

# Mouse Club Activity cards

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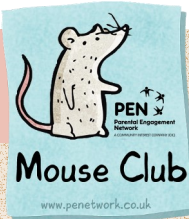
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1. About Me



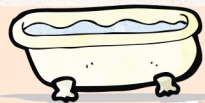
Mice and children  
need lots of sleep!



Can your child get  
Mouse ready for bed?

Can they get themselves  
ready for bed?

Pretend to wash  
Mouse



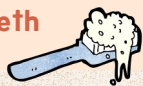
Have a wash  
or bath

Wrap Mouse in some  
fabric for pyjamas



Put pyjamas on by  
themselves

Pretend to brush  
Mouse's teeth



Brush their  
teeth for about  
two minutes



Share a book  
with Mouse



Mouse needs  
to be in bed  
before 7.30!



Give Mouse  
a kiss

Go to sleep with  
Mouse!



1. About Me



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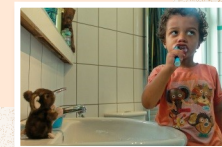


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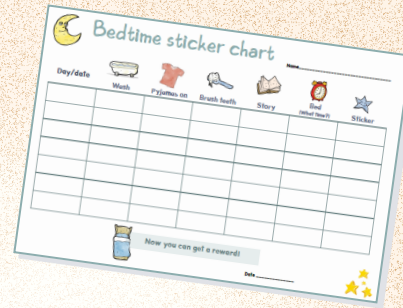
Go to sleep with  
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Tick off what your child has done on the bedtime chart.

When they are in a good bedtime routine you could give them a little reward.



**Make sure your child doesn't have any screen time for at least an hour before they go to bed.**

**The light from screens stops the brain relaxing and interferes with sleep!**



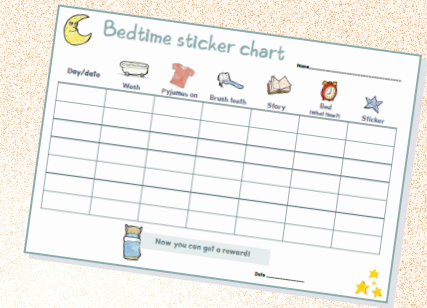
### How are you helping?

- Getting your child into good sleeping habits is vital for them to be able to learn at school
- Beginning to share books and stories will help them to do well at school
- Developing their skills (e.g. brushing teeth) will help them to be independent.



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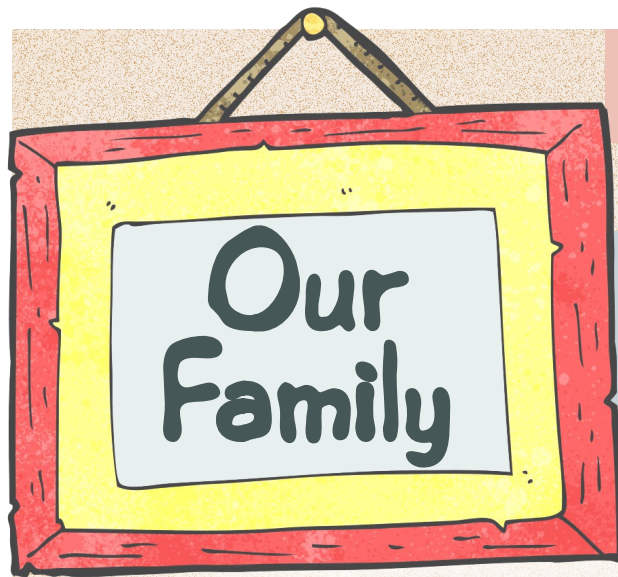
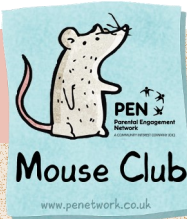
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## 2. About Me



Talk about  
your family!

Talk about your hands.

Do they have  
lines on?

Are you wearing  
any rings? What  
do they mean?

Whose is  
bigger?

Are you wearing  
nail varnish?

Draw round your hand and your child's hand.

Help your child to write inside the  
drawings of hands...



the  
person's  
favourite colour

the person's  
favourite food



something special about them

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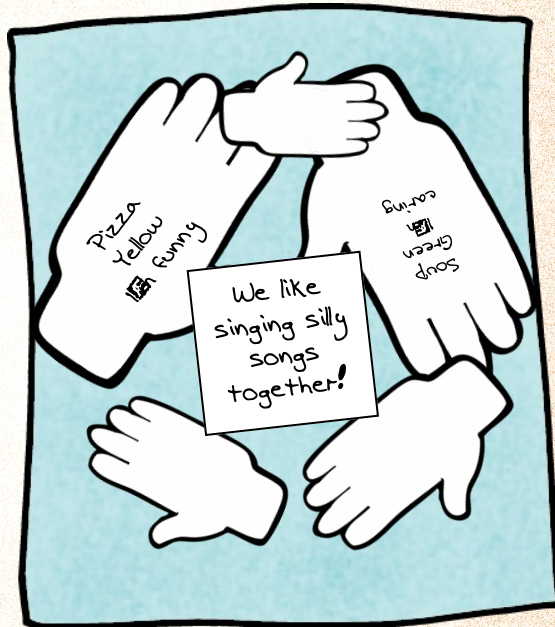


Make hands for some of the people in your family  
(you could include family friends as well!!)



Cut out the  
hands and put all  
of them together  
in a circle.

In the middle,  
write down what  
you like doing  
together.



Put the hands  
into a family  
treasure box.

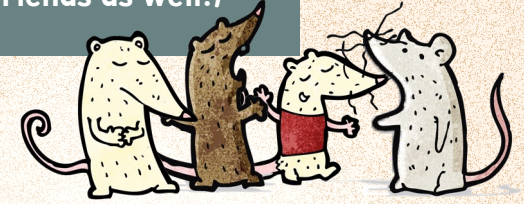


How are you helping?

This activity will help your child to...

- think and talk about your family
- practise writing
- think about family celebrations and traditions

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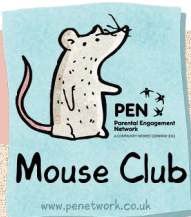
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# Goldilocks & the 3 Bears

3. Books & stories



Can you make porridge like the 3 bears?

Can you make the porridge thick?



## How are you helping?

Making porridge together can help to...

- make healthy eating exciting
- make sure you have a healthy start to the day
- develop their language. if you talk to them about what they like, and share their ideas
- encourage cooking together

Can you add fruit to your porridge?



Can you make the porridge runny?

Listen to the story



Scan me

Encourage your child to try different healthy toppings and chat about what they like!



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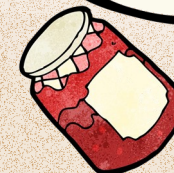
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# Porridge Recipe

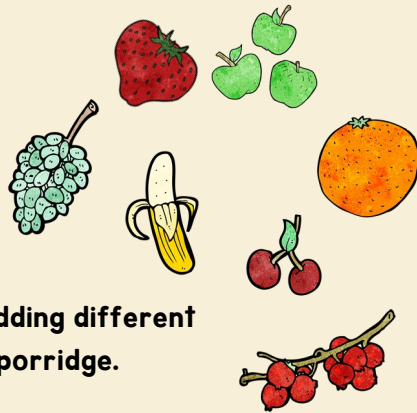
For one serving of porridge:

**You will need...**

50g Porridge Oats

350ml Milk or Water

Anything you want to add to your porridge! Try adding different fresh or dried fruit to your porridge.



## How to make the porridge:

- 1 Put the oats in a saucepan and pour in the milk or water.
- 2 Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.
- 3 To serve, pour into bowls and add the toppings you have chosen! Get creative to make your porridge healthy and delicious!



Porridge is great to have for breakfast because it's very healthy!

# Porridge Recipe

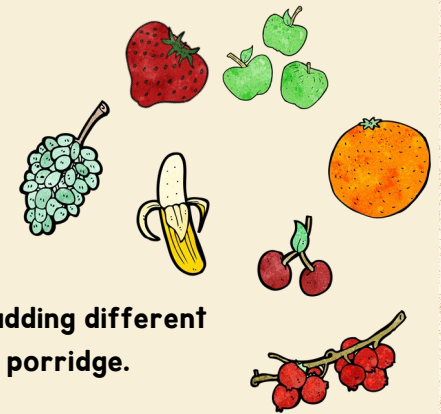
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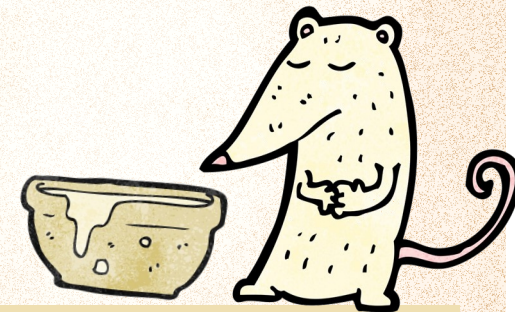
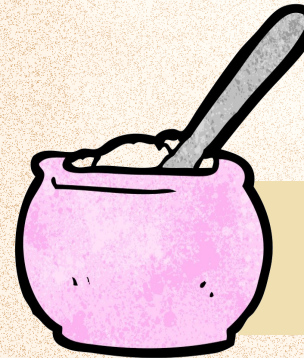
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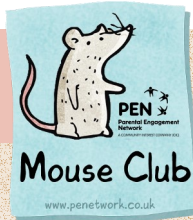
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# Harvest

Make a scarecrow to protect your plants or windowsill!



Scarecrows help protect our crops from being eaten by birds.



Can you make your own scarecrow?

Will it have a name?

What will your scarecrow protect?

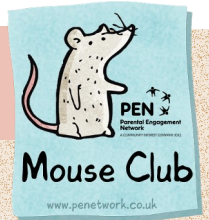
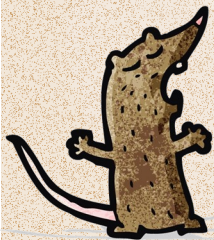


Have you ever seen a scarecrow before?  
What did it look like and where was it?

How are you helping?

Making a scarecrow together will help children to...

- Be creative
- Develop the skills needed to make things
- Understand where their food can come from and that farmers grow food for supermarkets to sell.



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## To make your scarecrow:



You could use...

- Old clothes you no longer wear
- Newspaper
- String
- Somewhere for your scarecrow to live

Choose the clothes you want to use and stuff them with scrunched up newspaper.



Close any open gaps by tying them up with string.

Put them together to make the shape of a body.



Pop your new scarecrow up somewhere it can protect your plants or things!

Farmers grow crops that grow into the food that we eat.

Scarecrows protect these and do a very important job!

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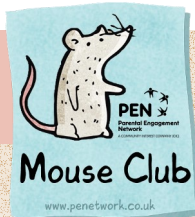


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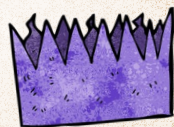


# Party!

Make a  
party hat!

## You will need...

- Strips of card stapled or stuck together to make a crown
- Crayons, coloured pencils or felt tip pens
- Old newspaper/magazines
- Glue or flour and water paste



Can you write your name on your party hat?

You could write it on in crayon or felt tip, or cut out letters from newspapers/magazines and stick them on.

## You could also...

- Draw pictures or patterns
- Stick on pictures of things from newspapers/magazines

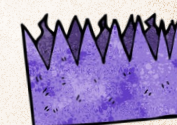


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Can you help other people in your family to make a hat too?



Can you make party invitations for family or friends? Make them nice and colourful!

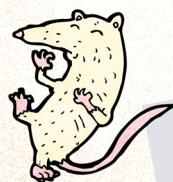
Prepare some nice party food together, or make pretend food out of play dough.



Scan me



Do you know any party games? Can you make some up together?



Put some music on and sing and dance together!



## How are you helping?

- Using pens, folding, sticking and cutting helps your child to practise using their hands.
- Making hats encourages them to be creative and make decisions.
- Having a party shows them that learning can be fun!



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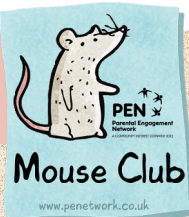
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# Number Games

6. Counting & Number



Have fun playing with numbers!

## Hopscotch

Use chalk to draw a hopscotch pattern on the ground with a number in each square.

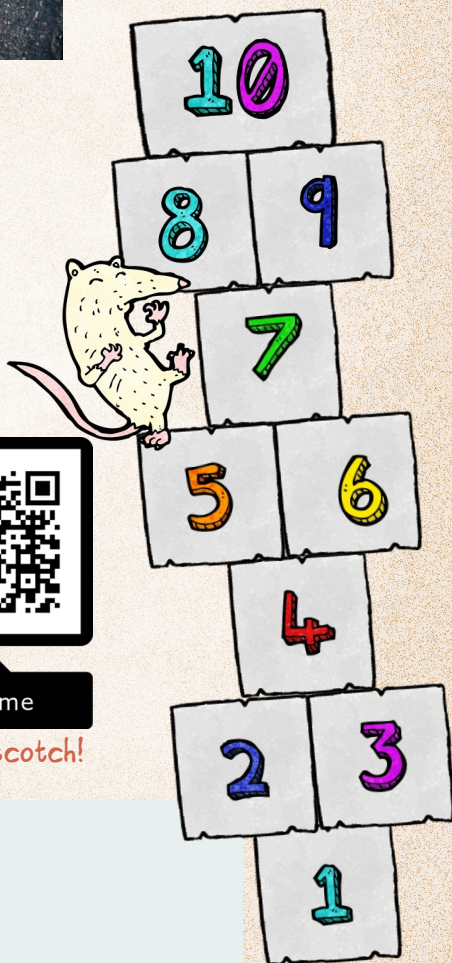
Call out a number, and see if your child can jump onto the right square.

Now it's your turn to jump on a square! Can your child say what number you are on?



Scan me

Learn to play hopscotch!



## How are you helping?

This activity will help your child...

- recognise numbers 1-10
- keep healthy by getting physical exercise
- understand the values of numbers

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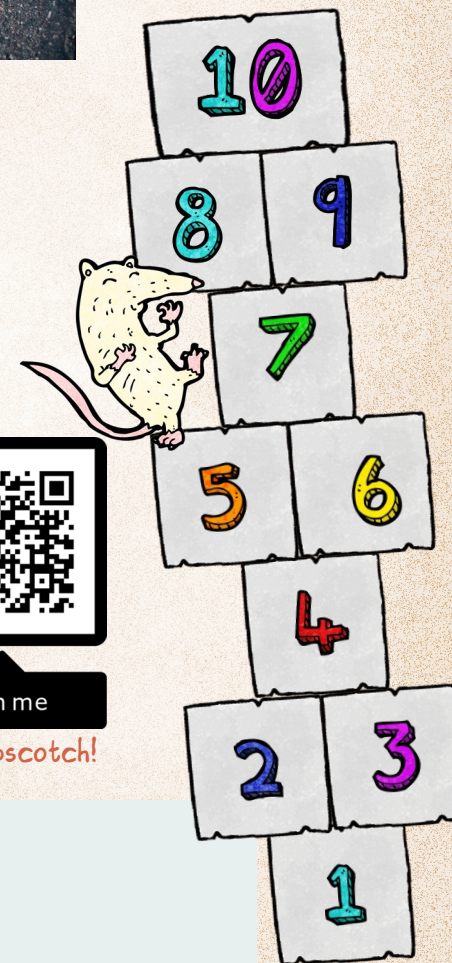
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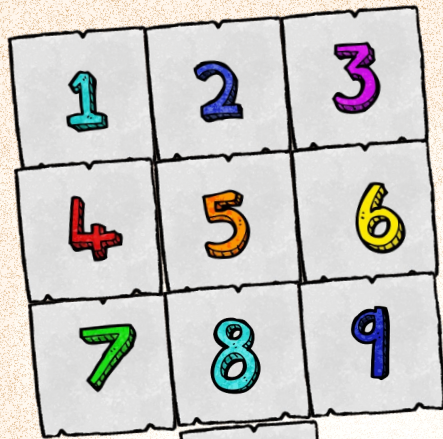


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Make a number square like a phone keypad.

Can your child jump on their age?

Your door number?  
Your phone number?

### Tip

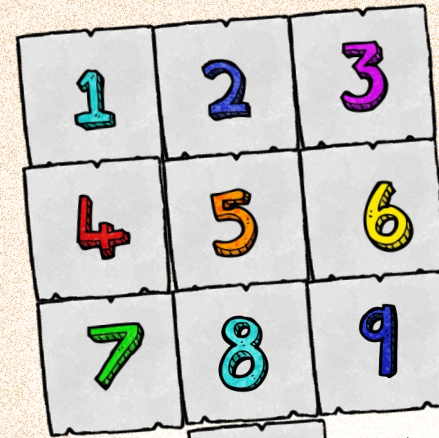
If you can't go outside, you can make a hopscotch on the carpet with masking tape or electrical tape



Collect lots of sticks, leaves, stones, etc.

Can your child put one object on square 1, two objects on square 2 and so on?

How many squares can they do?



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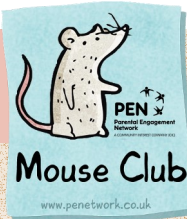
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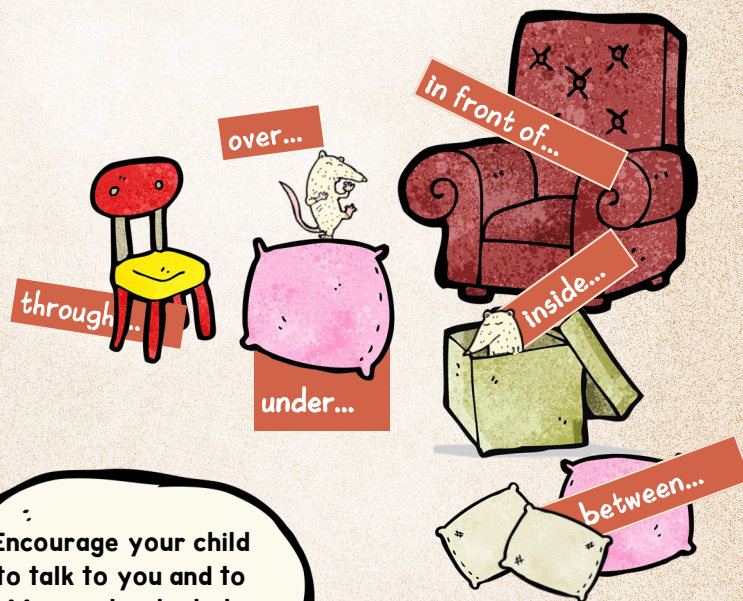
7. Games & Turn Taking



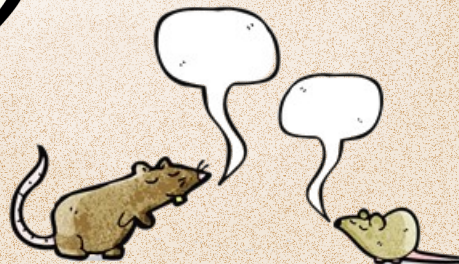
Play with Mouse around the house!

Make an obstacle course using chairs, pillows, cardboard boxes or anything else you can find...

Can your child and Mouse crawl over, in front of, inside, through, under and between the obstacles?

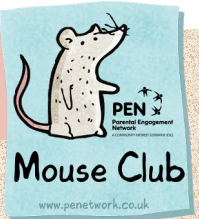


Encourage your child to talk to you and to Mouse about what they are doing



# Indoor Play

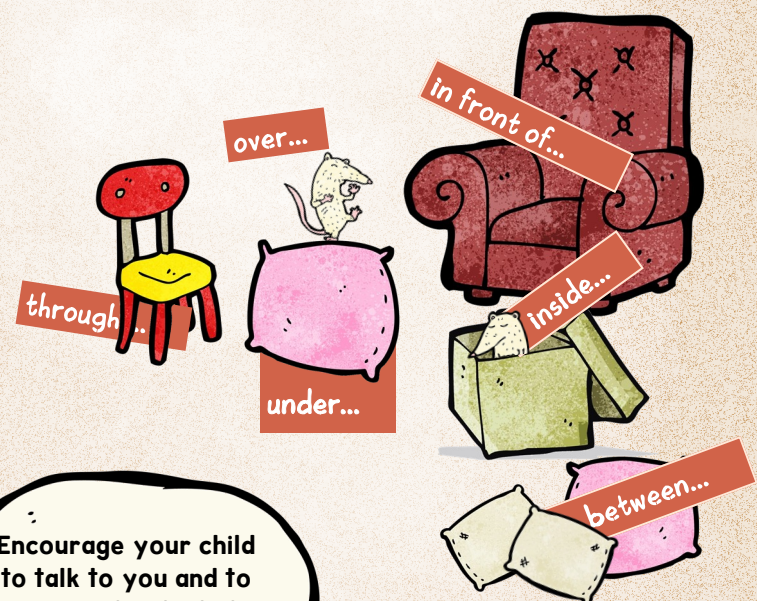
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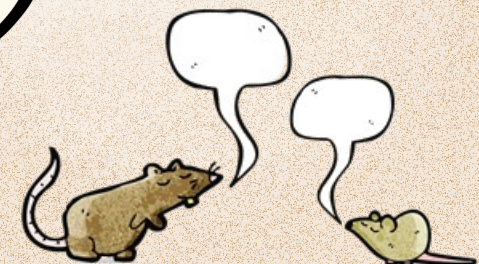
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## Play Mouse's favourite games together!

### Hide and seek

Mouse loves to play hiding games!

Can your child go and hide with Mouse?

Count loudly to 5 and then go looking for them...

Now it's your turn to hide. See if they can find you!

Or...

Your child could hide Mouse for you to find.

If you get closer to Mouse, they shout "warmer!" If you get further away, they shout "colder!"



### Mouse says...

Give the family an instruction (like "Wave your arms").

If you start the instruction with "Mouse says...", everyone has to do it.

If you don't say "Mouse says", people mustn't do it!

Mouse says  
clap your  
hands!



Put your  
hands on  
your head!

### How are you helping?

- Moving around and dancing helps your child to strengthen their muscles and keep fit and healthy
- Learning to follow instructions will be important at school

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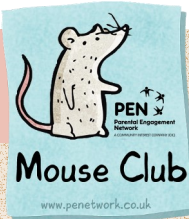
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# Play dough!

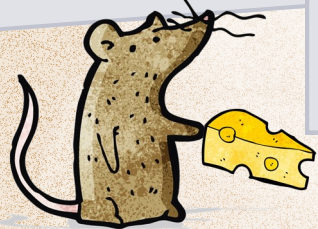
8. Making



What can you make for Mouse with playdough?

Have fun playing with it...

Can you make some cheese for Mouse to eat?



Can you make a ball for Mouse to play with?



See what you can make...

Can you make a long, long mouse tail?

## How are you helping?

Playing with play dough helps your child...

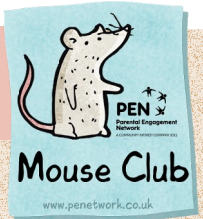
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- be creative and develop their own ideas
- develop their language, if you talk to them about what they are making

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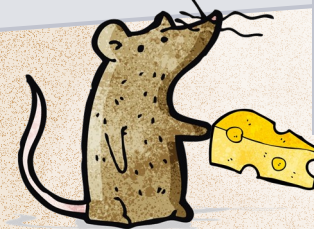
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# Play Dough Recipe

You will need...

½ tablespoon oil

½ cup salt

¼ cup water

1 cup plain flour

(Food colouring, if you want coloured play dough)



You can double these quantities if you would like more play dough!

## How to make the play dough...

- 1 Mix the salt and the flour.
- 2 Put the water into another bowl. You can add food colouring now.
- 3 Add the oil to the water.
- 4 Spoon the dry mixture into the liquid mixture and give it a stir.
- 5 Give it a good knead until it feels like dough.
- 6 Now have fun playing with it!

Scan this code with your smart phone for a video showing you how to make play dough



If you store the play dough in an airtight bag or container it will last for several weeks!

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- 5 Give it a good knead until it feels like dough.
- 6 Now have fun playing with it!

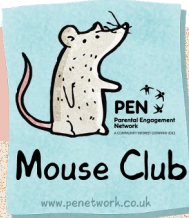
Scan this code with your smart phone for a video showing you how to make play dough



If you store the play dough in an airtight bag or container it will last for several weeks!



9. Making

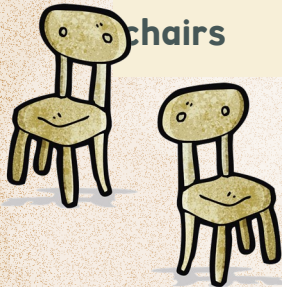


# A house for Mouse

Can you build a den for you and Mouse?

You could use...

sheets or blankets



chairs

boxes

(you can often get them free from supermarkets)



Take a photo of your den to show your child's teacher!



9. Making

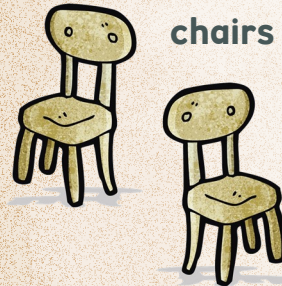


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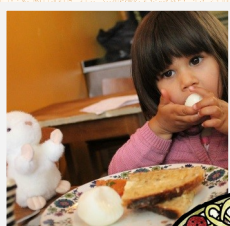


Take a photo of your den to show your child's teacher!





## Dinner with Mouse



Can your child...



...show Mouse how they sit at the table?

...show Mouse how they use a knife and fork?



...make some pretend food with play dough?

They could make potatoes...

spring rolls...

peas...



Invite Mouse or someone else to dinner and share the pretend food with them.



...talk to Mouse about going to school?

See if your child can...

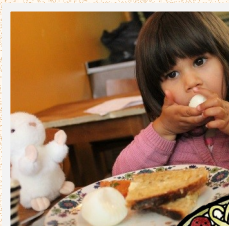
- Drink from a carton using a straw
- Unwrap food
- Open a lunch box



How are you helping?

- Your child will need to know how to eat independently at school
- Using their hands helps develop muscles to hold and use cutlery, unwrap things, write and draw.

## Dinner with Mouse



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...show Mouse how they sit at the table?

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# Growing a plant

Can you grow a plant  
for Mouse?

You could try tomatoes,  
sunflowers or beans...

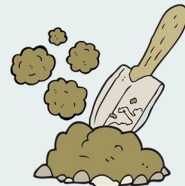
You will need...



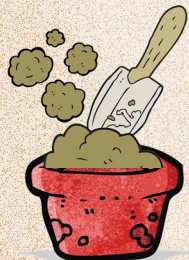
plant  
pot

(you could put some  
holes in the bottom of  
a yogurt pot)

Compost  
or soil



water



1

Put the compost into your pot.

2

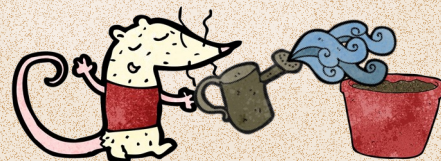
Make a shallow hole in the middle of  
your compost.

3

Put the seed into the hole and  
cover it over.

4

Water it gently!



# Growing a plant

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sunflowers or beans...

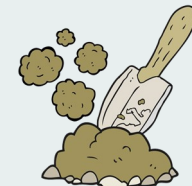
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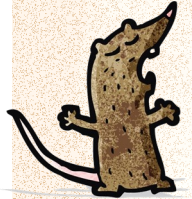



**Talk about where the plant will grow best. What do plants need to grow?**



Sunlight 

Warmth 

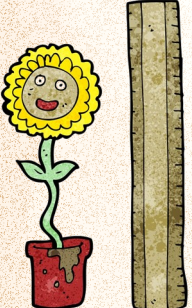
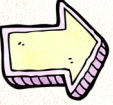
Water 


Find a sunny place to put your plant and watch it grow!

Water the plant every few days. Make sure it doesn't get too wet.

Measure how much the plant grows each week!




### How are you helping?

This activity will help your child to learn


- how to look after living things – what they need to grow
- to observe and understand how plants and people grow and change
- that you can grow your own food


Look together at pictures of family members as babies. Talk about how have they changed.


You could mark how tall they are against a wall and see how they grow (like the plant)

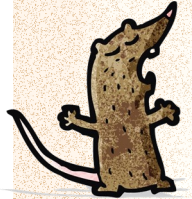




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Warmth 

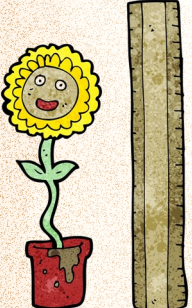
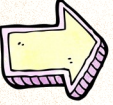
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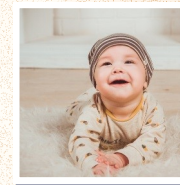
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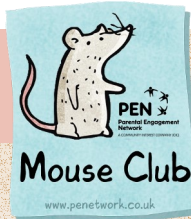
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11. Nature & Environment



# Animals

Have a chat about animals together!

What noise does a dog make?

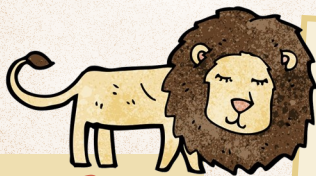


What is your favourite animal?

Where does a fish live?



How many animal noises can you make?



How are you helping?

Talking together helps children...

- to develop conversational skills
- to develop awareness of nature and animals
- to practise and improve turn-taking skills
- Understanding the world around them

Where have you seen animals before? Did they make any noises? What do you think they were saying?



11. Nature & Environment



# Animals

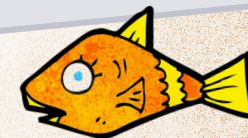
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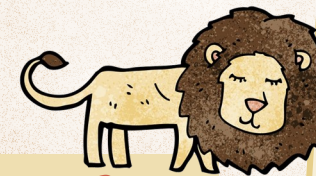


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## Play "Guess the Animal"

You can play with as many people as you want.

The first player makes an animal noise.

The other players try to guess which animal they are imitating.

The player that gets it right goes next. Now it's their turn to make an animal noise!



## Sing "Old MacDonald Had a Farm" together


Scan the QR Code to find a video of the song.

Sing it together and you could come up with your own actions!

Why not try to make your own version of the song by putting your own name instead of Old MacDonald!

What animals would you have on your farm?



 Scan me



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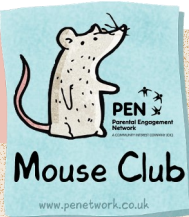
 Scan me





# Going Outside

12. Outside



Take Mouse for a play in the park!



Can your child show Mouse how they can put on their shoes and coat before going outside?

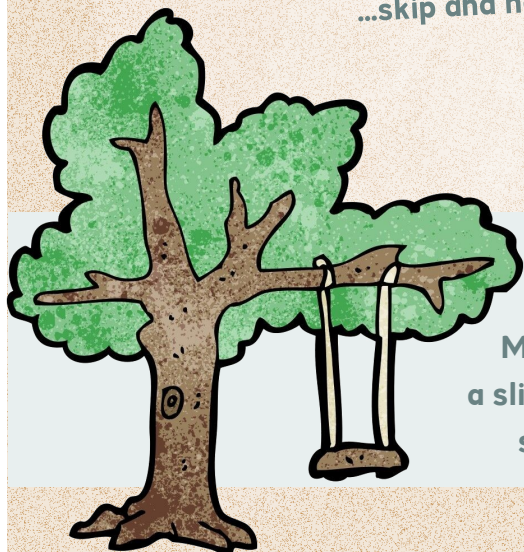
Can your child...?

...kick and catch a ball...

...climb...

...skip and hop...

...run...



Can your child take Mouse down a slide or on a swing?



12. Outside



Take Mouse for a play in the park!



Can your child show Mouse how they can put on their shoes and coat before going outside?

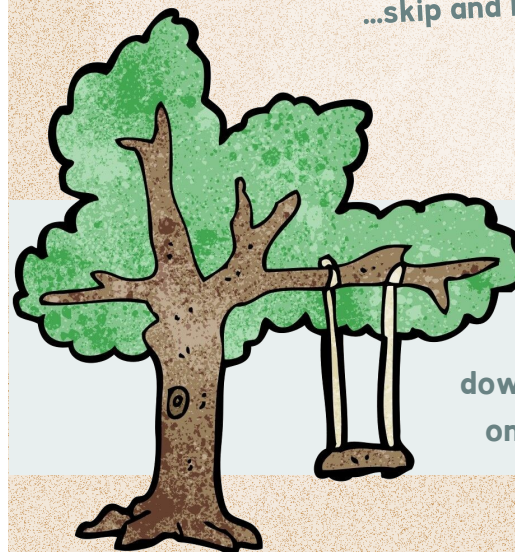
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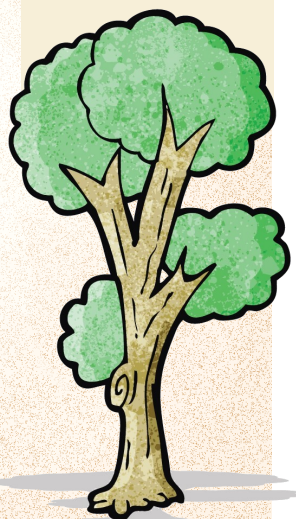


Collect leaves and sticks and take them home!



You could make a picture out of them, or build a cosy nest for Mouse.

Take your child and Mouse to play outdoors regularly—and use the chart to note down where you go. Take it into school to show the teacher.



## How are you helping?

Playing outside helps your child to...

- strengthen their muscles
- get fit and healthy
- learn better
- learn to take risks and be adventurous



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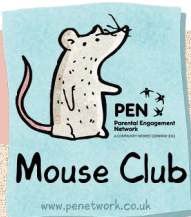
Playing outside helps your child to...

- strengthen their muscles
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# Out & about

13. Outside



Have fun on a walk together!



Go for a number walk.  
See what numbers you can spot.  
You might find them...



on front doors

in the shops

on road signs

on the front of buses



Can you find the number that matches your child's age?

Can you find a number that is on your door or in your telephone number?

# Out & about

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Go for a number walk.  
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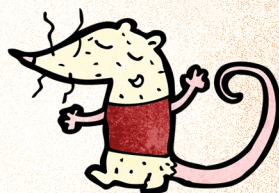
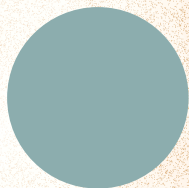
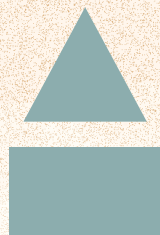


Can you find the number that matches your child's age?

Can you find a number that is on your door or in your telephone number?



See how many things you and your child can find on your walk which are squares, rectangles, triangles or circles.

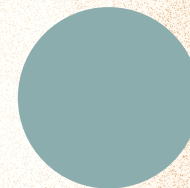
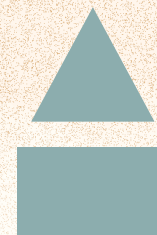


## How are you helping?

This activity will help your child...

- show an interest in numbers and shapes they might see outside
- begin to recognise numbers written in different ways
- enjoy walking, which is good for their health
- learn and practise road safety

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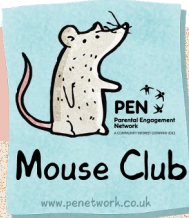


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- begin to recognise numbers written in different ways
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- learn and practise road safety





# Walk and talk

Mouse loves going for a walk!

Go for a walk together

Talk about what you can hear



Birds singing...

Dogs barking...



Car engines...

Talk about what you can see



Cat



Block of flats

Ask questions about what is happening...

Why is the cat running away?

Post box



Library

Who is riding the bike?

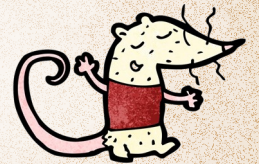


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Post box



Library

Who is riding the bike?



## What vehicles can you see?



What are they like?

Can you describe their size, colour, and sound?



Big yellow digger

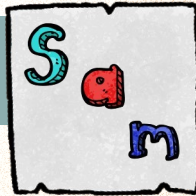


Little green car



Fast red bike

## What letters can you see?



Can your child see any of the letters in their name?

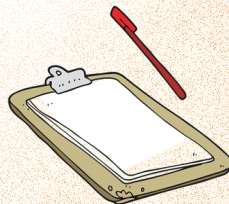
Can they write them down?



## How are you helping?

This activity will help your child to...

- be active and healthy
- take notice of their surroundings
- comment and ask questions
- describe places or events

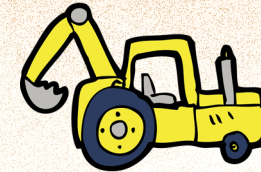


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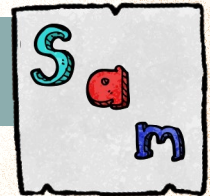


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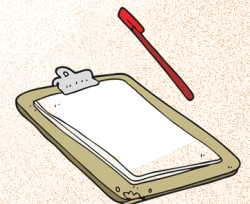
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## 15. People Who Help Us



# People who help us

There are lots of people who help us and do important jobs!

Can you think of any people who help us?

Who helps when we are unwell?

Who could help us if we are in trouble?



What different ways can our family help us?

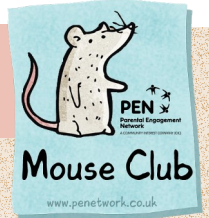
### How are you helping?

Talking together helps children to...

- understand the value of people in our community
- know where they can get help and who helps them
- know how people help us



## 15. People Who Help Us



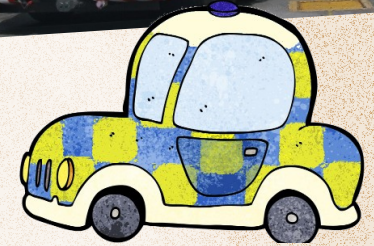
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### How are you helping?

Talking together helps children to...

- understand the value of people in our community
- know where they can get help and who helps them
- know how people help us





## Walk around your local area...

How many people can you see who help us?  
What do they do and how do they help us?



### You might see...



#### Refuse Collector

They take away our rubbish and recycle it if they can to help keep our streets and planet clean!



#### Lollipop Person

They help us to cross the road safely

#### Police Officer

They can help us in an emergency, or if we are lost



#### Librarian

They can help us find lots of different books for us to enjoy



#### Post man/woman

They deliver letters and parcels for us

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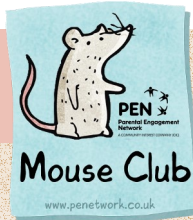
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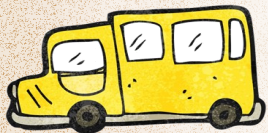


# Singing Together

Sing and  
dance with  
Mouse!



Sing this song with your child  
and do the actions together:



The wheels on the bus go round and round,  
round and round, round and round.  
The wheels on the bus go  
round and round,  
all day long!

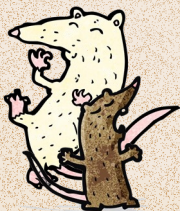


The horn on the bus goes beep, beep, beep...

Put your child's  
name in this verse



**Alfie on the bus**  
says "move along  
please"...



Find the tune and  
the actions



Scan me



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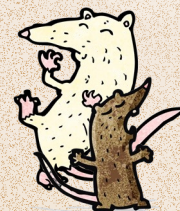


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**Alfie on the bus**  
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Find the tune and  
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Scan me





If you're happy and you know it,  
clap your hands (clap clap)

If you're happy and you know it,  
clap your hands (clap clap)

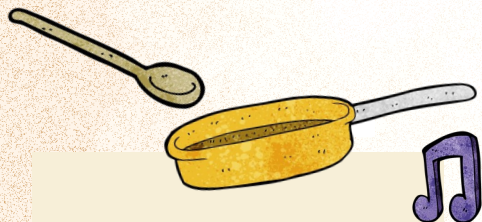
If you're happy and you know it,  
and you really want to show it

If you're happy and you know it,  
clap your hands!

(clap clap)



If you're happy and you know it,  
pull a face  
(pull face!)...



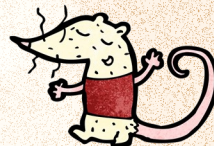
Find some pots and  
pans and a spoon, and  
play a simple rhythm  
e.g. slow, slow, quick,  
quick, slow...

Can your child repeat  
the rhythm?



Scan me

Can you make up  
your own silly  
verses and actions?



## How are you helping?

This activity will help your  
child to...

- learn about rhythm and rhyme
- express themselves through movement
- make up simple songs



If you're happy and you know it,  
clap your hands (clap clap)

If you're happy and you know it,  
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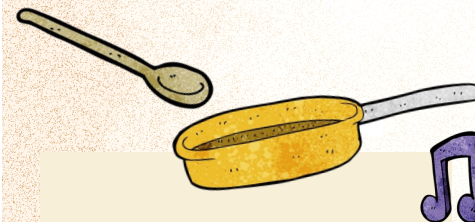
If you're happy and you know it,  
and you really want to show it

If you're happy and you know it,  
clap your hands!

(clap clap)



If you're happy and you know it,  
pull a face  
(pull face!)...



Find some pots and  
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Scan me

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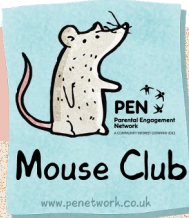


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- express themselves through movement
- make up simple songs





# Songs & Rhymes

Sing and do the  
actions together!

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.



Scan me

Can you make up  
another silly  
verse with  
actions?

Chair, table,  
floor and toes, floor  
and toes...

How are you helping?

This activity will help your child  
to...

- learn about rhythm and rhyme
- make up simple songs
- count down from five



# Songs & Rhymes

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Tommy Thumb, Tommy Thumb

Where are you? Where are you?

Here I am, here I am, how do you do?




Toby Tall, Toby Tall

Where are you?  
Where are you?

Here I am, here I am, how do you do?



 Scan me

Now put your child's name in the song. Pretend to look for them!

Peter Pointer, Peter Pointer

Where are you?  
Where are you?

Here I am, here I am, how do you do?

Five little speckled frogs.

Sat on a speckled log.

Eating some most delicious bugs - yum, yum!

One jumped into the pool.

Where it was nice and cool.

Then there were four speckled frogs - glug, glug!

Four little speckled frogs...

Three little speckled frogs...

Two little speckled frogs...

One little speckled frog...

..then there were NO speckled frogs!



Tommy Thumb, Tommy Thumb

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Here I am, here I am, how do you do?




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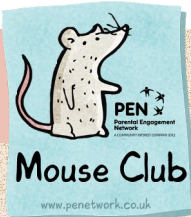
..then there were NO speckled frogs!





# Let's go!

18. Space & Transport



Mouse loves making fun things from scrap!

Find some big old cardboard boxes...



(You can often find them in the local shop or supermarket)

...and some other scrap...



...such as old newspapers, cardboard tubes, cereal boxes, nets from oranges, tinfoil etc.



Together, can you make something to travel in?

Fire engine

Spaceship

Car

Bus



Boat



You could cut circles out of cardboard and cover them in tinfoil to make headlights or a steering wheel.



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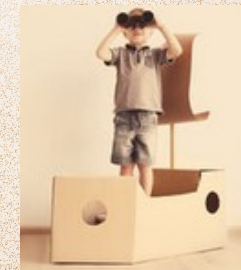
Bus



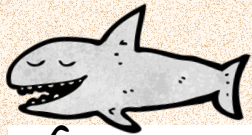
Boat



You could cut circles out of cardboard and cover them in tinfoil to make headlights or a steering wheel.







Can you see  
aliens? A shark?  
A lion?



What noise does  
your car/  
spaceship/boat  
make?



Where will you go?  
What might you see on  
your journey?



Can you make a  
registration plate for  
your vehicle using the  
letters in your name?



Can your child make traffic  
lights out of coloured paper?  
Can they wait at a red light?

## How are you helping?

This activity will help your child to...

- be creative and problem solve
- tell a story as part of their play
- make something with a purpose in mind



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