

## Daily tips for Playful Learning at Home



### *Store cupboard Searches*

Sometimes children learn the most not from expensive toys or special activities we spend ages setting up but from just taking part in the life of the home and exploring what is there. Today's idea is simple – to support your child to explore your food stores and the fridge and chat with them about what they find.

Lots of learning about different foods, how they are stored and where they come from.

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

- Some quiet time when you can explore and chat with your child
- Some cupboards or the fridge that you can explore **safely** with your child – you may decide it is best to fill a box for them to look inside instead
- Best to avoid any climbing or stretching so remind your child about the safety rules of the kitchen

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

- Searching and exploring skills
- How to put things away!
- Curiosity development
- Different kinds of food
- Safe storage
- What food is good for us and where it comes from
- Vocabulary and language

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

Show your child the box you have prepared, or help them to access a low level food cupboard or the fridge

Let them take things out, maybe one by one! Some children will be initially most interested in taking everything out and putting it back, so go with that within reason

For each item, chat about it with your child. Tell them what it is, where it comes from and how to store it

Answer any questions they have, and move on to the next thing

Remember that part of the play is helping you put everything back neatly!

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

You could try sorting the items into different types – make groups of veg, drinks and grains; or by size or whether your child likes them or not!

Chat about which can be used to make what – your child may like to “help” you plan the next meal and get things ready

Search online for information about any of the foods your child is interested in