

PLAY BASED LEARNING ACTIVITIES

AT HOME

Some of the many things you can do at home with everyday items

Sensory Activities

SAND PLAY



- Playing with buckets, spades and toys
- Building structures, paths and channels
- Finding objects that have been hidden in the sand

WATER PLAY

- Watering plants
- 'Painting' with buckets and brushes
- Playing with toys and containers with water in a bucket or water tray

TACTILE PLAY

- Playing with rice, pasta or flour in trays
- Finger painting
- Playing with shaving foam



TEXTURE PLAY

- Collecting items of different textures such as rough and smooth
- Using paper and grey lead to create 'rubblings' of objects, such as coins

Manipulative Activities

CRAFT PLAY

- Painting, drawing and sketching
- Finger knitting or knitting with needles
- Cutting pictures from magazines for a collage

PLAY DOUGH



- Playing with homemade slime or goo
- Manipulating with hand or with tools such as plastic knives and forks

CONSTRUCTION

- Making huts from sticks, a large box or sheets
- Creating items from recyclable items such as boxes, egg cartons and plastic bottles

THREADING ACTIVITIES

- Shoelaces and zips
- Threading beads or pasta onto elastic or wool to make jewellery
- Sewing buttons



Cognitive Activities

PUZZLES



- Solving multi-piece puzzles
- Creating own puzzle by cutting up a drawing, painting or collage
- Brainteasers and riddles

SORTING

- Organising groceries from the bench into the fridge, cupboard or pantry
- Using a muffin tray for sorting buttons, beads, sequins, etc.

COOKING

- Helping to measure ingredients with spoons or cups
- Setting the table and loading the dishwasher



DISCOVERY PLAY

- Digging out animal toys that have been frozen in water
- Conducting simple science activities, such as creating a DIY volcano

Dramatic Play Activities

DRESSING UP

- Using costumes
- Borrowing clothing from a family member
- Using items within the home to create a costume of a loved character

CHARACTER PLAY



- Playing with figurines & dolls
- Using puppets and soft toys
- Performing concerts and shows for an audience

ROLE PLAY

- Running a shop using real or play money
- Managing a place to visit, such as a cinema or doctor
- Working at a school, office or outdoors

STAY-CATION



- Camping in tent in the backyard
- Having a sleepover in the lounge room or a sibling's room
- Having a home hotel!