

Hygge 5 Day Home Pack 2



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: Cleaning and Organising

This is a great way to start your week and is a way to centre yourself when your world is feeling in chaos. |

Think of the old fashioned saying 'Tidy Home- Tidy Mind' and it's very true here.

The Scandinavians live in a very organised and minimalist way. Why not spend your day organising and cleaning with your children 'It's a Spring Clean Day!' You could get bowls of soapy water and washing up brushes to clean trays outside and think about sorting toys into different boxes. You might even want to talk to your children about the organisational systems they will use and make some labels. Take it outside by even washing the car!

As you clean put some music on to create a happy vibe-

Whistle While You Work- Snow White

Cleaning the House- Sleeping Beauty

Work Song- Cinderella

When Will My Life Begin- Tangled

Be Our Guest- Beauty and the Beast



Day 2



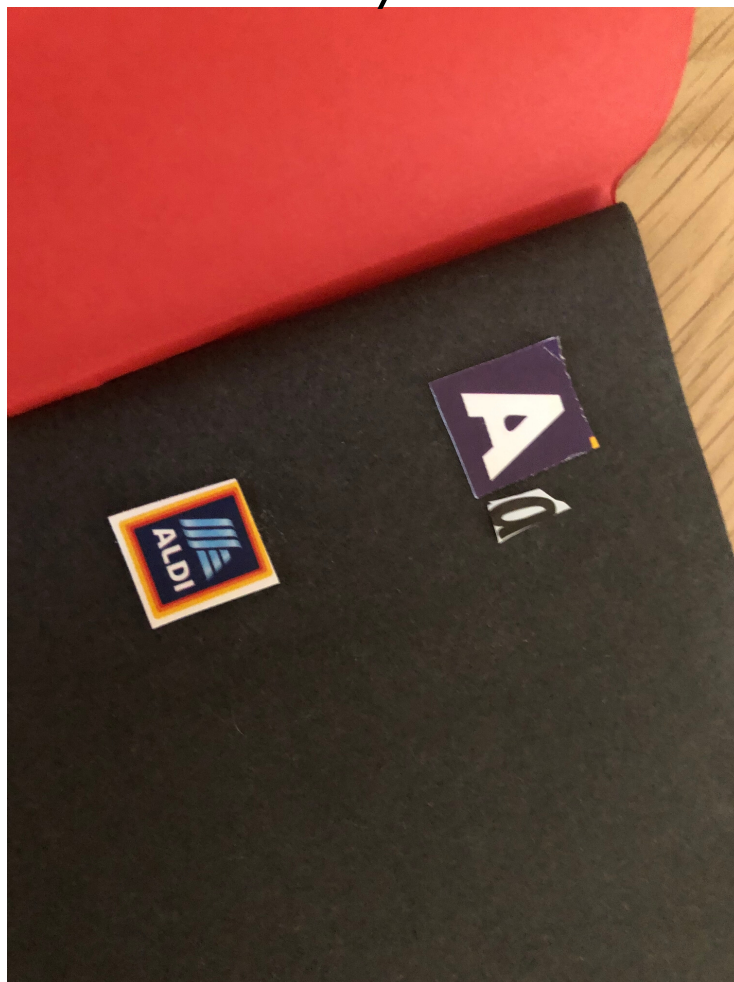
Hook: Spring Wings

This can be created on any scale you like. From creating large cardboard wings that your children can physically put on, to smaller versions or filling cardboard of different shapes.

This is a wonderful way to get outside and be present. Noticing the beauty of nature around of us. Having discussions about what they see, identifying different leaves and flowers and having the opportunity to smell and touch these.



Day 3



Hook: Alphabet Scrapbook

This is a great one for holistic development. Why not practice scissor skills, look at logos and recognise these, talk about the things you like and don't like, look at print having meaning. If you're struggling for packaging why not print off some logo examples from the internet. Make all of these into a meaningful alphabet scrapbook. You could even add photos of your friends and family under each page. This is a good activity that you can keep adding to other a few days.



Day 4



Hook: Construction

Think about your local area or your favourite place to visit. Can you use building blocks or lego to create a mini version of this place? You could make roads, parks and green areas by using some nature. If you're struggling for building blocks use cereal boxes to create your own buildings. This is a great way to talk about what's in our local area and the local community. It could also lead onto map making and why not add some small world people to support story telling play.



Day 5



Hook: A picnic blanket and natural objects

Give your children a bag with and a number card (this could be as simple as writing a number on paper) and ask children to collect that number of objects in their bag. You might decide to challenge them by only collecting one type of object (spoons, stones, buttons) or something of a particular colour. Challenge the the children by asking how many objects would be in your bag if you added one more or took one away. Children love sorting and organising in different ways. Why not lay a gridded picnic blanket down on the carpet and create patterns with the collection of objects.



Random Act of Kindness

Lets give others the emotional support they need by spreading a little bit of love and kindness. What act of kindness have you done?



Some Suggestions

Open your doors and sing to your neighbours

Walk a neighbours dog

Send a letter of love

Deliver food to the elderly