

# Weeding and Digging

Weeding or planting in the garden or even pots for the windowsill are great ways to get moving and using different muscles.

Children can even design their own miniature garden in a pot using things from around the home.



# Using items from around the house

In nursery we use lots of everyday objects to encourage children to explore, experiment, use their imagination and work cooperatively. These items are called 'loose parts'.

Loose parts are random, open ended resources that can be used for anything, with loose parts there is no specific set of directions of how these resources have to be organised and used.

Open-ended play means that children can lead their own exploration and learning which gives us a real incite into children's interests and skills.

Research shows that allowing children to have access to open-ended play and resources improves concentration, engagement, resilience and self-esteem.

**Only use items that are safe for your child's stage and cannot be swallowed**





How about a tea party or teddy bears picnic!





# Den Making!

Dens are great additions to any space indoors and out. Children sometimes need to take the time to relax and separate themselves from the hustle and bustle of the day!

Dens also spark off imaginative play and story telling....a den can be a pirate ship, a castle, a home, a bear's den or a shop!

Dens making is brilliant for teaching children, planning, preparation, design, problem-solving and construction!

Suggested items to use for den making:

- Chairs
- Tables
- Crates
- Sheets/blankets
- Cushions
- Pegs
- Fairy lights
- Cardboard boxes

