

Understanding the World



Activities and ideas to try at home

During this period, your children are continuing to learn about their world through exploration, play and encounters. There are so many opportunities for our children to gain really positive, hands on experience whilst learning from home which will enrich their understanding of the world. Here are a few activities which focus on the science aspect of understanding the world.

The great outdoors:

Being outside in the garden / local area is a great place to start:

- What can you hear?
- What can you see / smell / feel?
- Gardening / watering the plants or sensory play with soil, sand, stones. Digging, raking, filling a tray with things found in the garden.
- Create a nature stew (get a bucket, water, find rocks/ soil/ leaves etc and mix with a big stick)
- Go on a scavenger hunt, can you find any of the following?
 - Leaf, twig, bird, tree, bug, rock, cloud, pinecone, puddle, flower?
- Looking after plants- plant some seeds and learn how to look after them.

Forces:

- Any toys that can be used to push and pull, create ramps, practical pushing and pulling experiences of swings, slides, wheelchairs. Using magnetic toys.
- Can you do a big push/ small pull? How can we go faster? Slower?
- Heavy and light work linked to floating and sinking in water-play is good for bath time or in the garden.

Shadows:

- Build a fort from chairs/ boxes/ blankets or switch off the lights and use a torch to explore light and dark. (No torch? Use your phone light!)
- Let your child experiment with switching the light on and off. Show them how to use their hands and bodies to make shadows.

Materials:

Sorting materials- wet and dry messy play

Rough and smooth

Changing materials:

Edible slime recipe:

- 200g cornflour, sieved
- 50g icing sugar
- 175ml coconut milk,
- Few drops of food colouring (gel works best)

Method:

Mix the cornflour and icing sugar into a bowl

Pour the coconut milk and food colouring together and mix to get a smooth paste,

Too soft? Add more cornflour until it is stretchy.

If it dries out after playing, just knead with wet hands to soften up again.

- Any baking/ cooking gives a practical experience of changing materials.
- Ice play – how can we stop it from melting? How can we make it melt quicker?

Just for fun:

Love this cool and easy colour experiment using only a plate, water and skittles! <https://thedadlab.com/skittles-science-experiment/>