



**Pre-School  
Centre**  
*Inspiring to Achieve*



# Home Activity Cards

Helpful ideas and activities to try at home



Throughout COVID-19 our staff have been working hard to produce great online content, videos and inspiration. Take a look through this great activity book to find ways to keep your child entertained from home.

# Malleable



# Playdough recipe

## You will need:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil



## Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.

# Slime

## You will need:

- 100ml PVA white glue
- $\frac{1}{2}$  tsp bicarbonate of soda
- food colouring
- 1 tsp contact lens cleaning solution
- glitter (optional)



## Method:

1. Squeeze the glue into a mixing bowl (look for a bottle in a 100ml size if possible so you won't have to measure it out). Add the bicarbonate of soda and mix well.
2. Add a drop or two of your chosen gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated.
3. Add the contact lens solution and mix. The slime will begin to form, going stringy before coming away clean from the bowl into a ball.
4. Once it has formed, take it out and knead it with your hands. It will be sticky at first but after about 30 seconds you'll have a smooth and pliable ball. Add glitter at this point, if desired, and work in with your hands. Store in a pot with a lid.

# Gloop

You will need:

- 2 cups of cornflour
- 1 cup of water
- Food Colouring
- A large container or bowl

Method

1. Place the cornflour into a large container and place a few drops of colouring into the centre.
2. Pour in the water
3. Mix the water into the cornflour and colouring. It will take some time to mix together



# Cloud Dough

You will need:

- 8 cups flour
- 1 cup oil



## Method

1. Scoop and pour the flour into the centre of a large tub.
2. Create a crater in the middle of the flour.
3. Pour the oil into the crater.
4. Gently mix it all together.
5. Enjoy mixing and learning about the properties of the dough as it is, or add small silicone bowls, spoons, or measuring cups to make small structures, hills, or pretend cupcakes.

# Science



# Dancing Raisins

The vinegar and bicarbonate of soda react forming carbon dioxide. The carbon dioxide bubbles collect over the surface of the raisins. As carbon dioxide is lighter than water it rises to the top and takes the raisins with it. As the bubbles pop at the surface the raisins drop again, only to be covered in bubbles again at the bottom until the reaction finishes



## What you will need:

- A pint glass
- Warm water
- Raisins or anything else you would like to test.
- Bicarbonate of Soda (Baking Soda)
- White Vinegar

## Instructions:

1. Fill the glass half full with warm water.
2. Add two heaped teaspoons of baking soda.
3. Add a few raisins
4. Put the glass in a tray - it might overflow
5. Top of with white vinegar
6. You should see the raisins begin to rise and fall

# Colouring changing Flowers

What you will need:

- White flowers
- Food colouring - we've found Wilton gel colours work well. Natural food colourings DO NOT
- Water
- Small jar or vase



Instructions:

1. Trim the flowers at the stalks.
2. Fill as vase or jar with water and add some food colouring of your choice.
3. Put your flowers in the water and wait.
4. Usually you can see effects within a few hours!

# Rain Cloud in a Jar

What you need:

- A jar of water
- Blue food colouring
- Shaving foam
- A medicine dropper or pipette



How you do it:

1. Using a glass of water to demonstrate the proverbial "sky", create a cloud to hover at the top by using shaving foam.
2. Now, use a medicine dropper or a pipette to drop little droplets of food colouring into the cloud.
3. Eventually, the food colouring will seep through the cloud to demonstrate rain.

# Paper cup bubble machine

## What you need:

- A bendy straw
- A paper cup
- Duct tape
- Water
- Dishwashing liquid or bubble bath

## Method

1. Place the straw through the cup somewhere near the bottom and use the duct tape to seal the hole.
2. The soapy water should submerge the straw in the cup - and voila - it's ready for blowing bubbles!



**This is probably one for the older kids only, as you don't want any unexpected bubbles when children get confused between blowing and sipping!**

# Magic Milk

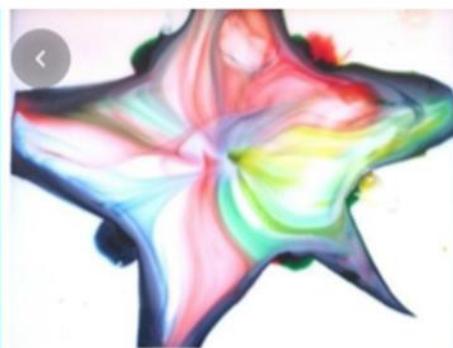


You will need

- Milk
- Food colouring
- Pipettes
- Ear buds

Method:

- 1.Add milk to a dish or tray
- 2.Use pipettes to add drops of food colouring
- 3.Use the ear buds to move the colour around the milk.



Magic Milk



# Skittle Experiment

## What you will need:

- 2 Bags of Skittles
- Small White Plate
- Warm Water
- Coloured Bowls for Sorting (optional)
- Tweezers (optional)



## Instructions:

1. First tip all the skittles out into a big bowl and sort out the colours into the correct bowls. You could use tweezers to make it slightly trickier
2. Once all the skittles are sorted start laying them out in different patterns around the edge of the plate
3. Then tip a cup of warm water over the skittles, just enough to cover them.
4. Then watch the magic happen!

# Baking Soda Volcano

If you combine an acid and an alkali they react together to neutralise each other. Vinegar is an acid and bicarbonate of soda is an alkali.

What you will need:

- Volcano - sand, snow, playdough etc
- Small jar or bottle
- Red food colouring
- Dish soap
- Baking soda
- Vinegar

Instructions:

You don't need to measure an exact amount of each, but a good dollop of baking soda, a squirt of dish soap and a bit of red food colouring mixed with a little water should give you a good eruption. Then add the vinegar. If it doesn't, add a bit more baking soda.

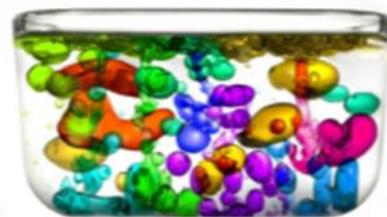


# Oil and Water Experiment

Will the liquids combine or stay separated?

What you will need:

- Oil
- Water
- Food colouring
- Pipettes
- Cups/bowls
- Small plastic clear container



Instructions:

1. Begin by filling a shallow dish with oil. Set this aside.
2. In a cup combine 3-5 drops of food colouring with water and mix, using one cup for each colour of water that you wish to make.
3. Use pipettes and squirt the varying colours of water into the pan of oil

To extend this activity you could try frozen ice cubes of coloured water and trays of oil.

An abstract artwork featuring a dense collection of colorful scribbles and brushstrokes in shades of red, blue, green, yellow, and orange, set against a white background. The strokes are energetic and overlapping, creating a sense of movement and depth. The entire composition is framed by a thin green border.

# Art Ideas

# Salt Dough

You will need:

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)



## Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear's picnic.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

# Zip Lock Art

You will need:

- Various colours of paint
- Zip lock bags
- Cello tape (to stick to the table/window)



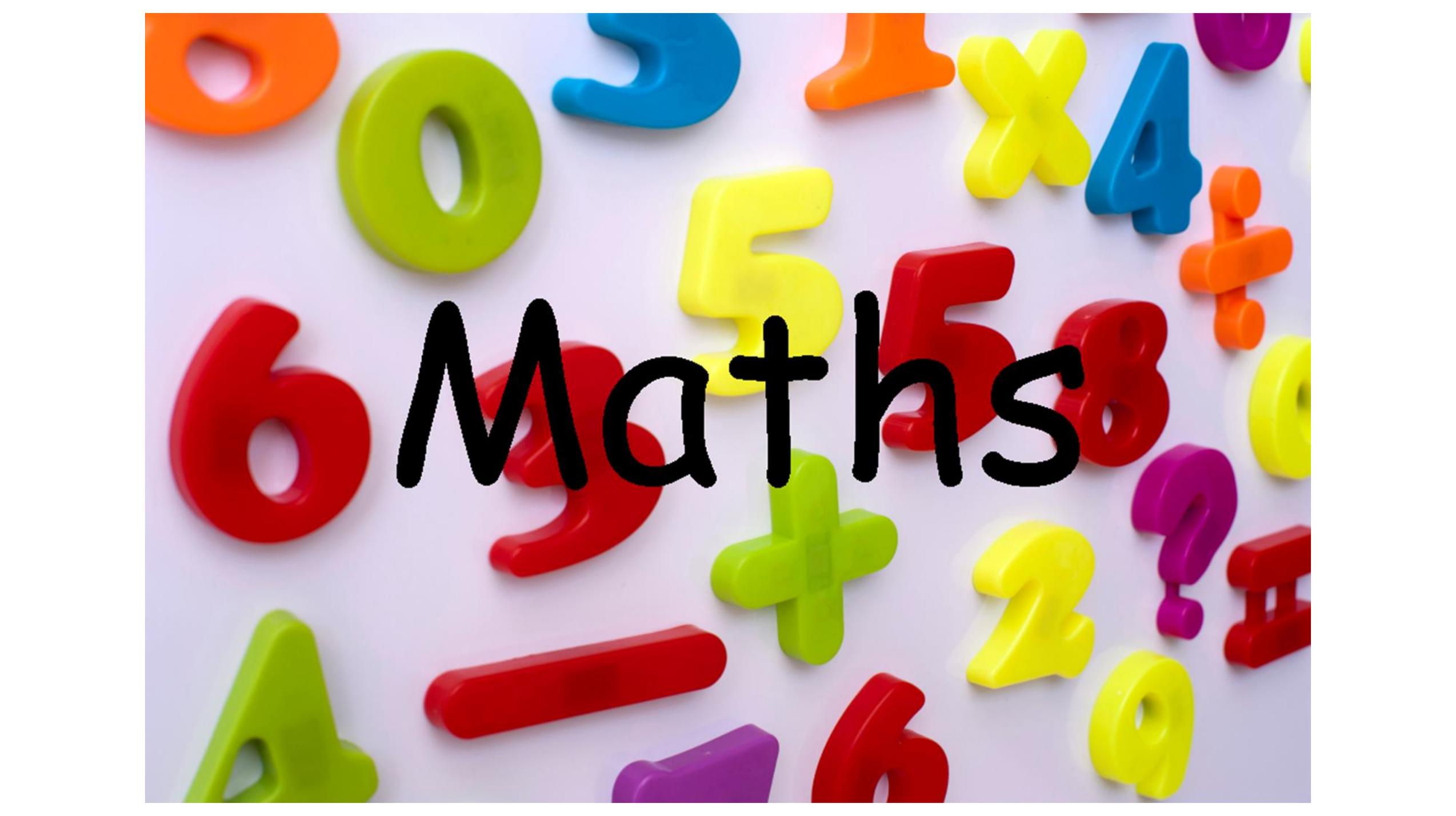
# Edible paint

## You will need:

- 4 Tablespoons of corn flour
- Cold water
- 1 Cup of boiling water
- Liquid food colouring

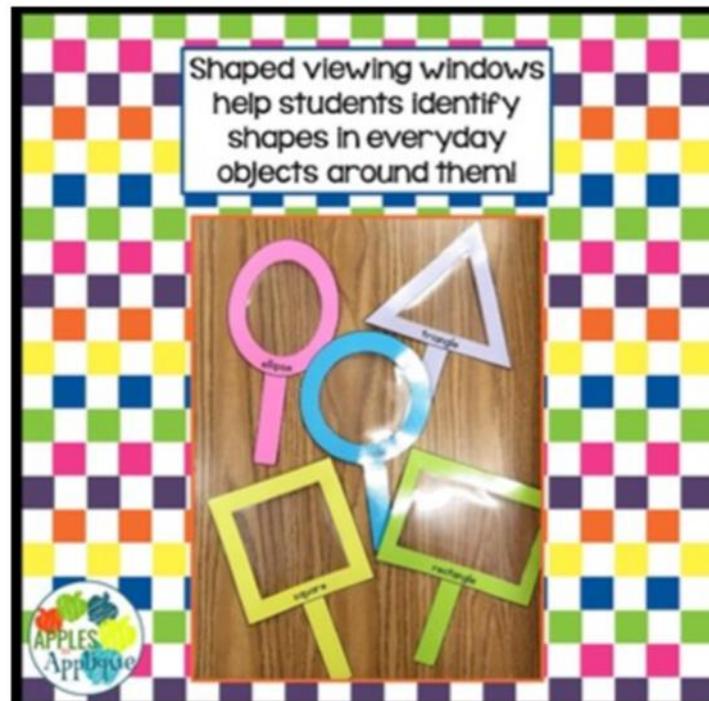
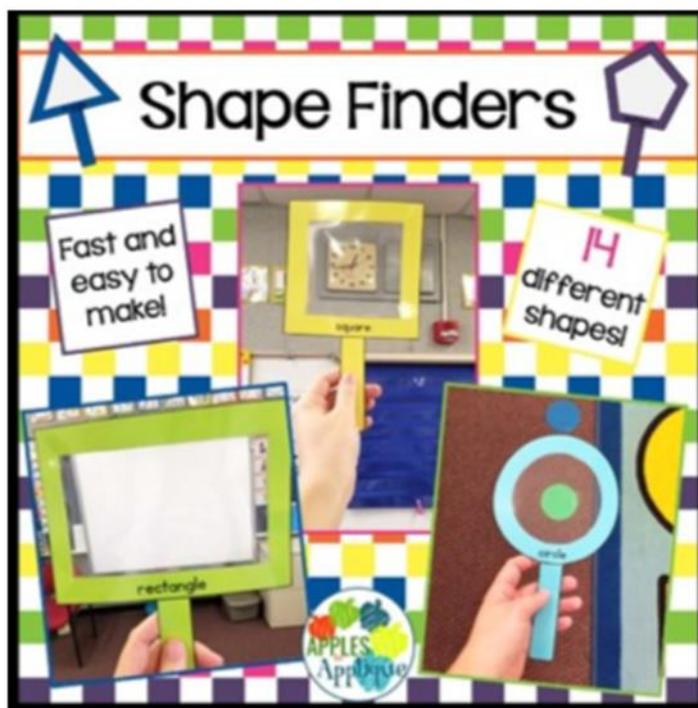
## Method

- In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
- Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
- Turn on medium heat on the stove and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
- Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. For each colour, we added 3 drops of yellow, green, red and blue. To make orange, we added 1 drop of red and 2 yellow and to make purple, we added 1 drop of blue and 2 red.
- Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children

A collection of colorful 3D mathematical symbols and numbers scattered on a white surface. The symbols include numbers 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, a plus sign, a minus sign, a multiplication sign, a division sign, and a question mark. The colors are vibrant and varied, including orange, green, blue, yellow, red, purple, and light green. The word "Maths" is written in a large, black, cursive font across the center of the image.

Maths

# Shape Hunt



Resources:

- Card
- Scissors

Cut the card into shapes forming a window in the middle. Encourage children to investigate there surroundings and search for shapes that match there chosen shape

# Sensory Counting Tray

You will need

- Baking tray
- Sand/salt/ sugar/ coffee/ flour/ rice
- Animals
- Stick for drawing numbers in the ingredients



Farmyard Sensory Counting Tray



Form a thin layer of your chosen ingredient onto the baking tray and add different numbers of animals. Encourage the children to count the number of animals and form the correct number in the ingredient using a stick.

# Sensory Discovery Bag

## Method:

1. On a white piece of paper draw your pictures, numbers shapes or letters.
2. In a zip bag add your sensory ingredients (shaving foam, glue, hair gel)
3. Place the bag on top on the paper and tap down
4. Use your finger to move whatever you have put in your zip bag around to discover what is underneath

## You will need:

- Zip bag
- White paper
- Pen
- Tape
- Shaving foam/glue/hair gel



# Roll And Pom Pom Challenge

## Method

1. Cut toilet paper tubes into 2 and write numbers 1-10 on each one.
2. Sellotape the toilet paper tubes down onto a cardboard box and encourage the children to move the box around rolling the pom pom through the numbered tubes in order.



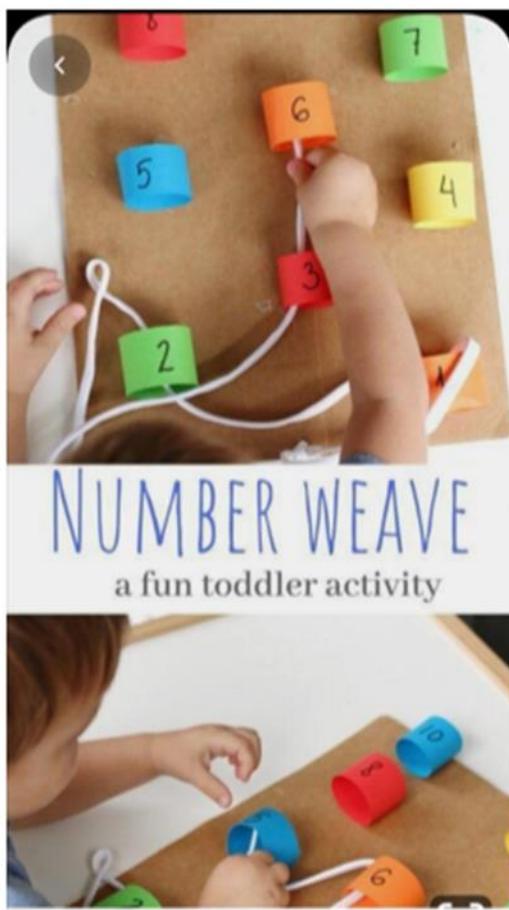
## You will need

- 5 Old toilet paper tubes
- Pen
- Cardboard box
- Tape
- Pom pom/ small ball

# Number Weave

You will need

- 5 Old toilet paper tubes
- Pen
- Cardboard
- Tape
- string



Method

1. Cut toilet paper tubes into 2 and write numbers 1-10 on each one.
2. Sellotape the toilet paper tubes down onto cardboard. Encourage the children to thread the string through the numbered tubes in order.

# Tuff Tray Ideas



# Cereal Farm

You will need:

- tuff tray
- Cornflakes
- Rice crispies
- Porridge oats
- Wheatabix
- Farm and farm animals
- Small world people





# Dinosaur Swamp