

Ideas for 4-5's

Communication, Language and Literacy

Bedtime Story



Children who are read to from an early age develop better language and literacy skills. Inspire your child to love books.

[#bondingrelaxinggoodnightssleep](#)

Maths

Tin Foil Boats



Tear off a good piece of tin foil and pinch it with your finger to create the shape of a boat

Now you can test your boat to see how strong it is by adding some coins.

How many can you put in before it sinks.

Sink or float teaching your child about weight

Physical

Ride on/Wheeled Toys



Promote physical activity.

An effective way of keeping their body active.

[#benefitsofaride-on](#)

Emotional and Mental well-being

Make your own Moon Sand



Mix together 8 cups of flour, with one cup of baby oil or sunflower oil. Add more flour if it feels tacky, or more oil if too dry.

You can also add food colouring.

This is a sensory experience.

The children can simply enjoy the texture of sand as they run their fingers through it and, the freedom to make whatever they desire.

When pressed together you can mould it, then simply crumble it away.