

36 things to do  
Colour in all the ones you get done

Take a GoNoodle break (GoNoodle.com)	Roll a dice or choose two numbers and add them together.	Play I spy	Do your toys float or sink	Make something using junk	Build a den and read a book in it.
How many Jumps/ hops/ starjumps/ lunges can you do in a minute	Pick up 10 toys and put them away	Sing the alphabet song and write the letters down	Do a jigsaw	Do some mindfulness colouring	Bake a cake
Yoga Time (cosmic kids yoga on youtube)	Play with water. How many cups does it take to fill a pot to the top	Make your own book and read it to a teddy.	Freeze a plastic toy in water and see how long it takes for you to melt the ice	Draw your favourite animal and find out a new fact.	Help to make lunch or dinner
Have a dance party	Find things longer/shorter than your arm.	Write as many 3 sound words as you can e.g. mat, rain, sheep.	Watch/listen for birds out the window.	Paint something.	Make some playdough *
Spend some time outside every day	Go on a 2D/3D shape hunt	Write a letter to a friend and go and post it.	Sort your toys by size	Make a sock puppet and do a show	Blow some bubbles
Play a game/ make up a game using your imagination	Build the tallest tower (you could use tins)	Write a shopping list/ Play shops	Hide something a make a treasure map to find it.	Make a mask for role play	Plant some seeds

**How to make playdough**

<p><u>Ingredients</u></p> <ul style="list-style-type: none"> <li>• 2 cups plain flour</li> <li>• 2 tablespoons vegetable oil (baby oil and coconut oil work too)</li> <li>• 1/2 cup salt</li> <li>• 2 tablespoons cream of tartar</li> <li>• 1 to 1.5 cups boiling water (adding in increments until it feels just right)</li> <li>• food colouring/paint (optional)</li> </ul>	<p><u>Method</u></p> <ul style="list-style-type: none"> <li>• Mix the flour, salt, cream of tartar and oil in a large mixing bowl</li> <li>• Add food colouring to the boiling water then into the dry ingredients</li> <li>• Stir continuously until it becomes a sticky, combined dough</li> <li>• take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!*</li> <li>• If it remains a little sticky then add a touch more flour until just right</li> </ul>
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