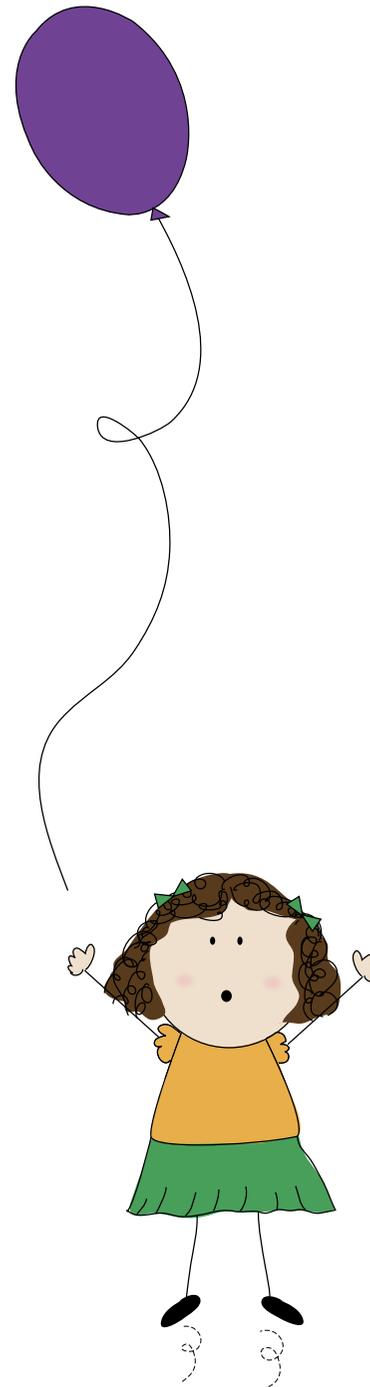
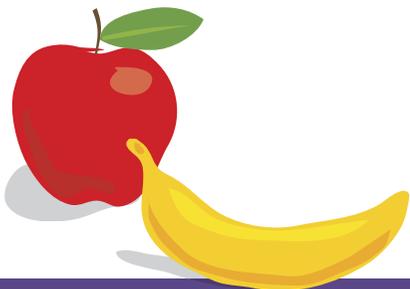


# Food, fun and active play for Tiny Tots

Parent/carer resources 'active play'



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Cymry Ifanc  
Young Wales

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change  
4 LIFE

Eat well Move more Live longer

# Parent/carer resources 'active play'

This resource forms part of the 'Food, fun and active play' for Tiny Tots' Early Years toolkit. These downloadable resources are designed to be given to parents/carers to encourage them to spend time with their toddler, using food or active play as a focus. Children should be involved in all the activities, and where possible, the activities should be child led.

Symbols:



Indoor play



Outdoor play



Working Together

Themes:



Spring



Summer



Autumn



Winter

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### Winter

Out and About  
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Snowman Dance  
Toddler Twister



Toddlers love to learn and active toddlers are learning to love exercise!

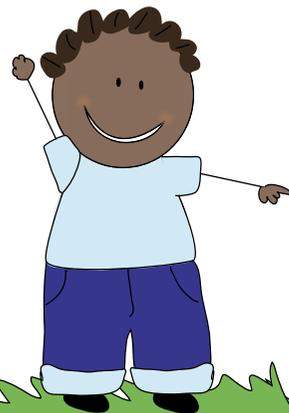
Try these activities with your children to keep them active, burn up their energy and have fun.

## The Great Big Egg Hunt

### The Great Big Egg Hunt

1. Hard boil eggs and let them go cold.
2. Let the children paint and decorate their eggs.
3. When the paint is dry hide them indoors or outdoors (depending on weather) and let the children hunt for them.

Make scrambled eggs on toast or boiled eggs for tea



Indoor play



Outdoor play



## Socks and Baskets

1. Set out a large laundry basket or box and several pairs of socks rolled into balls.
2. Have your child gently toss the sock balls into the box or laundry basket one at a time then fetch them out again. You can count them in and out as you go.
3. Let your child discover how far away he/she can stand from the box or basket and still toss the sock balls inside of it.
4. Sitting on the floor a little way apart you can gently roll the sock balls to each other; rolling them to either side makes your child stretch and reach.



Indoor play

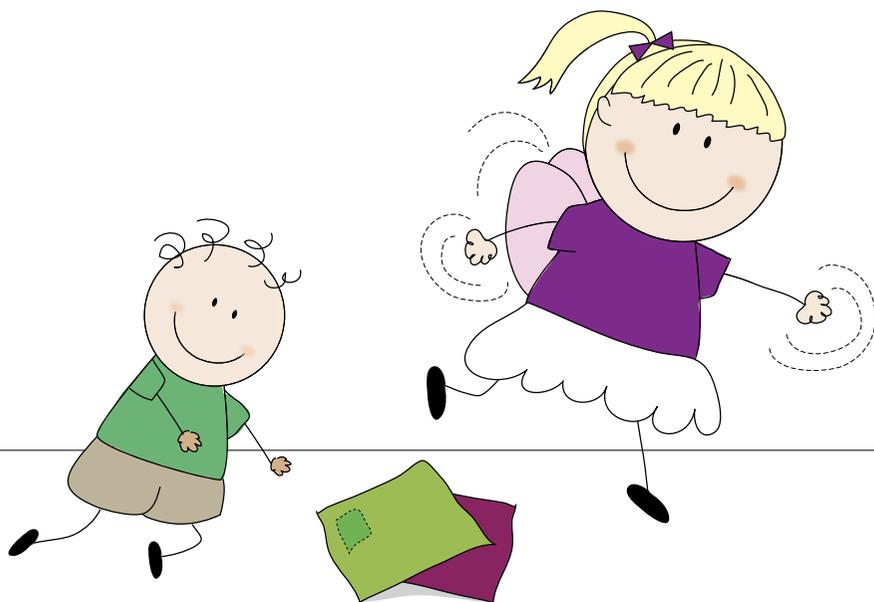


Outdoor play



## BUGS and BEASTIES!

1. Encourage the children to travel around the room like their favorite bug: butterfly, spider, ant, bee, frog, worm, grasshopper etc.
2. Make a simple obstacle course for your bugs to crawl through and around. Climb over cushions, wriggle round the table, 'flutter' between the chairs, jump and hop to the door and back.
3. Recite some bug songs or rhymes as the children crawl around.



## Little Wiggle Worm Song

Sung to: "I'm a Little Teapot"

I'm a little wiggle worm, watch me go!  
I can wiggle fast, or very very slow  
I wiggle all around, then back I go  
Down into the ground, to the home I know!  
~Author Unknown

**Wiggly worms** – children lie on the floor, with their hands at their sides and see how far they can 'wiggle' like a worm.



Indoor play



Outdoor play



# Let's Start Growing

Lots of things start growing in Spring.

Go for a walk and point out all the things that are coming to life again after winter: buds on the trees, daffodils, etc.



Then grow some easy things below:

## 1. Plant sunflower seeds

Pick up a cheap packet of seeds next time you shop.

Put some soil into an empty yogurt pot.

Place in a warm sunny spot.

Water and watch them grow!

## 2. Plant Carrot Tops

Cut the top off a carrot and place it in a saucer of water near the window, keep the water topped up and watch it grow.

## 3. Grow your own garlic

Split a bulb of garlic into cloves and plant in an old yogurt pot filled with soil, keep damp and watch it grow!



# Let's Start Growing



Indoor play



Outdoor play

## 1. Summer Treasure Hunts

Children love to hunt for things, hide a toy, some small apples, larger bits of a jigsaw and then call out **warmer**, **colder** as the child gets near or far from the hiding place.

## 2. Water Play

If it's warm enough take buckets of water outside or fill a paddling pool or play in a sprinkler. *(Remember sun cream and suitable clothing; do not leave children unattended in/near water).*



## 3. Play the Traffic Lights Game

*(can be played indoors too)*

Using the three traffic light colours of red, amber and green tell the child what to do.

- **Red** - Standing still.
- **Amber** - Running on the spot.
- **Green** - Running around the room.

Once the children have got used to the three traffic light colours, you can add other things.

- Roundabout - must run round in a small circle.
- Speed bump - jump in the air before running on.
- Reverse - run backwards.
- Traffic jam - run slowly.
- Road clear (used after traffic jam) - run around normally.



Outdoor play



## Fun Outside

- 1. Play follow the leader:** walking, skipping, running, hopping etc. Then let them take the lead or just run around in circles laughing and enjoying yourself.

Your child will copy you then begin to amuse themselves with the things you have shown them.

- 2. Play tig/tag or hide and seek**

- 3. Play 'pop' the bubbles**

Blow bubbles for the children to run around and 'pop'. They can count as they 'pop' too.



Indoor play



Outdoor play



## The Blanket Train

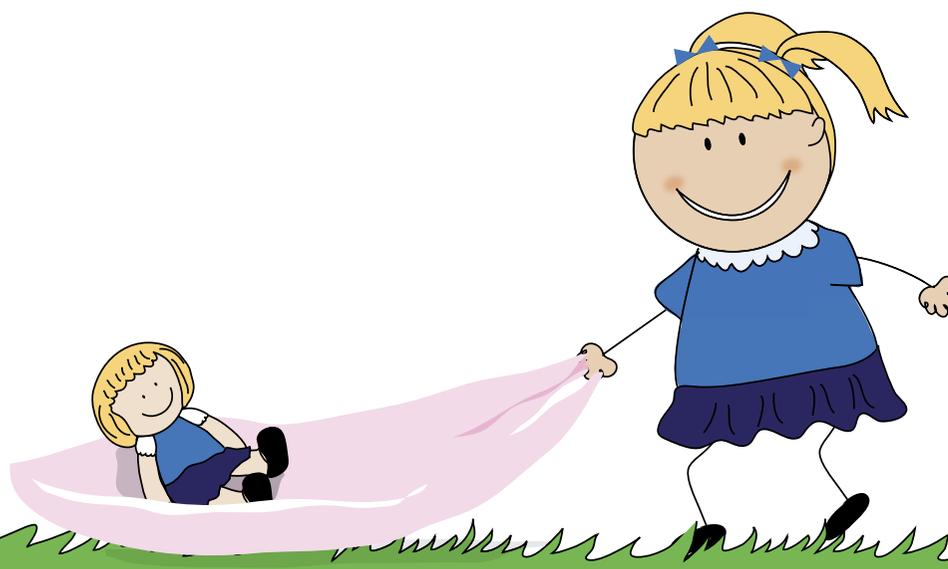
1. Take an old blanket or large towel and ask your toddler to sit on it.
2. Pull them gently along and they will love the feeling of being dragged slowly across the floor.
3. Show them how to do it with their doll or toy.



Indoor play



Outdoor play



## Messy Play

Take toys outside and enjoy messy play!

- Use push and pull toys (play brooms, vacuum cleaners, dolls prams etc).
- Get out the trikes.
- Imitate adults at work (mowing the lawn, using tools).
- Play with shape sorters and other floor toys outside.
- Draw on large sheets of paper, use rolls of wallpaper.
- Go 'foot' painting e.g. stomp, jump, tip toe.



Indoor play



Outdoor play



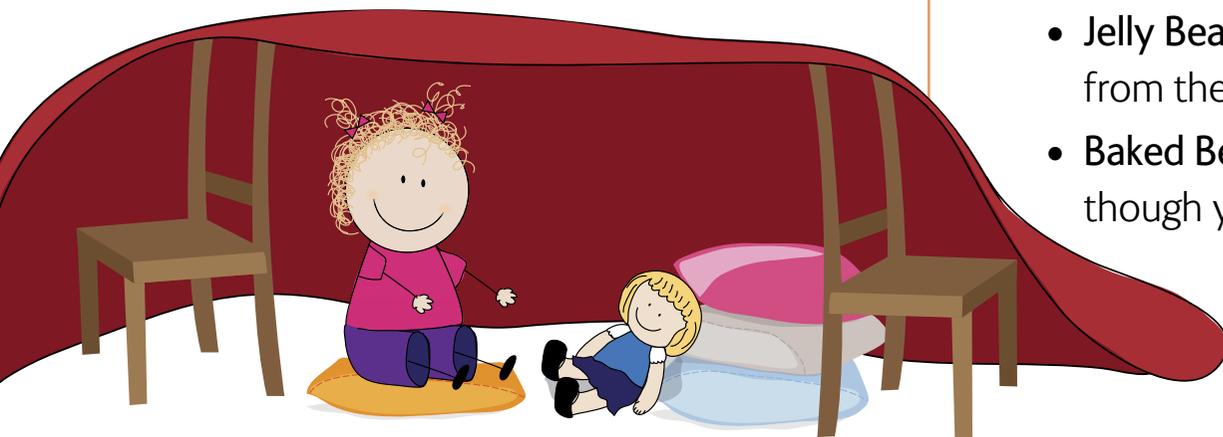
Autumn can be a lovely season but as the weather turns colder and wetter you may be spending more time indoors.

### Indoor Ideas

#### 1. Make an indoor obstacle

**course:** jump over the cushion, run around the table, crawl behind chairs. You can make it into an adventure story!

#### 2. Put an old sheet between two chairs to make a den.



#### 3. Play the Jelly Beans Game!

This is for children aged 2-3. The adult does the actions with the children copying.

- **Broad Bean:** Arms and legs wide apart.
- **Runner Bean:** Running on the spot.
- **Jumping Bean:** Jumping feet together from side to side.
- **Chilli Bean:** Standing legs together arms across each other hands rubbing opposite arms to keep warm.
- **Beans on toast:** Curled up on the floor, arms and legs tucked in.
- **Jelly Bean:** Moving body in a swaying movement from the head down to look like a jelly wobbling.
- **Baked Bean:** Lying down flat on your back as though you were sunbathing.



Indoor play



Outdoor play

## Nature Walk

1. Go on a nature walk to the park or open space.
2. Collect these plus any other leaves and twigs, dried flowers etc.
3. Make them into pictures by sticking them to card or paper when you get home or make a 'Feely' Box (shoe box with lid and hole cut in the side) with the things you have collected on your walk and children can take turns to put their hand in and guess what it might be!
4. If it's windy take a kite to the park or open space and link this with a suitable book.



# The Apple Tree

Sing to the tune of: "Rock-a-bye Baby"

*Here is a tree with leaves so green.*

Actions (Forearms together, elbows to wrists, hands spread).

*Here are the apples that hang between.*

Actions (Clench fists for apples).

*When the wind blows the apples will fall.*

Actions (Wave arms in the wind and let apples fall suddenly).

*Here is a basket to gather them all.*

~Author unknown



## Action Poem

*Red and yellow green and brown.*

Action (Count off colour on the fingers).

*Leaves are falling to the ground.*

Action (Simulate falling leaves with hands).

*We pile them up OH SO HIGH!*

Action (Pile up leaves with hands).

*Then we JUMP in, my dog and I!*

Action (Pretend to jump in leaves).

~Author unknown



Indoor play



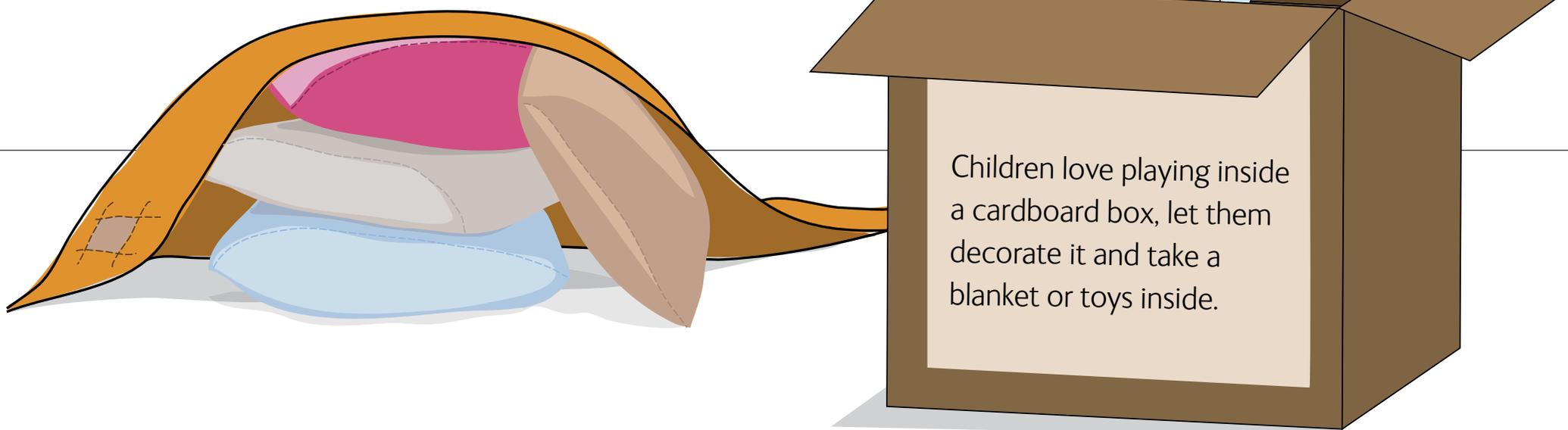
Outdoor play

## Pillow Mountain

1. Pile as many pillows, blankets, cushions as you can spare into a 'mountain'. Make sure the pile is not near any sharp corners or hard surface that your child will get hurt on.
2. Your child will love climbing the 'mountain' and rolling back down!



Indoor play

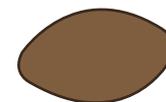


## Out and About in Winter

1. Wrap up warm and go for a walk or to the park; the ducks need feeding in winter.
2. Take a football to an open space or to the park and have a run around to keep warm, play tig/tag or hide and seek.
3. If it's snowing wrap up and go outside and build a snow man.



Outdoor play



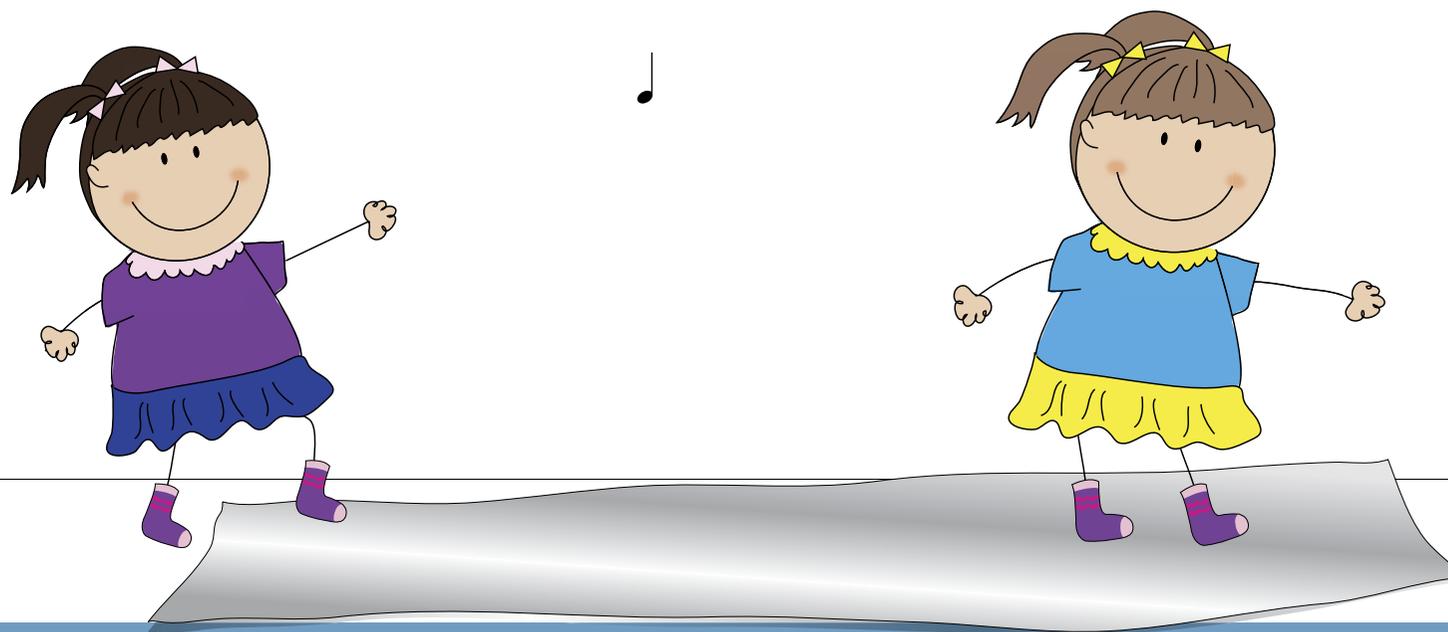
# Go Indoor Skating!

## You'll need...

- Any shiny paper.
1. Imagine your room as an ice rink and tell the children that the shiny paper is slippery and these are magic skates.
  2. These magic skates will work better if they keep their feet on the paper and glide.
  3. You can play some music too.



Indoor play



## 5 Little Snowmen

### You'll need...

- Lots of different hats.

*Five little snowmen fat.*

*Each with a funny hat.*

Action (Point to head).

*Out came the sun.*

Action (Arms wide).

*And melted one,*

*What a sad thing was that! DOWN DOWN DOWN!*

Action (Exaggerated slow melting to the floor).

Repeat four, three, two, and one little snowmen etc.

~ Author unknown



Indoor play



Outdoor play

## 'Toddler Twister'

1. Place a large coloured square, circle and triangle on the floor and ask children to jump on to the shape, or touch their nose to the square etc.
2. Ask them to put their hands on one shape and a foot on the other etc.
3. Show by example how twisted you can get, then fall down!!



Indoor play

