

Activities at home

(Under 2’s)



Sensory activities

* Baking – flapjacks, fruit skewers, icing biscuits
* Ice play (could put flowers of food colouring in
* Sponge painting/foil painting
* Shaving foam play
* Make your own scented playdough with scented oils
* Counting number songs/nursery rhymes
* Heuristic play/treasure baskets
* Cereal play
* Flour play
* Feeling for texture e.g in the garden leaves/grass/concrete
* Texture walks – using bare feet

Small activities (work cycle)

* Posting activities – use pipe cleaners/straws/utensil pots
* Mini dustpan and brush
* Sensory basket e.g different types of metal
* Family photo sharing
* Season change sensory bottles
* Tweezers and pom poms
* Representing numbers using mark making tools
* Jigsaws
* Books with puppets
* Sorting coloured balls into groups
* Pouring with plastic jugs
* Transferring with a spoon

Helping around the house

* Helping to colour sort the washing
* Helping to prepare snack e.g cutting banana
* Washing own dolls with soap and water
* Holding the hoover together
* Setting the timer on the microwave when preparing food
* Wiping windows
* Sweeping under the table
* Changing bed covers
* Loading/unloading the dryer
* Planting seeds such as tomato/sunflowers