

# Stay & Play

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# Hello song

Sing 2x times

Wave, wave, wave hello  
How are you today?  
Hello everyone  
We hope that you will stay

Clap, clap, clap hello  
How are you today?  
Hello everyone,  
Are you ready to play?

## What's in the bag? song

Don't forget  
to play the  
Tiny Happy  
People music  
track!

Shake, shake, shake  
What's in the bag?  
Shake, shake, shake  
What's in the bag?  
Shake, shake, shake  
What's in the bag?  
What is in our bag today?

(spoken)  
Is it round, is it square?  
Is it hard or soft?  
Let's have a look and see  
Exactly what we've got!

Shake, shake, shake  
What's in the bag?  
Shake, shake, shake  
What's in the bag?  
Shake, shake, shake  
What's in the bag?  
What is in our bag today?

# What's in the bag?

- 1 Collect a few fun, safe objects for the children to play with. These could be toys or household objects, like a wooden spoon or a hairbrush.
- 2 Build excitement and anticipation by shaking the bag and say or sing "What's in the bag...?"

## For younger children:

Pull out the item, name and describe what you see.

- Is it hard or soft?
- Talk about the function of the item...it's a hairbrush – you can brush your hair, brush mummy/daddy's hair/brush teddy's hair - add actions too!

## For older children:

Create anticipation before pulling out the item by:

- Describing how the objects feels
- What the object could be used for
- What colour it is

Once revealed, you can then ask simple questions about the object.

- 3 When you pull the object out of the bag, hold it up near your face. This way the children can watch your mouth movements when you say the words.

## Benefits of this activity

- Develops sharing and turn-taking skills
- Builds anticipation
- Encourages the child to listen and respond
- New objects introduce new vocabulary.

# Peekaboo

- 1 Use a cloth, tea towel, item of clothing or hands to play this activity.
- 2 Sit in a circle with parents and their little one lying or sitting on the floor facing them.
- 3 Encourage parents to place their cloth/hands over their face and say 'peeka', then reveal their face and say 'boo!'
- 4 Allow parents time to play a few times, then play again leaving a longer pause before saying 'boo' to see if their child responds – it could be they pull at the cloth, look at you, smile or gurgle in response.
- 5 Older toddlers might start to copy their parent/carer and want to take turns.

## Benefits of this activity

- Develops their sense of object permanence
- Promotes eye contact
- Practises turn taking - the back and forth of conversation
- Helps little ones experience emotions like surprise and happiness.

# Sock puppets

This activity is a great opportunity for free play!

- 1 Ask parents to explore the socks with their little one
  - Who do they belong to?
  - How do the socks feel?
  - Where they are worn - you put them on your feet?
- 2 Encourage parents to put one sock on their hand and the other sock on their little one's hand.
- 3 Parents can give the sock puppet a name or give their little one a choice of names to choose from.
- 4 Introduce them to their child and speak to them as the puppet character. Use lots of expressive voices and describe what they're doing, 'Sammy the Sock is tickling your toes!'
- 5 Remind parents to let the child lead - pause and wait for them to respond, try letting them decide what the character does next.
- 6 Ask simple questions like 'what does Sammy like to eat?'

## Benefits of this activity

- Helps children use their imagination
- Encourages little ones to use actions and expressions
- Builds their listening skills.

Don't forget  
to play the  
Tiny Happy  
People music  
track!

## Head, shoulders, knees and toes

For younger babies point to their body parts as you  
sing the song.

(with actions x4 times - getting faster each time)

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



# Learning about body parts

Try using a teddy for this activity.

- 1 Encourage parents and carers to sit face to face with their little ones.
- 2 Ask parents to name all the parts of their little one's face and body, touching or pointing to them as they go.
- 3 Repeat and take turns to name the same parts of their own face and body.
- 4 For older children - ask them to point to the parts of their face and body... and then ask them to point to their carer's and then teddy's face and body.

## Benefits of this activity

- The more your children hear the names of different parts of the face, the quicker they'll understand and be able to use the words correctly.
- Seeing the words used for the same things in different contexts will help them realise that words like 'nose' all refer to the same thing, so try taking turns naming 'baby's nose', 'daddy's nose'. You could also try 'teddy's nose'!



# Blowing bubbles

A great activity to finish the Stay & Play

- 1 Encourage parents to sit face to face with their little one.
- 2 Get the child's attention by saying 'ready...steady... go'.
- 3 Blow bubbles using the wand and describe what is happening using simple, single words like 'up, up, up', 'down, down, down' and 'pop'.
- 4 Let the bubbles pop then say 'more' or 'again'.
- 5 Wait for your little one to respond, this could be a look, babble, point – gesture or word then blow more bubbles.
- 6 You can encourage older children to take turns blowing the bubbles.

## Benefits of this activity

- Describing the bubbles; 'big', 'small' and 'wet' provides opportunities for little ones to hear new words
- Encourages turn-taking
- A good exercise for the developing muscles in the jaw and mouth
- Popping bubbles promotes the development of hand-eye coordination.

A purple circular bubble with a white border containing the text 'Don't forget to play the Tiny Happy People music track!'.

Don't forget  
to play the  
Tiny Happy  
People music  
track!

# Goodbye song

Singalong with actions!

Bye everyone, time to go,  
Stretch up high then touch your toes,  
With a zip zap, clap clap, boogie woogie whoo  
We've had fun, hope you have too!

Bye everyone, time to go,  
Stretch up high then touch your toes,  
With a zip zap, clap clap, boogie woogie whoo  
We've had fun, hope you have too!

Bye everyone, time to go,  
Stretch up high then touch your toes,  
With a zip zap, clap clap, boogie woogie whoo  
We've had fun, hope you have too!

**BBC** TINY *Happy* PEOPLE

# Extra activities to add to the Stay & Play

**BBC** TINY  
*Happy*  
PEOPLE

# Ball games

Suitable for older children

Try playing this activity with rolled-up socks

## NAME AND CATCH

- 1 In your group, ask everyone to say the name of the person they want to roll or throw the ball to before their turn throwing or rolling.
- 2 If children find this game too easy, why not give everyone a number or the name of an animal or fruit? They must then say the number, animal name, or fruit of the person they want to throw the ball or rolled-up socks to.

## STUCK IN THE MIDDLE

- 1 Someone is stuck in the middle and has to try and get the ball/socks from the other two throwers, who are throwing to one another.
- 2 Use this game to introduce words like 'high', 'low', 'quick' and 'slow' when throwing the ball.  
Make sure to switch up who is in the middle regularly, especially if children are struggling to catch the ball/socks.

## Benefits of these activities

- Helps children with turn-taking skills
- Throwing the ball/socks back and forth mimics a conversation and shows children how a conversation works
- Builds anticipation, waiting skills and good hand-eye coordination.

# Building blocks

Suitable for older children

- 1 Using building blocks, ask parents to encourage their child to build the tallest tower they can in 10 seconds. Or you might want to increase this to 20 seconds, depending on the child's ability.
- 2 Add a level of difficulty by asking them to count the blocks as they're building.
- 3 The time pressure might make them knock over their tower as they build it. If this happens, encourage them to try again and praise them for their efforts.

## Benefits of this activity

- Helps children learn to describe the properties and positions of items
- When the towers falls, it allows children to talk about emotions and feelings - it's a great opportunity to explain that things might not always go right at first
- Teaches little ones about resilience and perseverance
- Helps boost fine and gross motor skills and hand-eye coordination.