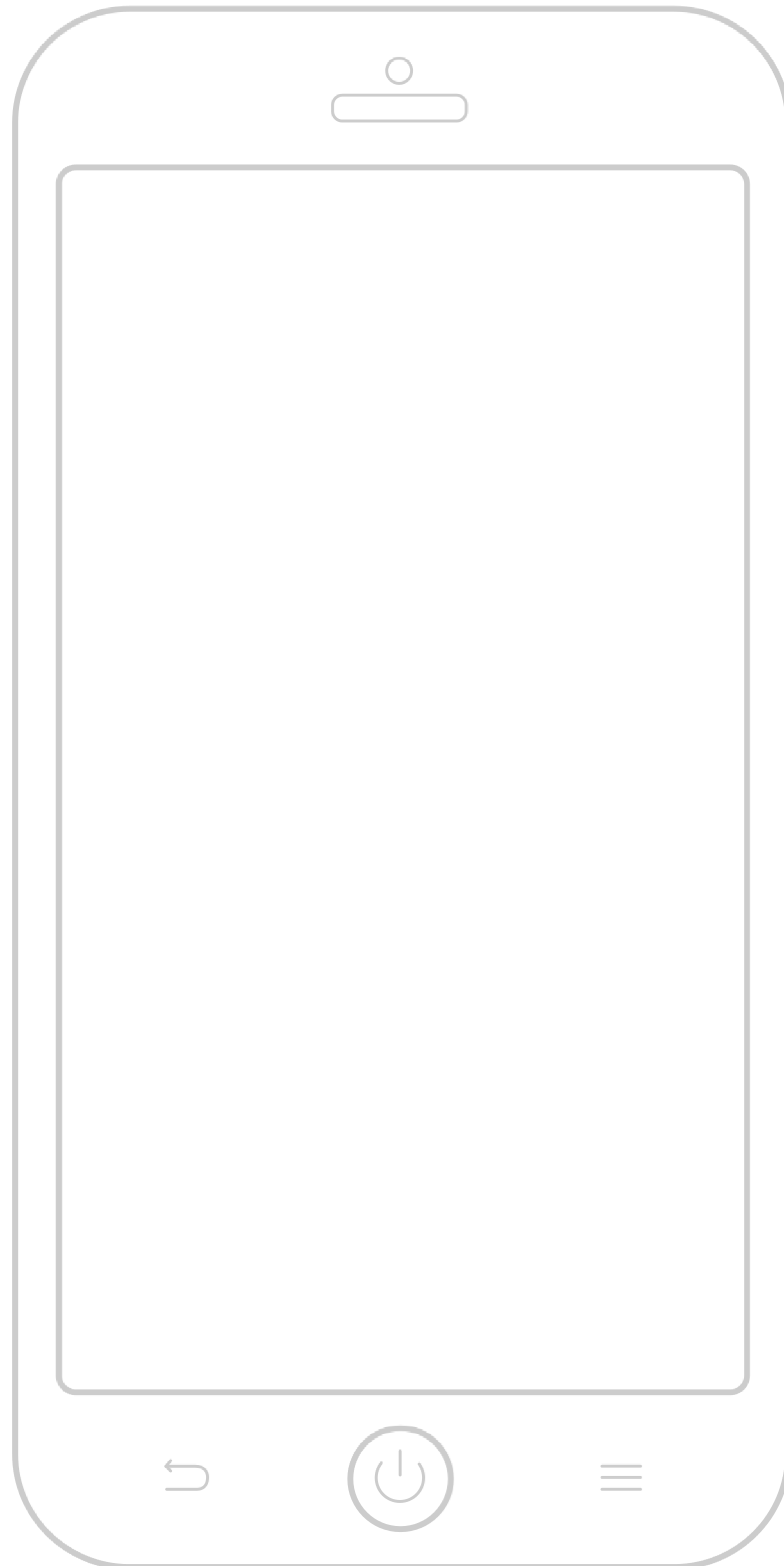


Sketch out your ideas here



**Title**

Try to think of something catchy (3-7 words)

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**Relevant Age groups**

In months what ages range do you think this activity would be good for (12-18 month)?

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**Description**

Explain what you might need, what you do, why its fun and how long it takes to do

**Moments** - Pick one

- Tidying up
- Playtime
- On the go
- Leaving
- Getting dressed
- Eating
- Downtime
- Cooking
- Brushing teeth
- Bedtime
- Bathtime

**Topics** - Pick at least 4

- Wellbeing
- Active
- Listening
- Cognitive
- Empathy
- Imagination
- Sensory
- Talking
- Focus
- Creative
- Physical
- Outdoors
- Quick
- Self-regulation
- Experiment
- Problem solving
- Expression
- Draw
- Sorting
- Explore
- Self-feeding
- Hand-eye coordination
- Travel
- Team work
- Gross motor
- Tantrums
- Feelings
- Calm
- Indoors
- Lively
- Messy
- Routine
- Competition
- Rainy day
- Emotions
- Relaxing
- Adventure
- Maths
- Storytelling
- Tired
- Entertaining
- Identity
- Celebrations
- Fine motor



**Colander Threading** (@arthurwears)  
12-54 months

Great for working on fine motor skills and hand-eye coordination, (and perfect for children who love to pull baby wipes from the packet! )Thread ribbons for them to pull out, or provide items from the home for them to practise putting in the holes. Simple and easy, and keeps them entertained!

Moment: **Playtime**

Tags: **Cognitive, Fine motor, Focus, Hand-eye coordination, Patience, Problem solving**

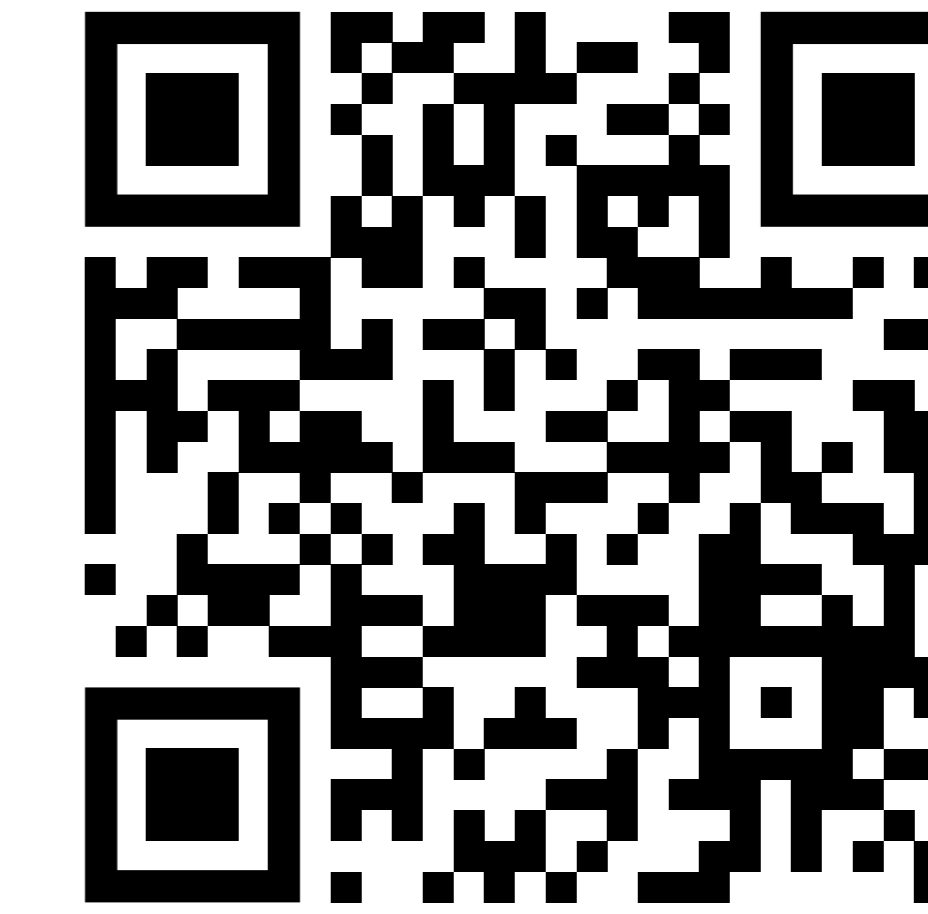


**Home made soft play** (@mummypickles)  
6-48 months

If you're missing soft play like we are then I just know you'll love this idea! Pulling a homemade soft play area together like this is so quick to do and uses whatever you already have at home. Perfect for our lively preschooler and baby that wants to explore.

Moment: **Playtime**

Tags: **Active, Cognitive, Gross motor, Lively, Parents, Problem solving, Rainy day**



**Ball picture** (@play\_with\_oli)  
12-60 months

You will need: Hula hoop (or table 2 legs), scotch or adhesive tape, balls. Depends on your child ability. You can ask to stick balls on right, left side, top or bottom. Or you can ask to make a picture. For example, from blue balls clouds, yellow balls sun, green- grass, rest of the colours flowers. I always ask, to encourage his speech, what he done and what he made from each colour. Even if it doesn't look like a picture.

Moment: **Playtime**

Tags: **Create, Family-Champs, Indoors, Playtime, Problem solving**



**Recycle and Play** (@lily&me)  
24-42 months

Hoop throwing game, using empty paper rolls and paper plates. Together we coloured the plates, I cut out the inside of the plates to create the hoops, and attached the paper rolls to the papers plates. My little one also had fun cutting the paper scraps, we even made pictures using all the leftovers. Depending on your child's ability, you can let them join in on all the making or just some... Let the fun begin! Great for colour sorting! Why not turn it into a competition?

Moment: **Playtime**

Tags: **Cognitive, Creative, Family-Champs, Fine motor, Gross motor, Physical, Problem solving, Social**

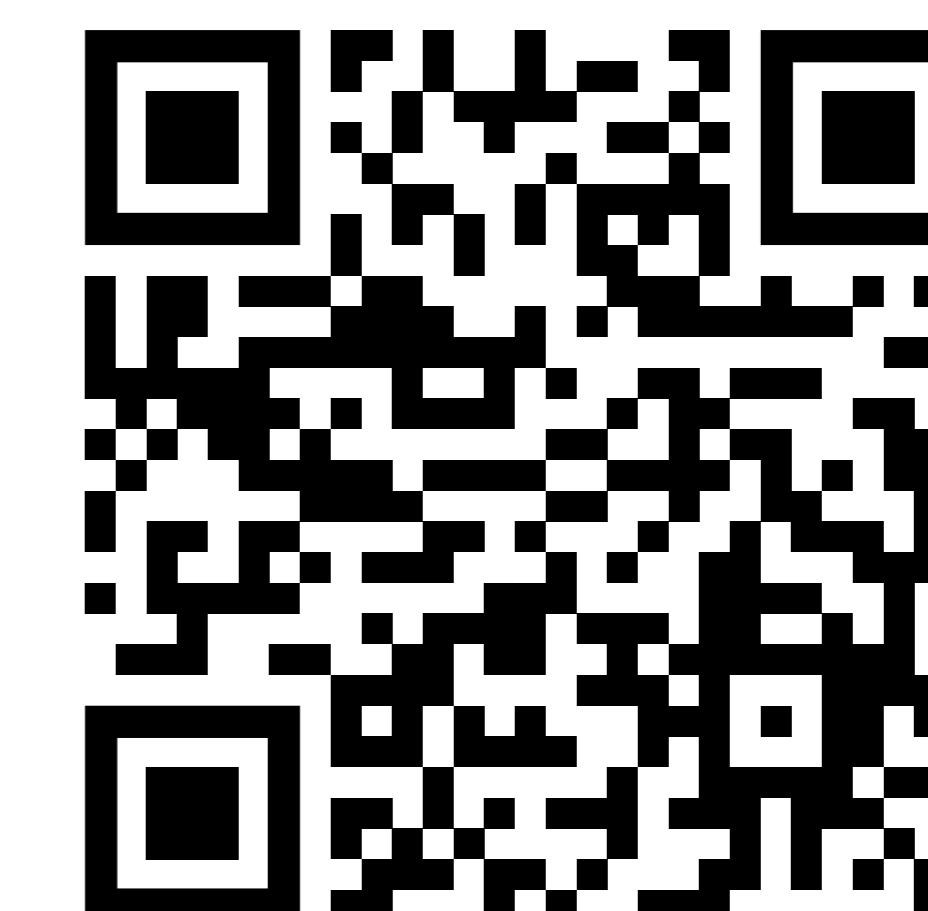


**Brushing teeth to music** (@ourtinydaddiaries)  
0-54 months

Making any activity into a song makes it more fun, and we have always made up silly songs to encourage the boys to brush their teeth. Do you do this?

Moment: **Brushing teeth**

Tags: **Communication, Dads, Emotions, Fine motor, Focus, Parents, Patience, Routine**



**Egg timer visual cue** (@rachie\_ot\_mom)  
24-60 months

What does it mean to your kid when you say: home time in 5 minutes, or you can watch TV for 1/2 an hour? It means nothing at all. Time is a completely abstract concept to children. Use an egg timer to help your child to understand time better & be better prepared for the time boundary you set.

Moment: **Leaving**

Tags: **Communication, Emotions, Focus, Sensory, Talking, Wellbeing**