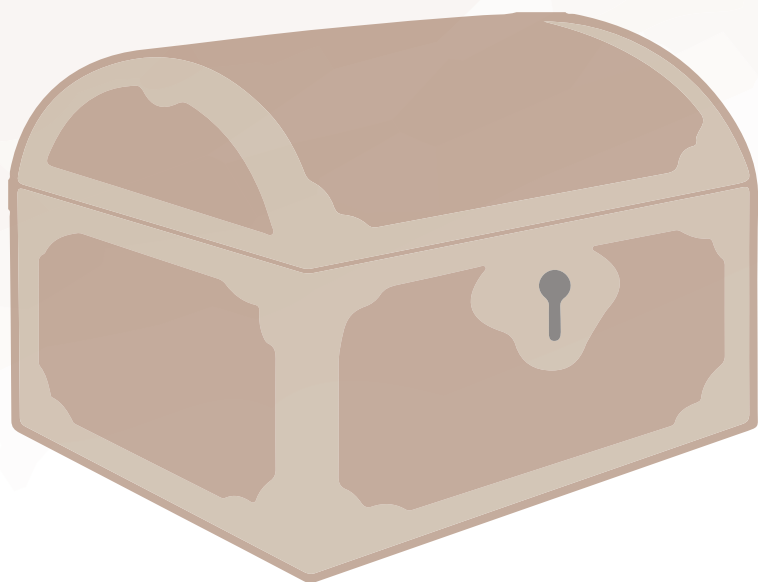
# Treasure Dough

Use the play dough to hide treasure for your child to discover. You could hide coins, buttons, beads (risk assess) inside the play dough. Digging for treasure is a wonderful workout for your child's hands and fingers, you can even use a spoon as a shovel as your child digs around for hidden treasure.

You can talk about the different properties of the treasure you have found. Is it *cold, bumpy, shiny* or *dull*?

Is it *gold, bronze, metal* or *wooden*? Imagine finding pretend rubies, pearls and sapphires.

Ask your child to find specific coloured items. Find the *red* bead in the dough.



# Making Slime

Slime is easy and satisfying thing to make, it's super stretchy and slimy, hence the name! The actual making experience with the ingredients and how they react can support children's learning. It can be used in all kinds of learning activities. It needs to be stored in an airtight container or bag if you are going to reuse it.

## Ingredients:

1/2 cup Elmer's glue  
1/4 cup water  
1/2 cup Elmer's Magical Liquid  
Slime Activator (liquid starch)  
Glitter or food colouring (optional)

## Equipment:

Cup  
Bowl  
Spoon

## Method:

Start by adding 1/2 cup glue to a bowl, then stir in 1/4 cup of water.

Then mix in any glitter or food colouring. Make sure to only use a few drops of food colouring.

Slowly stir in the 1/2 cup of liquid starch.

Then knead the slime on a mat.

It will be sticky at first, but don't give up! Use a little more extra liquid starch or contact solution as you knead it if it is too sticky.

# Slime Bubbles

Slime such a good and unique sensory activity, your child will get to feel a texture they don't normally touch. It can also be calming and soothing for children (and adults) with anxiety. Slime sparks creativity with children, they think of so many fun ways to play with it!

Try poking the needle of an air pump in a plump spot of the slime. Show your child how to use the pump to make a bubble in the slime.

Try using a straw to blow into the slime and watch a bubble form! See how big you can make the bubble before it pops!

You can even stretch out the slime as thin as you possibly can, then blow it gently to form the bubbles. If you're lucky, you can pinch the end close and have a bubble that sticks around a while!



# Sensory Bottle

Sensory bottles are great to help your child use their sense of sight. A sensory bottle is a water bottle filled with water and materials that create a fun sensory experience for your child.

You can use anything from popcorn kernels, feathers, beads, glitter, to water beads. Try using oil and food colouring to create exciting visuals for your child to explore. You can use glue to seal the lids on.

Try making 5 bottles with colour schemes, this would be a good opportunity for your child to work on their colours.

Your child can shake the bottle to make the objects move around to discover what's inside.

Try playing the game I-Spy with them when you introduce the bottle to them, get them to look for specific items in the bottle and name them.

After letting the bottles rest, show your child that some items will sink and some will float.



# Edible Finger Paint

Homemade paint is perfect for toddlers and children who are more likely to place paint covered fingers into their mouths. This edible paint recipe is really easy to make and uses regular items found in the cupboard. It is safe for children to eat so it is finger painting sensory play!

## Ingredients:

4 cups water  
1 cup cornstarch  
6 tbsp granulated white sugar  
1 tsp salt

## Equipment:

Cup  
Bowl  
Spoon  
Sauce pan

## Method:

In a medium-sized sauce pan add all your ingredients and whisk until combined.

Cook on medium heat, stirring constantly until your mixture thickens.

Turn off your stove and remove from the heat.

Separate into your containers, one container for each colour you would like to make.

Using a toothpick add a very small blob of the icing colour gel and using a spoon stir until the colour is fully mixed in.

Let stand until cool before use or closing lid to store.

# Paint Bags

Paint bags is a fun (and relatively mess free) way for your child to play with paint. This is a great activity to spark their creativity and get them thinking.

Pour paint in a large sized ziploc bag. Seal the bag, then tape them to a window or table.

Try making a bag of paint for each colour of the rainbow and get your child to name all the colours.

You can add glitter or sand to create different textures.

Let your toddler move the paint around in the bag using their fingers.

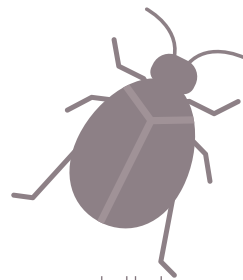
Ask your child to draw faces with different emotions: happy, sad, excited, angry etc.

Try thinking of items that match the colour of paint for your child to draw e.g an apple for the red bag, a tree for the green bag.





# Balloon Bugs



These sensory balloon animals are perfect for keeping your child busy. A sensory balloon is filled with material that your child can squish around and it's really a great way for children to explore the sense of touch. These little balloons are so much fun to squish around. Not only is this a sensory activity, it's also great for building up fine motor skills.

You can use a variety of different material to fill the balloons to give them different feels and textures such as rice, beans, popcorn kernels, flower and water.

To fill the balloons, you'll need a funnel, attach the balloon to the end of the funnel and pour the material in.

After you fill the balloon, tie it. Then you can draw eyes, antennas, legs, etc. to make them into bugs or animals. You could get your child to draw their own animals on the balloon.

Get your child to feel all the different balloons.

Practice motor skills by getting your child to throw the balloons into a basket.

How many balloons can you throw into the basket?



# Safe Water Beads

Water beads are an amazing sensory activity for your child, so we have a safe way to make water beads for your child to enjoy.

All you need is tropicana pearls, these are safe in case your child ingests them. You can find these on Amazon

Please ensure your child is supervised at all times whilst playing with these water beads.

Boil 10 cups of water for 1 cup of tapioca pearls. Once the water is boiling, add the tapioca.

After about one minute they will rise to the top. Gently stir them and then put the lid on and let them sit for about 4 minutes. Drain and rinse them with cold water.

Divided them up to add different food colouring, just a drop will be enough. Let the colour soak in then dab dry with a paper towel.





# Water Beads Play

Setting up an invitation to play for you child encourages them to explore. Show them what you have set up for them to do, they will be really eager to get started!

Try displaying the water beads in bowls, separated by colour. Set out a silicone mould or muffin tray, and had a large bin with a little bit of water in it.

Can you name all the colours of the beads?

Let your child tip the different colour beads into the bin of water and play around with them.

Scoop the beads up, squash them in your hands and if the bin is big enough let your child stand in it and stomp on the beads.

Have some containers or cups to let your child scoop and pour the beads.

Ask your child to count out beads and put them into the silicone mould or muffin tray.



# Potato Stamps

Making a stamp from a potato is a fun activity for you and your child and a great way to create your own unique shapes. The finished stamp is ideal for decorating book covers, greeting cards, gift wrap, and in many other ways. Simple shapes are the easiest, however with a little creative thought even the most basic shape can be turned into something special.

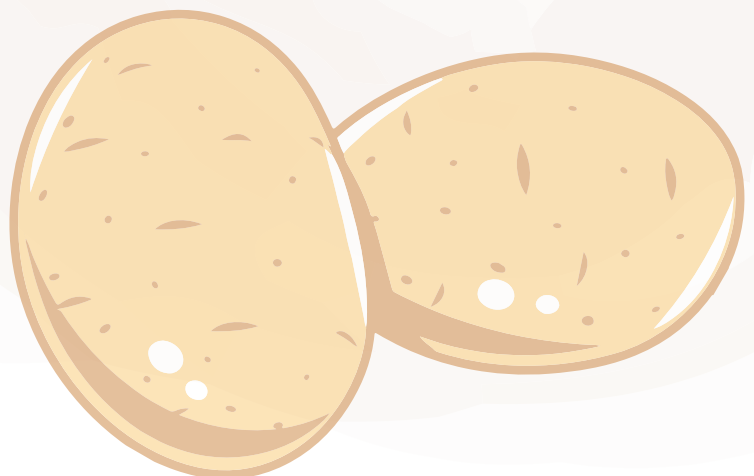
Cut the potato in half with a kitchen knife. Don't let the potato dry out as this will distort the design.

Use a pencil or marker pen to draw the desired shape onto the surface of the potato.

Cut around this shape with a kitchen knife, leaving the design so it is raised on the surface of the potato. Try using a serrated knife will give a textured surface, or a fork or skewer to make tiny holes in the potato for added design interest.

Pour some paint into a saucer and dab the potato in the paint, ensuring that the surface is evenly coated. Press the potato stamp onto the paper, card, or project.

You should be able to use the stamp several times before needing to dip it in paint again. The potato can be washed after use and used again with another colour.



# Going to the Shop

Why not create your own little shops and Post Office in your home. This is a great theme for supporting literacy and mathematical skills as well as so many other key learning areas.

Create your own little shop, it could be set up on a table, on a tray, a cardboard box, etc.

What is the name of your shop? Could you make a shop sign? What are its opening times? Maybe you need a sign to show open and closed?

You may want to stock your store with things from your cupboard. Use cereal boxes, tins, washed plastic milk containers, etc. You may have some fruit and vegetables, real or pretend. Set the scene and layout your shop.

Act out shopping scenes e.g. "Good morning I'd like an orange, some milk and yogurt please." Role play different conversations. This is a lovely social activity and fun!

You may adapt your shop. Imagine it as a Post Office. You could have a post box and write letters and even make and design a stamp. Try wrapping pretend parcels and then delivering them. Wrapping is great for fine motor skills and for learning about 3D shapes.

Try making a toy shop. You could use the toys you have in your own home. You could even design and draw your own. Your child might have their own ideas for a shop. It could sell socks, cushions, spoons, books, etc. The themes can be from their imagination.



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