

# Family Fun!

Ideas to support learning, play and well-being.

## Number facts

You need a 1–6 die. Take turns. Roll the die. See how quickly you can say the number to add to the number on the die to make 10, e.g.



and 6

If you are right, you score a point. The first to get 10 points wins. You can extend this activity by making the two numbers add up to 20, or 50.

11 + 9	make:	1 + 19
12 + 8	20	2 + 18
13 + 7		3 + 17
14 + 6		4 + 16
15 + 5		5 + 15



## Headline Scrabble

The crossword puzzle in the newspaper may be too much of a challenge for your child, but you can create a word game by cutting out the large headlines from the newspaper. Cut the individual letters of the headlines. Then challenge your child to make new words or even a new headline from the letters. Provide paper and glue and allow your child to record her word creations.



## Pasta Art

Dinosaurs seem to captivate all children. Maybe because of their immense size, that they look like huge lizards, or maybe because they no longer exist. Talk to them about special scientists called Palaeontologists who dig up different dinosaur bones and put them together like a puzzle. Encourage your child to draw a brief outline of their chosen dinosaur and cover it with pasta shapes. Use glue to hold everything down.



## Blowing Bubbles

This is a great way to focus on breathing: a key part of mindfulness practice. Encourage your child to make the biggest bubble they can and notice how they have to blow slowly and steadily to make it happen. Why not make the mixture at home. 1 part washing up liquid to six parts water. So, to make 350ml of bubble mixture, you will need 50 ml washing up liquid and 300 ml water. You can even use biscuit cutters, straws or pipe cleaners as home-made wands!