

Nursery Activity ideas

Arty	<u>Paper Bead Necklace</u> Cut thin strips of paper from paper (ideally coloured) and roll around a pencil to make a bead shape and loop on string or ribbon.	<u>Pringle Tube Painting</u> Clean a Pringle tube and put inside some paper. Roll marbles in different coloured paint and put inside the tube, shake and reveal!
Physical	<u>Go Noodle</u> This is am easy and fun one! Stick on Go Noodle on YouTube and let your kids move, shake, dance & wiggle!	<u>Home Run</u> Take your children to an open big space, give them a ball or similar and see how far they can kick, throw or hit it.
Wonder	<u>Orange Fizz</u> Cut up an orange into wedges. Sprinkle on or dip into a bit of bicarbonate of soda. Take a bite and feel the orange bubble in your mouth!	<u>Grow a Carrot Top</u> Cut off top 1cm of the carrot (the bit where the stem was) and place in a shallow dish of water. Take a picture each day. Soon you'll have a carrot flower!
Indoors	<u>Treasure Hunt</u> Hide some 'treasure' around the house. Make a map to find it or get your kids to. Give them the map and off they go.	<u>Indoor Hopscotch</u> All you need is masking tape! Lay it on the floor and play. You can make a great maze or race track for cars too.
Outdoors	<u>Frozen Nature Cubes</u> Half fill an ice cube tray with nature and top with water. Freeze and use for sensory play. Great with herbs and lavender.	<u>Mud Prints</u> This is one for messy hands! Mix some mud with water to make mud paint, dip hands in and make prints inside/outside!
Wellbeing	<u>Cosmic Yoga</u> Pop on YouTube and type in Cosmic Yoga. That's it! Let your kids stretch it out for as long as the session lasts!	<u>Morning Bath</u> Add a bit of relaxation into the day with a bubble bath at an unusual time. Cucumbers on eyes is very fun to add in too.