

Let's Learn at Home

Fun things to
do this week



Lancashire Early Years Consultants Team

Children under 3 years old



What do we need?

Sensory fun with playdough

- One cup of water
- One cup of plain flour (for children who have coeliac or gluten intolerance use gluten free flour)
- Half cup of salt
- One tablespoon of cooking oil
- One teaspoon of cream of tartar
- Wooden spoon or spatula for stirring, however hands are more fun for mixing the ingredients
- Large bowl

What do we do?

- Mix all the ingredients together, where possible let the child help.
- Transfer the mixture to a non-stick pan and heat gently stirring all the time.
- As the ingredients heat and cook, the lumps will disappear and the mixture will form into a large ball.
- Remove from heat and wait for it to cool, then knead the dough until soft. (The mixture can also be cooked in the microwave, as above, mix the ingredients well then cover with cling film, place in the microwave on high for two minutes, leave to cool before kneading the dough.) If the dough is still sticky just add some more flour
- Allow the child to squish, squeeze, stretch and pat the dough
- Enhance with smells e.g. lavender oil, lemon and limes for your child to smell the dough

What are we learning?

- Ways to stimulate their senses
- Fine motor skills
- Communication and language
- Exploring materials
- Using objects and malleable materials safely and in a meaningful context
- Co-ordination
- Maths (measurements)
- Concentration

Children 3 to 5 years old



What do we need?

Natural Herbal dough.

Super easy no cook recipe

- 1 cup of salt
- 2 cups of plain flour
- 1.5 cups of boiling water
- 2 tablespoons of oil
- A few drops of lemon juice

Fresh herbs e.g. rosemary, thyme, sage, oregano, mint (anything that smells nice and is not an irritant)



What do we do?

- Allow child to mix the dry ingredients together into a large bowl with metal spoon
- Adult to add oil and boiling water and mix the ingredients (take great care when adding water so as to not scold the child)
- As the mixture cools, allow child to further mix the ingredients
- As soon as it is cool enough to touch start kneading until it becomes soft, stretchy and pliable.
- Mix in the herbs
- Discuss the texture and smells
- Enhance with other smells

What are we learning?

- How to be creative
- How to identify similarities and differences through their senses
- Curiosity
- Maths (measurements)
- Fine motor skills
- Cause and effect



What do we need?

A mud pie experience

- Cups
- Bowls
- Big spoons
- Old cake tins
- Bun cases
- Mashers
- Wooden spoon
- Whisks
- Pestle and mortar
- Mud
- Bark
- Water

What do we do?

- Send your child off to collect their ingredients
- Allow them to experience the feel of the mud
- Let your child experiment with the mud
- Your child may be acting out a role such as a baker
- Talk about what the mud feels like
- Encourage your child to decorate their mud pie



What are we learning?

- Fine motor skills
- New vocabulary
- Creativity
- Mathematics
- Imagination

