

Hygge 5 Day Home Pack



5 Days of Open Ended Play and
Ideas for Home



Introduction

Part One of this guide has been created to support and inspire good practice and joy at a time of uncertainty. The focus of the activity hooks inside are around open ended play and child initiated learning. Taking this approach allows for creativity and high levels of enjoyment and engagement. All activities can be done in the home with resources you will already have.

A Grateful Heart

Create a gratitude jar with your children so help you stay positive and appreciative of all the little things that you have bringing you joy in your day. Each morning start your day by writing down three things together that you appreciate. It could be the sunshine flooding in the room, your sunflower seed starting to grow or having fun with friends. Add these notes to your jar and then in a few weeks you can read them all back.

Daily Rhythm

Our brain relies on routine and predictability. During these unsettling times we need to bring a little bit of that routine back into our day. Here is a suggested routine to help you have time to learn new skills and also play that follows the child's interest.

- Have a slow breakfast together and chat about your plans for the day. Open the blinds and curtains and let the sunshine flood in or talk about the weather outside.
 - Light a candle and add to your gratitude list
- Start the day with some time in nature- perhaps in your garden listening for the sounds you can hear and admire the nature around you. If you can get out for a daily walk do so.
 - Share the activity hook with the children.
 - Free play time around the child's interest.
 - Snack
 - More free play
- Have a mindful lunch together talking about the texture of the food and the enjoyment of eating it.
 - A quiet visualisation or yoga session
- Project work- Ask the children what they would like to make or learn about and over the next few days devote your afternoon time to this. Whether it be a spaceship, a nature mobile to hang inside or an indoor garden.
 - Story and dance time- giving you all the happy feels.





Day 1



Hook: Sharing the story of Lets Go Home Little Bear (See me reading it on YouTube)

Go with the child's interests in response to the story.

You might design a cosy den that can be made in your home or setting. A list might need to be written of what you will need and then you can go and create it. You might explore how you can add light to your den or even bake some delicious biscuits to have with some hot chocolate inside it.

This story also offers lots of lovely ideas for talking about what feeling cosy is like to each of us. This might also lead on to learning and researching about hibernation.

Depending on your child's interest in the story and questions they ask you might also decide to go into the garden and go for a listening walk in nature.



Day 2



Hook: Create a 10 frame using an old white sheet and a marker pen.

Puzzles and games are a great way of getting together and feeling enjoyment.

This easy to make ten frame is so open ended that learning can happen anywhere and with anything.

Why not create your own game where each player has a ten frame and a collection of objects they have found. Roll a dice and see who can fill theirs the quickest. This offers so many opportunities for quality interaction from the adult and a chance to support mathematical development. "Who has the most?

Which number is bigger? How many more do you need to win the game? What would happen if the other player rolled 5? How many would we have if we added both players boards together?

It can also be done with many different types of objects around the child's interests. From stones that have been collected, their favourite small world characters to every day items around the home.



Day 3



Hook: Natural Playdough

Ingredients

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- 1 tbsp vegetable oil

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water and the oil.
2. Pour the water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough.



Respond to the child's interests by adding wooden numbers and letters, flower petals and leaves, spices like ginger or essential oils like lavender or wild orange. You might also add small world characters to encourage story telling opportunities or baking resources.



Day 4



Picture taken from our speaker at the Hygge Online Conference
@Arthurwears

Hook: Receive a letter

Write a letter to the children telling them how special and wonderful you think they are. Pop it in an envelope and leave it for them to discover.

Find the letter and read it together. Talk about how it makes them feel and wonder together who they could send a letter to as an act of kindness. You might set up a letter sending station with nice notepaper, ink stampers, stickers and gell pens.



Day 5



Hook: Singing and music is a natural healer a brings us together.

Why not sing some songs about the weather and have a go at making some musical instruments to go along side. You could turn a yogurt pot or plastic bottle into a natural shaker by filling it with stones, leaves, twigs or soil.

We love the songs I can sing a rainbow and I hear thunder and if your children are interested in these you might offer opportunities for them to paint a rainbow or even make one using natural loose parts.





I hear thunder, I hear thunder

Hark don't you,
hark don't you
Pitter patter raindrops,
pitter patter raindrops
I'm wet through,
so are you!

I Can Sing A Rainbow






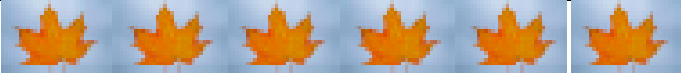



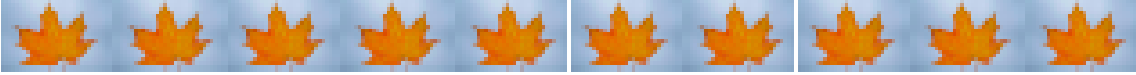
Red and yellow and pink and green,
Orange and purple and blue.
I can sing a rainbow, Sing a rainbow,
You can sing one too!

Listen with your eyes,
Listen with your eyes,
And sing everything you see.
You can sing a rainbow,
Sing a rainbow,
Sing a long with me.

Red and yellow and pink and green,
Orange and purple and blue.
You can sing a rainbow,
Sing a rainbow, Now you've sung one too!



Essential Resources

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Essential Resources

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