

## Using Recycling to Explore and Create A Picture

This activity helps support sensory exploration, motor coordination, colour recognition, matching, engagement, concentration and imagination.

### Resources:



- **Stiff background card:** cereal box or cardboard.
- **Recycling stuff:** tissue paper, we added wrapping paper, magazines, newspapers, sweet wrappers
- **Glue** (if you don't have glue just create your picture and take a photo of it)

### What to do:

- With your child, support them to tear or cut materials, when you are tearing you can say “tearing’ or cutting with scissors sing “open and shut them cut, cut, cut”
- Explore the materials – sensory exploration
- Support your child to stick and arrange materials in any way they like
- Support your child to create patterns.
- Below are some ideas.



## Exploring Rainbows and Creating a Cardboard Rainbow Collage

All over London children have been putting rainbows in the windows of their houses. This activity helps support engagement, sensory exploration, motor coordination, colour recognition, matching, and concentration as well as sense of community.

### Resources:



- **Stiff background card:** cereal box or cardboard.
- **Recycling stuff:** tissue paper, we added wrapping paper, magazines, newspapers, sweet wrappers
- **Glue** (if you don't have glue just create your picture and take a photo of it)



### What to do:

- Explore the materials – sensory exploration
- Cut out a rainbow shape from any waste cardboard.
- Cut or tear lots of different coloured packaging. This can extend to cut into square and rectangle shapes.
- If there are fabric scraps, explore them and cut them too.
- Separate each colour into a different bowl.
- Support your child to explore, feel, match and stick colours on to the cardboard rainbow.
- Display your wonderful creation in the window for the community, and also in a location they can see.



Focus on getting your child to match and say colour names and note when a material feels a certain way i.e soft, crinkly squashy if you have any sandpaper around add this, it's a great sensory material.

## Surprise colour box

This activity helps support motor coordination, colour recognition, engagement and anticipation.

### Resources:

- A cardboard box or a bucket
- Paper, packaging or packaging peanuts
- Objects of different colours (orange, green apple, red squeaky ball, pink toothbrush)

### What to do:

- Collect lots of paper packaging, involve your child if they will be able to help with the hunt
- Tear it all up with your child or near your child for them to explore and experience the sensory process.
- Hide objects of different colours in the box with the torn up paper.



Play a game sing “what’s in the box what’s in the box”

Get your child to fish out one of the coloured objects to explore and describe say its colour, describe the object.

7 To make it even more fun you can play this with siblings. You could also wrap the object in tinfoil, fabric or old newspaper and try to guess what it is before you open it.

## Ice play

### Resources:

- Pots and vessels from your recycling
- A baking tray, bucket or bowl
- A squeeze bottle or jug
- Warm water
- Paint or food colouring if you have.

Freeze different shapes and encourage your child to be involved in this if they can.  
If you have food colouring mix this in, paint also works



If there is any particular smell your child likes you can mix this in too (example: vanilla essence)  
You can also freeze plastic toys or objects in the ice that they are interested in (example: favourite toys)



- When the water is frozen put it into the baking tray.
- Support your child to explore the ice.
- They can see what salt does to the ice.
- Melt it with warm water.
- Slide it around surfaces.
- Chip at it with a spoon.
- If you have put food colouring or paint in then try painting with it on paper.



## Egg Shell Collage - Save your egg shells, rinse them out and dry them.

### You will need:

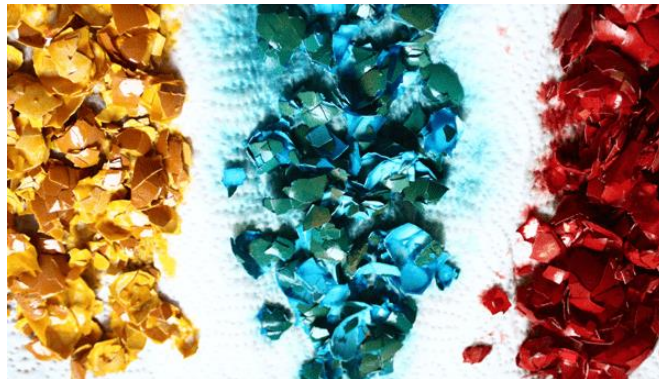
- Tupperwares or bags
- Food colouring
- Glue
- Egg shells
- Vinegar
- Kitchen roll.

### What to do:

- Divide egg shells into four containers or bags.
- Have fun crushing them up.
- Add a bit of food colouring and a few drops of vinegar (vinegar helps set the colour) and shake!



Tip out shells on to kitchen roll and let dry.



Your child will enjoy exploring the sounds, colours, texture.  
Now make a beautiful collage by sticking all the different coloured egg shell down on to card or paper with glue. If you don't have glue just make the collage and take a photo of it.

