

Nursery - helping your child with Physical Development



Bake

Help your child bake something yummy, encourage them to help by stirring, pouring, chopping and shaping. There are some great recipes here

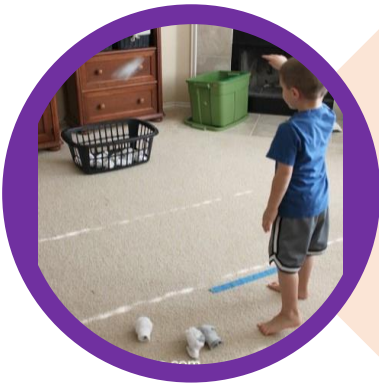
<https://www.bbc.co.uk/cbeebies/shows/i-can-cook> (fruity flapjacks are my favourite, yum!)

Dance

Play 'Dance like a...'

Take it in turns to say, "Dance like a ..." You should then think of something to dance like e.g. Dance like a monkey.' Your partner then has to dance like this!

Here are some ideas: robot, elephant, car, ballerina, chicken



Rolled up Socks Challenge

Roll up a pair of socks to make a ball. How many pairs of socks can your child throw in a bowl or at a target? Change the distance they throw from to make it more challenging.

The Floor is Lava

Pretend the floor is lava and encourage your child move around the room without touching the floor, by jumping on cushions and climbing on sturdy furniture such as the sofa or a bed.

(Remember to be careful while climbing)

