

Parklanes Wykeham



Childcare Limited

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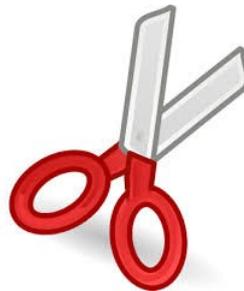
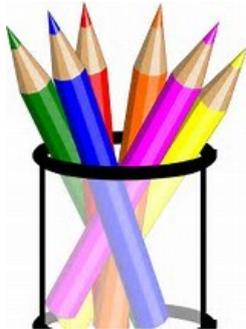
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**PWC DAYCARE**

**WEEKLY ACTIVITY PACK**

**WEEK 4**





DAY 1

## Mud Play

It's simple, messy, and costs nothing. Mud is also an engaging sensory play tool that allows your child to express their creativity whilst enhancing their fine motor skills.

Please make sure that this activity is carried out in an area you don't mind getting messy.

Mix some dirt and water in a bowl until it reaches the right consistency then let your child explore it with their hands.

**Have Fun!**



DAY 2

## Seed Planting

This is a great fun way for your child to learn about the world around them. It helps them to understand about life cycles and where food comes from.

### You will need:

A washed and clean yoghurt pot.

Cotton wool balls.

A bowl of cold water.

Cress Seeds.

Colouring Pens, paint or stickers

### What next:

- Take your pens or paint and decorate your yoghurt pot.
- Wet the cotton wool balls and place them in the pot.
- Sprinkle some Cress seeds over the cotton wool balls and place the pot by a sunny window.

DAY 2

## Seed Planting Continued

- Watch the cress sprout and grow quickly. Once it's long enough, give your pot a haircut and have your cress in a sandwich or salad.

Take pictures of your child's progress so we can add it your child's Learning Journal.



DAY 3

# Little One's Yoga

In keeping with our Planting & Growing topic, here's a yoga pose that's been modified for small children.

## The Tree pose



Have Fun!

DAY 4

Show & Tell

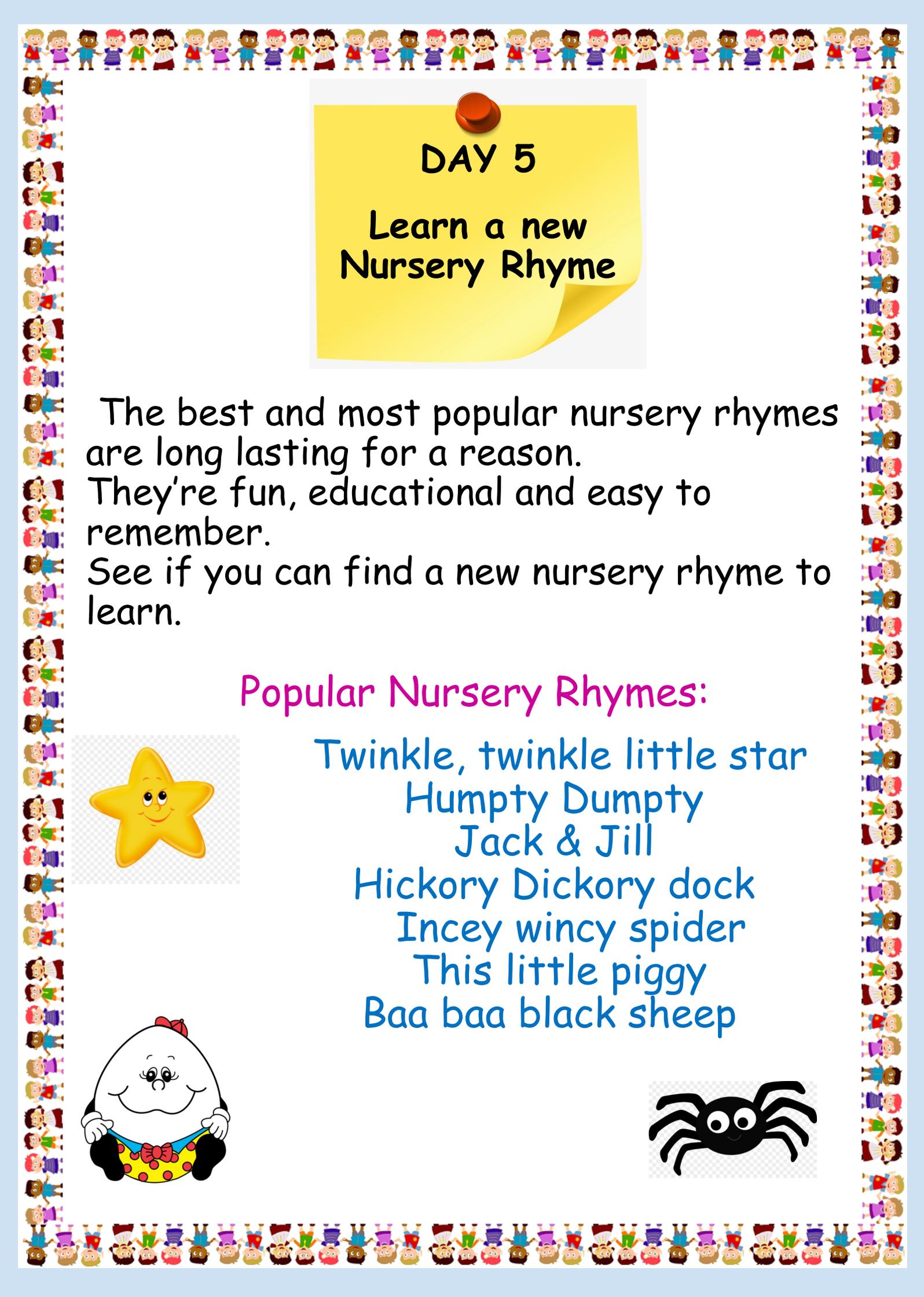
## Your favourite vegetable.

Take a picture of your child with their favourite vegetable.

Then get them to write why they like it.

Forward them to us for inclusion in their Learning Journal.





DAY 5

## Learn a new Nursery Rhyme

The best and most popular nursery rhymes are long lasting for a reason. They're fun, educational and easy to remember. See if you can find a new nursery rhyme to learn.

### Popular Nursery Rhymes:

Twinkle, twinkle little star  
Humpty Dumpty  
Jack & Jill  
Hickory Dickory dock  
Incey wincy spider  
This little piggy  
Baa baa black sheep

