

Obstacle Course

Make your own obstacle course with your child using things you have around the house

You will need

- Cushions, chairs, blankets, any garden furniture or toys you may have (hoops, skittles, balls)



! Why this activity is important

- You are working through a problem together which will help your child's independent problem solving skills in the future. You are also modelling perseverance: if you keep trying with the obstacle course, you will make it to the end.
- Maybe part of the obstacle course might break and you have to try a different set up. Children are then learning there are different solutions to problems.



Playing together

- Talk about what an obstacle course is and what you need to do to make one.

We need to put things in the front room/in the garden first, then we need to jump, climb and run all the way to the end.

- Gather equipment and create the course together.

*Shall we put this chair here?
What shall we put here, the blanket or the cushion?*

- Show your child what you need to do by going first! Talk about what you are doing as you go through the obstacle course. When your child has a go, help them with instructions

Crawl under the blanket, run round the chair....

All the Colours of the Rainbow

Sort objects into the different colours of the rainbow



You will need

- A big basket of toys, clothes, teddies (anything which is made up of one main colour)
- Coloured paper

! Why this activity is important

- Sorting is an important problem solving skill which helps your child develop an understanding of how to match things which follow a similar pattern. This activity also gives your child the chance to develop their colour recognition skills and helps with the tidying up too!



Playing together

- Bring the basket in and tip everything out in front of your child. Start to talk about the things you have, particularly what colour they are.
- Lay out different pieces of coloured paper on the floor and show your child where the objects go. 'I've got your blue jumper ...Let's put it on the blue paper.'
- After you have done a few, give your child the chance to choose and sort.
Can you find all the pink things? What else is yellow?
- Carry on until you have sorted all the objects onto the matching coloured paper.

What's Gone?

Try to memorise the objects and notice what's gone

You will need

- A tray
- Tea towel or some material
- Three objects (e.g. toy, spoon, hat)



! Why this activity is important

- Developing memory skills helps your child to store and retrieve new information they are learning every day - very important for problem solving.
- The game tests children's understanding that objects are still around, even when they can't see them. This develops their imagination.



Playing together

- Show your child each object one at a time (three should be enough) and name what it is. Then put them all on a tray so your child can see them.
- Tell your child that you are going to cover the tray and one of the objects will disappear when they cover their eyes.
- Take one object away and reveal the tray with two objects on. Ask your child *What's gone?* You can also go through the names of the objects again, leaving a pause for the one that is missing to help your child. When your child names the object that has gone, bring it back out. *Yes! Here it is.*
- Repeat as many times as you like. You can also add more objects.