



## Activity ideas to support Learning at Home 2-5 year olds

### Early Years Service, Children's Services

### Buckinghamshire Council

#### Christmas Polish gingerbread biscuits

During advent, some Polish families bake 'piernicki biscuits' these can be different shapes such as hearts and animals. Make some biscuits together using the method below: <https://www.thespruceeats.com/polish-gingerbread-cookies-pienczki-recipe-1136960>  
Encourage your child to help and mix all the ingredients together.



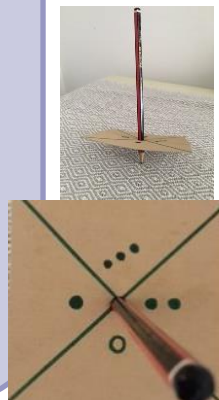
#### Spin the dreidel with raisins

A traditional Hanukkah game played by Jewish people at this time of year is spin the dreidel. A dreidel is a spinning top. Make a simple version of this game and play by:

- Cutting a square piece of cardboard and draw a cross. Pierce a pencil through the middle. In each of the four sections draw symbols:
- 1 dot means collect 1 raisin, 2 dots means collect 2 raisins, 3 dots means collect 3 raisins, 0 means don't collect any.
- Put 10 raisins or sweets in the middle, spin the top and take it in turns to take the raisins.



#### Star Light Star Bright Celebrating with Food



#### Winter celebrations

At this time of year there are many religious celebrations such as Hanukkah, Christmas, Diwali and Milad un-Nabi. Find out about these winter festivals here:

<https://www.bbc.co.uk/programmes/m0007n3n/episodes/guide>

Foods are an important part of these celebrations. To help young children understand how special these occasions are you might like to have a little party of your own. You could try making foods from different celebrations:

- People from the Jewish faith sometimes make 'potato latkes' to eat at Hanukkah: [Potato Latkes](#)
- People from the Hindu faith sometimes eat Indian sweets such as 'shankarpali' at Diwali: [Shakarpara-recipe-shankarpali](#)

#### Rangoli patterns with coloured rice

Hindi families may decorate their homes during Diwali with Rangoli patterns. Rangoli means 'colour' and it represents welcoming people into the home.

You might like to have fun making Rangoli patterns.

Soak rice in a small amount of water with food colouring.

Dry the rice out. Look at Rangoli patterns and talk about the shapes and colours: <https://www.bestcoloringpagesforkids.com/rangoli-coloring-pages.html>.

Put rice onto a plate or tray. Can you make shapes or patterns using coloured rice?



### Top Tips

When talking about foods:

- Talk about what things look like, the colours, shapes and sizes. Use words such as: **little, large, round, curved, lumpy, flat, long, thin, thick, bright, colourful, dark, light**
- Talk about what things smell like. Use words such as: **strong, weak, spicy, cinnamon, ginger, fruity, fragrant**
- Talk what foods tastes like and their textures. Use words such as: **sweet, savoury, dry, crumbly, hard, crunchy, spicy, salty, lumpy, liquid, smooth**
- Count the number of biscuits and foods you've made and use words such as **more** and **less**.

Find out more about your Child's development

[What to expect when – Developmental Guide for Parents](#)

If you have any concerns about your child's development the first thing you can do is chat to your Child's Key Person at their Nursery, Preschool or Childminder.

## Information for Parents/Carers



### Find out More

[BBC Tiny Happy People](#)

[Small Talk - ideas for Parents](#)

[Hungry Little Minds Campaign](#)

[My first festivals CBeebies](#)



### Communication and Language

**30-50 months**

**You might notice that your child can:**

- Talk about their own experiences and relate these to new experiences or other people's experiences.
- Discuss their likes and dislikes and make choices about how they like to do things.
- May ask questions about other people and the way people live.

### Physical Development

**30-50 months**

**You might notice that your child can:**

- Talk about foods they like and dislike and understand some foods are healthy and some are a special treat.
- Help mix ingredients or use kitchen utensils to prepare food.

### Personal Social and Emotional Development/ Understanding the World

**30-50 months**

**You might notice that your child can:**

- Play a game, taking turns to have a go
- Show an interest in other people and understand some people eat different foods when they celebrate.