

## HOME LEARNING PACK

### “Activity Suggestions for Babies and younger children”

Here are 10 inspirations to help you to make these days as productive as possible:

1. **Singing songs.** Say or sing made-up rhymes or songs, children love them. Make time to sing songs and rhymes during everyday routines.

Here are few links to some of the favourite songs of our babies in baby room (apart of Baby Shark of course!):

- "The Handwashing Song" <https://www.youtube.com/watch?v=kjhWliLLz5Q>
- "The little green frog song" <https://youtu.be/NwU3beZgkcw>
- "One little finger" <https://www.youtube.com/watch?v=eBVqcTEC3zQ>
- "Sleeping bunnies" <https://www.youtube.com/watch?v=VgJ DqEwZdc>

2. **Circle time.** We start our circle time by preparing a circle with mats. You can ask your little ones to help you to put some cushions on the carpet for themselves, you and anyone else who would like to join. We usually greet them by singing "It's nice to see you (child's name x3), It's nice to see you (child's name), how are you?". Then we sing some songs from the point number 1.

3. **Dance and movements.** Play with songs, try to use your imagination. Children will enjoy it! See few links below that will be helpful to get you going:

- Pomelody - Play with a song Incy wincy:  
<https://www.youtube.com/watch?v=TmW3mBUBPNM>
- Before kids can analyse rhythm or hear it in their heads, they must experience it in their bodies. Learn the importance of movement.  
<https://www.youtube.com/watch?v=msh8LSpvaXs>
- Pomelody - How to sing and play with your family  
<https://www.youtube.com/watch?v=kmiaeLH8Zho>

4. **Reading books.** Encourage young children to explore and imitate sound. They enjoy making sounds of animals or vehicles.

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5. **Talk to babies** about what you are doing and what is happening, so they will link words with actions, for example while dressing up or preparing food. Babies love helping with cooking activities – pouring, stirring and mixing are their favourite activities. Here are some children meal ideas from NHS:  
<https://www.nhs.uk/conditions/pregnancy-and-baby/childrens-meal-ideas/>
6. **Messy play.** Encourage your babies to use resources they can grasp, squeeze and throw. Messy play activities which you might use at home:  
<https://www.motherandbaby.co.uk/baby-and-toddler/more/toys-and-education/home-made-recipes-for-messy-play>
7. **Art activities.** Show babies different ways to make marks in dough or paint by swirling, poking or patting it. Encourage babies to make marks and to squeeze and feel media such as paint, gloop (cornflour and water), dough and bubbles. Here are some inspirations:  
<https://www.funathomewithkids.com/2014/07/50-creative-activities-for-babies.html?m=1>
8. **Photographs.** Talk with babies about special people, especially now when they are not able to see their grandparents or nursery peers and teachers. Babies love looking at pictures and pointing at familiar faces.
9. **Practical ideas for physically active play.** Here are lots of ideas for physical activities to help with babies and young children’s physical development, especially when they spend most of the time at home:  
[https://soscn.org/downloads/resources/early\\_movers/Booklet\\_5\\_Practical\\_ideas\\_for\\_physically\\_active\\_play.pdf](https://soscn.org/downloads/resources/early_movers/Booklet_5_Practical_ideas_for_physically_active_play.pdf)
10. **Pretend play.** Babies slowly start to be able to engage in pretend play with toys. Try to model pretending an object is something else and help develop roles and stories.

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