

Play, Learn & Explore at Home

Here are some simple, low-cost activities for preschoolers to enjoy at home:

Creative activities

- Painting with brushes, sponges or fingers
- Drawing and colouring
- Playdough modelling
- Making collages with paper, leaves and recycled materials
- Cutting and sticking with child-safe scissors
- Making homemade musical instruments

Learning through play

- Counting everyday objects such as socks, spoons or toys
- Sorting objects by colour, size or shape
- Simple puzzles
- Matching games
- Singing number songs and nursery rhymes
- Looking for letters in books, packaging or around the house

Outdoor activities

- Nature walks and collecting leaves, sticks or interesting stones
- Garden scavenger hunts
- Playing with bubbles
- Water play with cups, jugs and containers
- Obstacle courses
- Ball games
- Planting seeds and helping to water plants

Fun everyday activities

- Baking simple cakes or biscuits together
- Helping to make lunch
- Washing toy cars or dolls
- Helping sort laundry by colour
- Building dens with blankets and cushions
- Pretend play, such as shops, cafés, doctors or superheroes

Quiet-time activities

- Sharing stories together
- Looking at family photographs and talking about them
- Listening to audiobooks
- Simple board games
- Puppets and storytelling

- Yoga or calming movement activities

The most important thing is to have fun! Preschoolers learn lots through playing, talking, exploring and spending time with their families.