

## COMMUNITY HELPERS

### MONDAY – MESSY PLAY

ACTIVITY	GARBAGE COLLECTION
<b>WHAT YOU NEED</b>	<ul style="list-style-type: none"> <li>-Printable about community helpers (google one that you like)</li> <li>-Box or tray</li> <li>-Recycled / reused material (cardboard, plastic wrapping, jars...)</li> <li>-3 to 5 bowls/containers/buckets of different colours</li> </ul>
<b>STEP BY STEP</b>	<p>Have a look at the printable with different community helpers and talk about what they do. Talk about the important job that garbage collectors do, the truck they drive, what they collect...</p> <ul style="list-style-type: none"> <li>-Spread the recycled materials over a tray. Let the child explore them. Ask questions about what they are, textures, colours...</li> <li>-Classify the material into the containers: plastic, paper, batteries, cables, other. Talk about the importance of recycling</li> <li>-Learn about different materials and their properties (hard, soft, squishy, bright, round, long...)</li> </ul>
<b>PHOTO</b>	
<b>BABY VERSION</b>	<p>Use material that is safe for the child. Make up a TREASURE BASKET putting the objects into a basket/box/container and let them explore them. You can use a lunch box with pasta inside, or a ball of tinfoil in it for different sounds and colours. Talk to the baby about the different shapes and colours and allow them to feel the objects with their hands and feet.</p>



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### TUESDAY - MUSIC

ACTIVITY	LEARNING AND DANCING THROUGH SONGS
<b>SPOTIFY PLAYLIST</b>	<p><a href="https://open.spotify.com/playlist/1VZIBAbrhtHMpt7qKWUmqz?si=Z3ZnzzhmRBqd2UzWRrUi3g">https://open.spotify.com/playlist/1VZIBAbrhtHMpt7qKWUmqz?si=Z3ZnzzhmRBqd2UzWRrUi3g</a></p> <p>Follow the song to do the actions, pretend to be a fireman, a teacher, a doctor, etc. Use the material that's around the house to complement the actions. Problem solving skills needed to find the right items.</p>

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### WEDNESDAY – FINE MOTOR ART

<b>ACTIVITY</b>	<b>FIREFIGHTER TO THE RESCUE</b>
<b>WHAT YOU NEED</b>	<ul style="list-style-type: none"> <li>-Card (red if possible)</li> <li>-Scissors</li> <li>-Marker</li> <li>-Spray bottle with water</li> </ul>
<b>STEP BY STEP</b>	<ul style="list-style-type: none"> <li>-Cut out shapes of card, 10 or more. It can be red or kids can decorate it to make it look like fire.</li> <li>-Write down a number on each of them (or let the kids do that)</li> <li>-Place them on a table or on a tray or outside on the floor or on the wall</li> <li>-Pretend they are a firefighter and the cardboard is a building on fire. You call out a number and they have to spray on that piece of cardboard until it's all wet, then another number until they are all wet.</li> </ul>
<b>PHOTO</b>	
<b>BABY VERSION</b>	<p>Sensory bin with water and anything red that can get wet (or if you prefer just red items in a treasure basket, without water). We talk about fire, fireman and things that are read so they get familiar with this colour. Red is a colour for emergencies, danger, fire, adventure...</p>

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### THURSDAY – INDOOR GAMES

<b>ACTIVITY</b>	<b>POLICEMAN ON THE ROAD</b>
<b>WHAT YOU NEED</b>	<ul style="list-style-type: none"> <li>- Three signs easy to hold (green, orange and red) made of cardboard using the cereal box, or a painted kitchen roll, a paper plate, etc.</li> <li>- Cars, dolls, teddies...</li> </ul>
<b>STEP BY STEP</b>	<ul style="list-style-type: none"> <li>- Talk about what the traffic lights are for and the importance of following the road safety rules.</li> <li>- Pretend to be a policeman guiding the traffic. The traffic can be the toy cars, teddies walking, or the child passing by at different speeds.</li> <li>-Play music in the background</li> <li>-Use the three different coloured signs to move fast (green), move slow (orange) and stop (red).</li> <li>-Swap with the child so he tells you what to do.</li> </ul>
<b>PHOTO</b>	
<b>BABY VERSION</b>	<p>Explore the three different colours: green, orange and red.</p> <p>Find a container of each colour to sort items or find three containers the same colour and use each container for each colour items. It's a way to start getting familiar with the colours through play while developing other skills like fine motor skills, problem-solving and communication.</p>



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### FRIDAY – CREATE & PLAY

ACTIVITY	POST OFFICE
<b>WHAT YOU NEED</b>	-A box -Colours, markers or/and paint -Scissors -Paper
<b>STEP BY STEP</b>	-Turn the box into a postbox. Decorate it and make a hole for the letters. -Use it to write messages for the people that live in the house or other people they want to talk to. They can do that whenever they feel like and once a week you can all open the box and have a look at their pictures and messages.
<b>PHOTO</b>	
<b>BABY VERSION</b>	Make a round hole on the box and have one or more balls to put inside. Depending on the size of the box you can make different sized holes for different sized balls and let them figure out where to put them so they can fit through. You can distract them and add their favourite toy inside as a surprise and they will be happy to see it when collecting the ball.

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**BONUS ACTIVITY FROM**  
"Sarah @Speakeasyslt.ie"



### Activity - Doctors role play

#### **What you need**

Teddies, dolls, people / action figures or yourself.

Dr's set (not essential), phone, plasters, thermometer, calpol syringes, empty containers for "medicine," paper for prescriptions etc. This will be dependent on your child's age and stage of development.

If you're using teddies please be careful with some of the plasters as they can be difficult to take off. I found the soft bandages with tape much better (you can put plasters over the bandage then).

#### **Step by step**

Follow your child's interest. If they're interested in the thermometer, then support this by telling your child what it is, what it's used for and how to use it. Keep the language to the level of your child, talking about what they're doing and using short and complete sentences. Also talk about emotions / feelings.

If your child needs a bit of support you start to model role play. For example, if they pick up dolly then you can react and say: "oh I think dolly feels a bit sick, maybe we should take her to the doctor?" "Ok let's phone and make an appointment." Continue with what happens at the Dr.

Or "oh no teddy fell" "teddy are you ok?" "let's look at your knee" "I think he needs a plaster, look it's bleeding" etc.

#### **To extend this**

Take photos of what you're doing or draw pictures after, use these to talk about what you have played. This way you're consolidating the learning, the new vocabulary (Dr, medicine, stethoscope, prescription, appointment, better, sore, hurt etc) and encouraging your child to use their memory to recap on what they have done. Sing songs and read books (some examples in baby version below).

### **Baby version**

Model very simple play e.g. the calpol syringe in the dolls mouth, thermometer under the arm, rubbing teddy's knee, using the phone, giving hugs etc.

Teach body parts - teddy's nose, mummy's nose, your nose etc.

Sing songs like head shoulders, knees and toes. "Miss Polly had a dolly" and "Time for your check-up" from Doc McStuffins.

You can extend this by looking at books like "Peppa's first pet" in this story Peppa has to take goldie the fish to the vet.

### **The benefits:**

Role play develops creative thinking and develops all aspects of language. It's important for social interaction and develops your child's empathy and ability to understand others perspectives. It sparks creativity and imagination so have fun!

**Language** - you're developing both your child's understanding and use of language. There are opportunities to develop new vocabulary, descriptive language and emotions. If you are targeting your child's understanding you can give directions e.g. "Can you put a red plaster on dolly's knee?" "Can you put a blue plaster on teddy's nose?" "can you check dolly's temperature?" Allow your child to give you an instruction in this way you're working on their expressive language and also incorporating turns into the activity.

### **Social and emotional development:**

By interacting together, taking turns, singing songs, sharing books you're supporting their interaction skills. Children need to learn empathy and emotions and this is a perfect opportunity to develop these skills "dolly looks a bit sad, poor dolly." "Look now dolly is better, she feels happy again."

**Nursery rhymes and books** develop children's language skills and also support their early literacy skills for when they start school. Whatever activity you choose to play with your child, remember you will be supporting and developing ALL aspects of their development.

