



Summer Holiday Activities Booklet

Inside are some ideas to try with your
child over the holiday!

Have a lovely summer holiday
from the

Emmbrook PreSchool Team!



Messy Play!

Messy play is important for young children, giving them endless ways to develop and learn. All types of play are crucial for children's development and early learning. Play helps children to; improve physical skills and co-ordination, work co-operatively and collaboratively, use all their senses to discover and explore their environment, and develop their imagination, creative thinking and ability to problem solve.

Ideas for messy play.....

Painting

- Use sponges, fingers, hands, feet and other various objects to make marks.
- Roll out old wallpaper in the garden and encourage children to make footprints across - mix colors, compare feet sizes etc.
- Use washing up bottles filled with watery paint to squeeze and spray across paper.
- Flick brushes across paper to make patterns.
- Bubble painting - Blow bubbles in pots of watery paint and lay paper across the top of the pot to catch the pattern.
- Marble painting - Dip marbles in paint and roll them over paper in a tray to explore lines and patterns.
- Blow painting - Make up different coloured runny paint to drop onto paper, Use a straw to blow the paint in different directions. Watch what happens when two colours mix.
- String painting - Drop string in paint then pull it across paper like a snake in different directions.
- Mirror image painting - Paint one half of paper, then fold it, press down and open to create a mirror image. This is good for butterflies and other symmetrical objects.
- Potato prints - Great effects can be achieved by printing with potatoes. Cut the potato in half and cut patterns into the flat side before you dip it into paint. This is great for encouraging repeating patterns.
- Welly boot printing - on rolls of wall paper.
- Magic painting - draw over white paper with a white candle. Make the picture appear by painting over with watered down paint.

Collage

Cutting and sticking is always a favourite. Getting used to using scissors will really help improve co-ordination. Encourage your child to use the hand most comfortable to cut with. Children can cut out their own shapes and have some pre-cut shapes they can use. It's good to use a range of materials such as paper, card, magazines, felt, foam shapes, feathers, glitter, and natural materials such as twigs, leaves and shells. Encourage your child to talk about their creation and praise them.

Play Dough Recipe

This is an excellent play dough recipe which is fun to make and never fails to provide amusement on a rainy afternoon! Use with or without cutters and moulds. Encourage imaginary play such as rolling sausages for dinner or making cakes with decorations. Dough scissors are also good for fine motor control.

You will need:

- 1 cup plain (all-purpose) flour
- $\frac{1}{2}$ cup salt
- 1 tablespoon of cream of tartar
- 2 tablespoons vegetable oil
- 1 cup water with food colouring added
- 1 teaspoon vanilla essence (optional but it makes the play dough smell nice!)

Put all the ingredients into a large saucepan, and stir over a medium heat until the dough forms into a ball. Allow to cool, and then knead until smooth. A top-tip is to soak the used pan well as soon as you have finished with it. Store the play-dough in an airtight container (a Ziploc bag with the air pressed out is good). We keep ours in the fridge at Pre-School.

You could try adding:

- Food colouring
- Powder paint
- Uncooked rice
- Food essences e.g. strawberry or mint
- Oat meal
- Sand



Remember: Dough contains some bacteria - if in doubt, throw it out!

Going-away present idea - Small bags of pre-made play dough also make a good "going-away" present for a toddler's birthday party - make up some large batches in different colours and divide it up.

Junk modeling

When children work out how to balance one box onto another they are problem solving.

- Let children choose what they need from: packets, cardboard tubes, yogurt pots, different sized empty boxes and paper.
- If using cardboard egg boxes ensure there are no remnants of the egg in the box - if in doubt microwave the box.
- Use sticky tape as well as glue.
- Decorate with paint, glitter, stickers etc.

'Oubleck' (cornflower mixed with water)

Mix an amount of corn flour gradually with water until it binds. Place in a tray or shallow container and try to pick it up! Vary the consistency occasionally and for more exploratory experiences, let the children make it themselves and feel the corn flour dry and mix it up themselves.

You also could try exploring:

- Dry or cooked spaghetti or pasta
- Cold custard
- Jelly
- Shaving foam
- Rice
- Scents such as cinnamon or lemon juice
- Glitter

Sand and Water play

Use various bottles, jugs, scoops, sieves, funnels, tools and containers. Filling various containers with water or dry sand gives children the experience of feeling different weights. Pouring from one container to another introduces the relationships of capacity and volume. Children love to explore floating and sinking. Damp sand feels different to dry sand; let your child explore both. Remember water play can be explored in the bath!

You could try adding:

- Baby bath for bubbles to your water tray
- Rice/pasta in sand or water
- Animals, cars, dinosaurs etc
- Shredded paper in the sand
- Damp sand is good for building - lolly sticks make great slicers.
- Spades, buckets and trowels
- Shells and other natural objects

Drawing

Drawing doesn't just have to be with a pencil and paper. Messy play offers valuable pre-writing skills. There are many ways to make marks from patterns in the gloop with your finger to lines in the sand with a lolly stick.

- Use coloured pencils/crayons/pens on different papers
- Use paintbrushes and water to 'draw' on the pavement - watching the marks disappear on a sunny day
- Use paint to make marks with brushes/fingers to make marks
- Use twigs, lolly sticks or rough surfaced materials to make marks

Cooking Ideas



Cheesy Tomato Swirls

- Puff pastry ready made fresh/ or frozen
- Tomato paste/puree
- Medium/mature cheddar cheese

Roll out pastry to a large square or oblong. Spread the tomato puree over, then scatter the cheese on top. Roll out pastry and seal with brushed on milk. Cut into slices, about 6-8. Lay the wheel shapes on a greased tray, brush again with milk. Cook on 200 degrees centigrade for approx 10-15 minutes.

For cinnamon and raisin swirls, as above but and spread raisins, cinnamon powder and brown sugar over the top of the puffed pastry.



Apple and Cinnamon Muffins

- 1 egg
- 40g of caster sugar
- 120ml milk
- 50g butter melted
- 150g plain flour
- 7.5ml baking powder
- Pinch of salt
- 2.5ml ground cinnamon
- 1 apple peeled and chopped finely

For topping add brown sugar and cinnamon.

Mix the egg, sugar, milk and melted butter n a bowl. Sift in flour and baking powder, salt and cinnamon. Add chopped apple and mix roughly. Mixture makes approx 6 muffins. Cook 30-35 minutes at 200 Degrees Celsius.



Porridgies

Pre-heat oven to Gas mark 3 or 110 Degrees Celsius. Grease a 20cm x 30cm shallow baking tray.

Ingredients:

- 100g (4oz) butter
- 73g (3oz) soft brown sugar
- 30ml (2 tablespoons) syrup
- 200g (8oz) rolled Oats
- Pinch of salt

Melt butter in a large pan over a low heat. Add sugar and syrup and salt. Mix well. Stir in rolled oats and mix very well. Spread mixture evenly in tray with palette knife. Bake for 25-35 minutes, till goldie brown. Take out of oven and allow to cool down. Mark squares or fingers with knife. Leave in tray till cold.



Cheese and Vegemite/Marmite Scrolls

Ingredients:

- 1 $\frac{1}{2}$ cups self raising flour
- $\frac{1}{2}$ cup wholemeal flour
- 80g butter
- $\frac{2}{3}$ cups of milk
- $\frac{2}{4}$ cups cheddar cheese grated
- $\frac{1}{4}$ cup parmesan cheese grated
- 1 tbsp vegemite/ marmite, heaped
- 1 tbsp milk

Preheat over to 200 Degrees Celsius. In a medium bowl combine both flours and butter. Using fingertips, rub the butter through the flours until you have a breadcrumb consistency, then add $\frac{3}{4}$ of the cheese combination and milk and work into a dough ball with your hands.

When these ingredients have combined, lightly flour your kitchen bench and gently push the dough out into a rectangle, approx 1cm in depth. Spread vegemite or marmite over the top of the dough and sprinkle with remaining cheese. Roll the dough into a long rope shape, rolling it away from you. When you have a rope of dough, cut it into eight equal rounds and place them on a lined baking tray, Brush with milk. Bake for 20mins, then remove from oven and cool on a wire rack.



OUTSIDE PLAY IDEAS

There are many opportunities to explore the natural world outside, whatever the weather!

- Make a little house for mini-beasts from an old cardboard box, put water and leaves inside. Leave it in the garden and look for the animals.
- Become nature detectives Nature hunts, collecting leaves, pine cones.
- Tree rubbing with wax crayons
- Hide the buttons, treasure hunts, drawing maps
- Make a fairy, pixie land from twigs and leaves
- Create a sensory bag of herbs in the garden
- Build your own tent, with pegs and blankets
- Make an obstacle course for your teddies
- Make perfume from flower petals and water
- Go for it..... Mud pies!!

ICT - Information Computer Technology

There are loads of things to do on-line....this only just touches the surface.

www.funwithspot.com - Full of number, counting and colouring activities.

<http://www.phonicsplay.co.uk/freeIndex.htm> - look up the free resources for phase 1 and 2.

http://www.activityvillage.co.uk/kids_crafts.htm - Lots of ideas to do.

<http://www.bbc.co.uk/schools/preschool/index.shtml> - BBC's Pre-School Resources - A range of links to various sites with games, information, ideas and activities for pre-school children

<http://www.bbc.co.uk/cbeebies/> - Cbeebies website- loads to do!

<http://www.enchantedlearning.com/Home.html> - Enchanted Learning - Website with a variety of resources for pre-school children.

We hope that you all have fun doing some or all of the activity ideas in this booklet 😊

If you find something that your child has enjoyed doing or taking part in then please email it to: emmbrookpreschool@sky.com and we will share it via our email communication network.

So.....whatever the weather, enjoy your summer time with your family.

The Emmbrook Preschool Team 😊

(Thank you to all the Team for helping with ideas and a very special thank you to Mrs Graham for putting this booklet together)