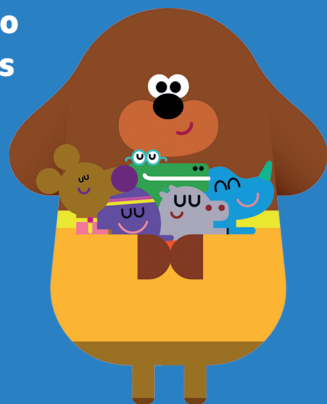


# BBC CBeebies PARENTING

## Activity Ideas

CBeebies Parenting is a website  
packed full of FREE activity ideas  
and expert advice to  
support your child's  
development



[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)



Scan here to  
visit the website





# Fun Activities

**This set of cards has a selection of activity ideas for you to try at home or when you're out and about.**

**Each card links to a film on our website that shows you how to do the activity and explains why it can help support your little one's development.**

**These are some of the everyday items you could use to play along:**

- **a scarf or tea towel**
- **a sock**
- **a teddy**
- **a ball**
- **bubble mixture**
- **building blocks**
- **a cloth bag or pillow case**

**Have fun with your little one through chat and play!**



**BBC CBeebies** PARENTING

# Peekaboo

Peekaboo is a lot of fun for your baby and can help them experience emotions like anticipation and surprise.

Position your baby in front of you and hold up a scarf to conceal your face, say 'peeka...' then move the scarf to reveal your face and say 'boo!'

**Top tip:** Play again, but leave a longer gap before saying 'boo!' to see how your little one reacts.



Scan the QR code to watch the 'Peekaboo' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)



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# Blowing bubbles

Blowing bubbles is a great way to engage your child. Little ones are fascinated by the way they float and reflect all kinds of colours.

Try blowing some bubbles and see how your child reacts.

Wait for them to respond and then blow some more.

**Top tip:** Talk about what direction the bubbles are going. You can say 'up, up, up,' 'down, down, down,' and then 'pop!'



Scan the QR code to watch the 'Blowing bubbles' activity

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# BBC CBeebies PARENTING

## What's in the bag?

Play 'What's in the bag?' with your little one by adding interesting everyday child-safe items to a bag or pillowcase.

Your child will love the surprise when you pull each item out. Name the item and talk about it. It's a great way for them to hear new words.

**Top tip:** For older children, try adding items with different textures. After naming the items, talk about how they feel e.g. 'rough' or 'smooth'.



Scan the QR code to watch the  
'What's in the bag?' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)







**BBC CBeebies** PARENTING

## Learning about faces

Name all the main parts of your little one's face, touching or pointing to them as you go.

Repeat and take turns to name the same parts of your own face.

This is a great activity for little ones to learn how to take turns, follow simple instructions, listen to simple questions and understand new words.

**Top tip:** For older children, ask them to point and name the parts of their face and body, then ask them to point to yours and then teddy's face and body.



Scan the QR code to watch the 'Learning about faces' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)





# BBC CBeebies PARENTING

## The name game

Did you know that children learn words when they hear them repeated several times in different situations?

Head outside, or walk around your house with your child and find things to look at together.

When your little one is interested in something, point at it, name it and describe what it is.

**Top tip:** Why not play this in the supermarket where there are lots of new items to look at and name.



Scan the QR code to watch the 'The name game' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)





**BBC CBeebies** PARENTING

## Playing sock puppets

Playing with sock puppets can help develop your little one's language skills.

Choose two colourful socks.

Put one on each hand to create your characters.

Give them a name and use silly voices to bring them to life.

You could pretend to feed your sock puppet...  
'Shall we feed them an apple or a banana?'

**Top tip:** Wait for your child to respond and let them lead the conversation. This will build their confidence and help them learn to take turns.



Scan the QR code to watch the  
'Playing sock puppets' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)



# **CBeebies** PARENTING **Head, Shoulders Knees and Toes**

Songs and nursery rhymes are a great way to develop little ones' language skills.

Sing the nursery rhyme 'Head, Shoulders, Knees and Toes' while doing the actions of pointing to each body part as you sing the words.

**Top tip:** Singing songs with actions helps little ones build their vocabulary and connect actions with words.



Scan the QR code for more nursery rhymes and songs

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)



## Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes,  
knees and toes

Head, shoulders, knees and toes,  
knees and toes

And eyes and ears and mouth  
and nose

Head, shoulders, knees and toes,  
knees and toes

**Action: Repeat 4 times, getting faster as you go**



**BBC CBeebies** PARENTING

# Building towers against the clock

This is a great activity to help your child learn about patience and resilience.

Ask them to build the tallest tower they can in 10 seconds.

The time pressure might make them accidentally knock their tower over. If this happens, encourage them to try again and praise them for their efforts.

**Top tip:** Try introducing words like 'longest', 'tallest', 'shortest', 'first' and 'last'.



Scan the QR code to watch the 'Building towers against the clock' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)





# BBC CBeebies PARENTING

## The toothbrushing game

Brushing teeth is a key part of your little one's healthy routine.

Put this toothbrushing routine in order.

Point at and talk through each action and decide which order each stage happens.

**Top tip:** Helping your child to brush their teeth twice a day is a great way to teach them how to follow simple instructions.



Scan the QR code to sing along with 'The Toothbrush Song' from Hey Duggee

[bbc.co.uk/cbeebies/parenting](http://bbc.co.uk/cbeebies/parenting)



We'll help you get started, first you 'Rinse your toothbrush' and then you need to...



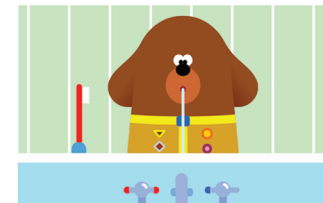
Brush teeth



Rinse brush and put back



Rinse toothbrush



Spit after 2 minutes



Done!



Squeeze on toothpaste





## BBC CBeebies PARENTING

# Drawing fun

Drawing is a great way to start a conversation with your little one.

Let them draw and talk about their picture. Add words to describe what they have drawn. Say things like 'That's a long line' or 'I like the blue circle.'

This can help them learn new words about what they are drawing.

**Top tip:** For older children, ask one question at a time. This can help them speak in longer sentences. If they draw a cat, ask 'Why do you like cats?' or 'What noises do cats make?'



Scan the QR code to watch the 'Drawing fun' activity

[bbc.co.uk/cbeebies/parenting](https://bbc.co.uk/cbeebies/parenting)

