



EXTRA ACTIVITY IDEAS

QUICK REFERENCE SHEET



Babies



DIY tug box:

Babies love pulling and taking things apart, how about making your baby a tug box. You will need a box, scrap ribbon or wool and a knife or scissors. Poked pairs of holes in five different spots and threaded through the scrap ribbons. Knotted off the ends so that your baby can't pull the ribbon back through the holes. Once you have poked two holes in one space, thread your ribbon through, then tie a bow. See if your baby can undo the bow. Make sure not to make your bow too tight.

Toilet roll stacking blocks:

Let's help our baby make stacking blocks for them to knock over. You will need as many toilet rolls as you have, cardboard box, pencil, glue, paint and scissors. You will need to do more of the making but your baby will have fun playing with it. Allow your baby to use their little fingers to paint all the toilet rolls, then allow them to dry. You will need to draw circles larger than the toilet roll carton diameter on your cardboard box. You will need two circles per toilet roll, one for each side. Cut them out and stick them to the bottom and top of each toilet roll. Your toilet roll will now look like mini weights. Repeat this for as many toilet rolls as you have. Then stack the toilet rolls on top of each other and allow your baby to try knock them over. They can use their hands, feet or even entire body to knock the blocks over.



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Colouring box:

This gigantic colouring box is sure to be a hit with your baby. Use the biggest box you can find. Place your baby inside the box, make sure they are either just wearing their nappy or old clothes that can get paint or crayons on. See if your baby can draw or paint their box while sitting inside their box. You can even play some relaxing music. They will be using creativity and imagination to do what they like inside their box. Free play is so important at this age.

Cardboard tunnel:

Find a large box and make sure it's open on both sides, so your baby can either lie down or crawl through it. Then attach some old socks you might have at home by making a hole at the top of the box and tying a knot and then letting it hang in the middle of the box. See if your baby can crawl through the socks and box and out the other side.

Sensory rice or sand box:

If you don't have access to sand you can use rice, place some sand into your box and allow time for your baby to explore the sand. Using your toilet rolls, demonstrate to your baby how to scoop the sand and pour it into the toilet roll. Show them how the sand comes out the other side. This is a great activity to talk about the colour, texture, shape and temperature of the sand.



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Toddlers



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Car driving:

Let's make a race track for our cars. You will need a cardboard box, black marker pen and scissors or box cutter. First you will need to cut a rectangular slot on the top of your cardboard box. Using your marker draw your lines for roads. Ask your toddler to then go and collect all their cars. If you don't have cars you can use toilet rolls. Place the cars to the left of the box and invite your toddler to play! - the rest is up to them. Allow them to race their cars making sure they don't drop into the hole. For extra fun, you can see if your toddler can make trees and houses to place around the roads.

Apple Tree making:

We are going to be making some trees to put around our car race track. You will need toilet rolls, cork, green paper and paint. (preferably brown and red paint) Ask your toddler to paint the outside of the toilet rolls brown, this will be the tree trunks. Cut the green paper so it looks like the top of a tree. Demonstrate to your toddler how to dip the cork into the red paint and then how to stamp it onto the green paper. Your toddler might rub the paint all around the paper rather than stamping. Which is okay, there are no rules here! When everything is completely dry, it's time to assemble the trees. Take one end of the toilet roll and cut 2 short slits so that you can push the green paper into them. Then add a drop or 2 of glue to secure the green paper onto the toilet roll. You now have an apple tree to place around your race track. You can make as many trees as you like.



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Birds, bird feeder and story time:

Toddlers love being in nature and exploring the outdoors. We are going to make a bird feeder. You will need toilet rolls or carton rolls, peanut butter, birdseed, rope and a shoebox. Allow your toddler to first explore the bird seed, spread a thin layer of birdseed into a shoebox. Using your toilet roll or carton roll, spread a good layer of peanut butter all over it to help the bird seeds adhere easily. It also makes a tasty snack for the birds. This can get messy but we always say mess is best! Once your toddler has covered the toilet roll in peanut butter allow them to roll the toilet roll over the bird seeds. Make sure the entire toilet roll is covered. You can make a double tier bird feeder by completing all the steps again so you have two toilet rolls covered in peanut butter and bird seed. To finish off your bird feeder you will need to use rope or string to connect the two toilet rolls, making sure the distance between the two tiers would be a good size for birds. Thread the string through the toilet rolls. Ask your toddler to find a good spot in the garden to hang it up. Then lay a picnic blanket down and you can tell your little one bird stories, while watching the birds eat the seeds.

Colourful toilet roll maze:

All you need is toilet rolls and paint to make an exciting activity with your toddler. Collect as many toilet rolls, carton rolls or cling wrap rolls as you can. Spend some time painting your toilet rolls all different colours, then allow them to dry. Talk about the colours you have used, texture of the paint and size of the toilet rolls. Connect all the toilet rolls together by making a maze. The more toilet rolls you have the longer and more tricky you can make your maze. All your toddler has to do is place the toilet rolls next to each other, be there to only guide them.



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Big kids



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Toilet roll wall track/marble run:

All you need is empty toilet paper rolls and some type of adhesive (e.g masking tape, insulation tape or pre-tic). The idea is to create a track that allows the marble to travel from a high point towards the ground. Your track can be as simple as a diagonal line on the passage wall or as intricate as you and your children can imagine. This is so much fun! Take the opportunity to talk to your children about gravity, inertia, momentum and velocity.

Toilet paper roll shadow puppets:

Gather empty toilet rolls, some contact paper, plain paper, scissors and a torch. Choose a story you would like to tell your children. Once you have decided on the story you will know what elements you will need. Cut out basic shapes (silhouettes) of characters, buildings, trees etc. and stick them onto a small square of contact paper. Place the contact paper over one end of the toilet roll leaving the other end open. At bedtime, turn out the lights and tell your story using your shadow puppets by shining the torch into the open end of the toilet roll onto the wall. This will project shadows onto the wall or ceiling. A wonderful way to encourage language development and build great memories.

Toilet roll stamping:

Toilet rolls are very pliable and they hold their shape. This makes them wonderful for stamping. Press the toilet rolls into basic shapes like a square, triangle and leave one a circle. Squirt some paint onto a tray, let your child dip the end of the toilet roll into the paint and stamp onto paper. Remember to talk about the shapes, help them to name the correct shape. Encourage them to make simple pictures such as a house or car.



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'Paper' dolls:

Toilet rolls are so versatile! Why not make a few paper dolls by painting the toilet rolls and drawing faces onto them?

- Your little one can practice cutting skills by making hair, or a crown, or tails etc. (remember to use safety scissors and supervise at all times!)
- Paper dolls are wonderful for pretend play. They can be story characters or made up people.
- If your child is struggling with big emotions, use paper dolls to help name their feelings. Create dolls that show fear, anger, sadness, worry and happiness. Use solid colours and exaggerate the facial expressions to make it easy for your little one to identify the emotions.

Simple box city:

Create a cardboard town with your child from your recycling. Gather all your empty cereal boxes etc (try to gather a few of various sizes), paint, brushes, khokis, paper and glue. Let your children paint the boxes into buildings. If they need some encouragement suggest they paint familiar places like your house, their school, granny's house or church. They can make as much detail as they like. When the paint is dry use paper or khokis to make windows and doors. Point out an area in the home they can 'build' their 'city', help the paper dolls move in and enjoy the fun!

Box cars:

If you have some bigger boxes lying around at home help your child turn it into a car by decorating the outside of the box. Take them for a ride by pushing your child in the box. Let them push one another or even their toys.