



“Ideas for Parents on the theme of “Hearts””



Vegetable Faces

Place a mixture of sliced vegetables in a bowl eg peppers, carrots, cucumber, tomatoes strawberries, grapes. Use these sliced vegetables and fruit to make a face on a paper plate. Talk about the colours and shapes of the fruit and vegetables; can the children name all the fruit and vegetables? Discuss the importance of eating 5-a-day to be healthy.



Walking on Rope

Lay long lengths of rope or string in lines across the floor. Encourage your child to walk along the lines. Start with straight lines, then progress to overlapping the lines and see if the child can still follow one line. (This is a good activity to develop your child's balance skills.)



Blowing In Circles

Roll Playdough and make it into a coil on a table. Give your child a straw and a table-tennis ball. The child must blow down the straw onto the ball to move it round the circle until it reaches the middle. (This activity is useful to strengthen the mouth muscles of the child.)

Scissor Skills

Draw heart shapes on a piece of paper and encourage your child to cut out the shapes. Show them how to put their thumb and fingers into the scissors, then use the words “Open them, shut them” to show your child how to cut paper.



Other Ideas

Balance a small ball on the end of a kitchen roll tube. See how far the child can walk before the ball falls off.

Thread heart shaped buttons or beads on to pipe-cleaners.

Build a tower using small, pink, plastic cups. How many can you build up before they fall down?

Scrunch pink tissue paper into balls and glue them onto paper heart shapes.