

# Family Time Tips

## Free and found Friday



**NATURE BRACELET:** Why not make a nature crown or bracelet on your walk today?

This is really simple and fun. Cut out a piece of card (perhaps from an empty cereal packet) the right size for your little one's head or wrist. Join the ends together to make a crown or bracelet. Cover the card in double sided sticky tape, or if don't have that, just use bits of normal sticky tape formed into loops.

Then when you're out on your walk, let your child collect small pieces of nature to stick on it (like small sticks, leaves and flowers). When home, you could talk about what you've collected.

Happy collecting! (with thanks to [The Ladybird's Adventures](#) for this idea)

**HAIRSTYLES IN NATURE:** When you're next out and about, why not try this simple but funny activity?

Before you go out, draw a face onto a piece of cardboard (the inside of an old cereal packet will do), cut it out, then when you are having your walk encourage your little one to put it up against different backgrounds to create 'hairstyles in nature'! How many different styles can they make?

Happy hairdressing! (with thanks to [Family Days Tried and Tested](#) for the inspiration and photo)



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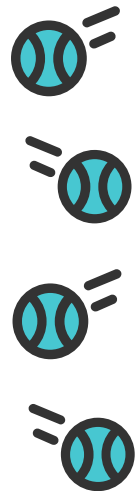
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**PAPER TOWEL ROLL AND POM-POM CHALLENGE:** This clever idea is a great way to help our little ones become the engineers and mathematicians of the future! Plus, it's also great for fine motor skills, balance and coordination!

First you need some cardboard tubes, cut into smaller pieces of varying sizes. Then stick them onto a tray or box lid with space enough to roll a small round thing around in. The aim is to roll the round thing through the tubes.

If you want to make the game more challenging for older children, try numbering the tubes and rolling the ball through them in numerical order!

Visiting [bit.ly/EYpompom](https://bit.ly/EYpompom) to see this activity in action. Happy rolling!



**SUPER LISTENERS:** Here's a great idea to really help our little ones develop the skills they need to become super listeners! You might remember making your own 'DIY' telephone when you were little!

All you need are two empty yoghurt pots, plastic cups or similar. Poke a hole in the bottom of each of the pots, thread string through and tie knots to secure. Then each person holds one of the pots, and slowly walks away from the other until the string is tight. Now take turns speaking into the pots. Can your little one hear you?

Why not whisper to each other, try to pass a message around or sing a song? It's a listening game the whole family can enjoy!

Happy listening! (with thanks to [kidsactivities.com](https://www.kidsactivities.com) for the idea)

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**EGG CARTON TREASURE HUNT:** The next time you have an empty egg box, instead of recycling it straight away, why not encourage your little one to choose a colour for each section (they could use paints, pens or crayons to colour the sections)?

Then when you are out and about, encourage them to search for some natural things that match those colours and pop them in their section, as shown in the picture.

Not going outside? Not a problem! Just look for colour-matching objects from around your home!

Happy treasure hunting! (with thanks to [Little Robin Education](#) for this idea)



**CARDBOARD BOX PLAY:** Packaging and boxes are a wonderfully open-ended material for creativity and for extending your little one's language skills. Talk with them as they turn an empty box into an imaginary item or place. It could be a bus, a pirate ship, a castle... anything they can imagine!

It's always best to follow your little one's lead by turning the box into something they want, but if you are stuck for ideas, why not try these suggestions from Pinterest? [bit.ly/EYcardboardbox](https://bit.ly/EYcardboardbox)

You could also share this lovely little book by Antoinette Portis: [bit.ly/EYportis](https://bit.ly/EYportis). Happy imagining!

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**PLASTIC BAG WEAVING:** Today why not get your little one's fingers moving and create some amazing weavings?

All you need is a wire rack (the one from your oven works well for little fingers) some plastic bags, a pair of scissors and you're ready to go!

To turn the bags into long strips for threading, firstly, cut the handles off. Then take a bag, roll it over and over, and snip it into little strips. Give the strips a shake and hey presto, they're ready for your little one to thread in and out.

Old fabric or ribbons work well too. If you want to add more challenge for older siblings, you could also watch how to weave the Royal Academy way: [bit.ly/EYweaving](https://bit.ly/EYweaving).

Have a happy in and out, up and down sort of day!

