

## Daily tips for Playful Learning at Home – Number 29

### ***Making (and following) tracks!***

This can be a fun activity even if you don't have much space. It can be done inside or outside. Tracks can be simple or difficult to suit you and your child and the space and resources you have available. This activity can be extended over a few days: making tracks, treasure hunt, etc.

#### **What do I need?**

Whatever you have available:

- Paper/card/old birthday/Xmas cards/tin foil, etc.
- Leaves/shells/fir cones/stones
- Chalk/paint/crayons
- Flour/icing sugar/talc
- Reference sources for looking up animal prints
- Cars/trucks/toy animals/small world toys

#### **What will your child learn from this play?**

This game can help to develop:

- co-ordination and balance
- body awareness
- concentration and attention span
- independent play
- language and vocabulary – footprints, handprints, animal tracks
- colour matching
- learning about animal prints
- awareness of right and left

#### **What do we do?**

Make tracks:

- Dip the wheels of toy cars in paint and 'drive' them over paper to make tracks
- Dip toy animal/people into paint and make footprints
- Ride your bike or scooter through a puddle of water or mud to make tracks outside

Create tracks of your own to follow:

- Draw round hands or feet to make foot/handprints and cut them out
- Draw hands and feet straight onto pavements/paths to make tracks
- Use leaves/shells/fir cones /stones/small toys to make tracks
- Use cardboard to make templates and sieve flour/icing sugar/talc over the template to make a track

Follow tracks

- Try and follow the tracks matching your hands and feet to the cut-outs
- Use foot/handprints/shapes to make treasure trails through your space. Encourage your child to follow the track and bring you back the 'treasure' it leads to
- Try making more than one track using coloured card and ask them to follow just one colour
- Make bear footprints and go on a bear hunt to find 'teddy'

You might need to show your child what to do. It's important to keep this at their level so that they don't find it too difficult or too easy and lose interest.

#### **How can you take it further?**

- You could make the prints you have made into garlands
- Look online or in books to find different tracks and footprints and match them to the animal!
- Colour code hands and feet, right and left
- Read or watch the story 'We're going on a bear hunt'