**50 Things to do in Early Years in Lockdown**

**Play with your toys.**

**Share a story every day.**

**Do a jigsaw.**

**Sing a nursery rhyme every day.**

**Go for a walk.**

**Dance to music.**

**Make a mud pie / magic potion.**

**Splash in puddles.**

**Build a tower.**

**Make a den.**

**Make a bird feeder.**

**Bake.**

**Practice getting dressed.**

**Practice using a knife and fork.**

**Play in the garden.**

**Retell a story to an adult.**

**Run, jump and hop**

**Thread pasta/ cheerios on to string.**

**Blow bubbles.**

**Make playdough and explore.**

**Look for stars when you go to bed.**

**Play hide and seek.**

**Have a picnic indoors for lunch.**

**Chop vegetables / fruit for snack.**

**Go to the park.**

**Plant some seeds and watch them grow.**

**Dig for minibeasts in the garden.**

**Collect stones, sticks and make patterns and pictures with them.**

**Paint with a brush or your fingers.**

**Pour and fill with different containers in the bath.**

**Make a model with junk materials.**

**Play hopscotch.**

**Ride a bike.**

**Play a board game.**

**Snuggle up with hot chocolate and a story / film.**

**Play I spy.**

**Count anything.**

**Paint in snow / make a snowman.**

**Help to wash up.**

**Fold the laundry.**

**Pair the socks.**

**Cut up paper with scissors.**

**Make patterns in paint, flour, custard.**

**Write your name.**

**Play snap.**

**Print with vegetables and paint.**

**Post a picture / letter to a loved one.**

**Practice putting gloves on / zip your coat.**

**Go on a listening walk – what can you see, hear and smell.**

**Play Kims game – cover up items on a tray – look carefully – take one away – which is missing?**

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