

# Hygge Home Learning



Activities for Babies and Toddlers  
to inspire and save time



# Introduction

This FREE guide has been created to offer families and home educators some wonderful ideas to support holistic learning with babies and toddlers.

The ideas in this guide are from my Hygge in the Early Years Community and you can see that each idea is credited. We hope it leaves you feeling inspired to play!

## **Rhythm**

Slow down and take the time to enjoy little moments of joy. For young babies and toddlers you don't need to overly structure your time and fill every minute with activities and classes. Instead have a loose rhythm and go with the flow. Build in some daily story telling and singing of nursery rhymes to support relationship building and language development. Have moments where you giggle and time to wonder and daydream. Don't feel the pressure to rush.

## **Playing at Home**

Create safe spaces for your babies and toddlers to play and explore the world through all of their senses (including their mouth!). You might want to make a cosy nook using a teepee or even a cardboard box filled with throws and board books.



# Baby Ideas



## Sensory Bottles

Re- use plastic bottles and fill them with beans, pom poms, oil and water, coloured rice, leaves, stones, marbles, water beads, cellophane, coloured water, hair gell, coloured feathers, sand, googly eyes, buttons, sequins, pine cleaners.

Use a glue gun to super glue the lid on tight and it should last for months.

Picture Credit: Chloe Pebbles Homebased Childcare and ideas shared by  
Amy Barrett and smrobbins30



# Baby Ideas



## Create Treasure Baskets

Create natural treasure baskets for your baby to explore and discover using every sense.

Egg cups

Wooden bracelets

Wooden spatula

Cotton reels

Wooden curtain rings

Corks

Wooden balls

Shaving brush

Feathers

Kitchen roll tubes

Whicker balls

Natural brushes

Photo and Idea Credit: cchildcare

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# Baby Ideas



Cover a piece of paper/card with paint splodges and place inside a ziplockbag or plasticfolder and place baby on/infront of this during tummy time and let them do the rest! A perfect mess-free masterpiece!

Photo and Idea Credit: Chloe Webster Pebbles Homebased Childcare

## *Feet Painting*



Photo and Idea Credit: Chloe Webster Pebbles Homebased Childcare



*Sensory Time*



Exploring Bubble Wrap while transfixed by a lava lamp.



Light, Dark and Reflections  
Bubbles, lamps,  
lights and self-adhesive mirror

Photo and Idea Credit: Chloe Webster Pebbles Homebased Childcare





# Baby Ideas



Take a walk outside and collect leaves



Make cornflour gloop



Create a bath disco with bath lights and glow sticks.

Photo and Idea Credit: Chloe Webster Pebbles Homebased Childcare



# Baby Ideas



Themed baths for every occasion

Photo and Idea Credit: Chloe Webster Pebbles Homebased Childcare



Use an empty tissue box fill with scarves, ribbons and fabrics for your baby to discover.

the\_play\_adventures





# Toddler Ideas



Exploring pouring and filling with dried materials.



Printing with corks in paint.



Explore mark making in the bath with wipeable bath crayons.



# Toddler Ideas



Self Service Breakfast to encourage independence and making choices.



Train set challenges Set up a trains set invitation to play but leave some parts of the track dis-connected and encourage problem solving and persistence in putting it together.

Photo and Idea Credit: Chloe Webster Pebbles Homebased Childcare





# Toddler Ideas



Create some stackable sensory boxes  
Re-use take away containers and use these to create a collection of objects. This could be around the seasons or a particular theme. Fill with leaves, stones, acorns, pine cones, flower petals and admire their beauty too when stacked.

Idea and photo credited to lessons\_in\_love\_and\_learning

You don't need a fancy sensory table to create water play invitations. For this invitation I used a plastic shoebox container filled with water, flowers and herbs. You can add any type of kitchen utensils to encourage scooping and pouring. For mess free fun you can set this all up in the bathtub!



Photo and idea shared by Carrie Becker from Transforming Early Childhood Education



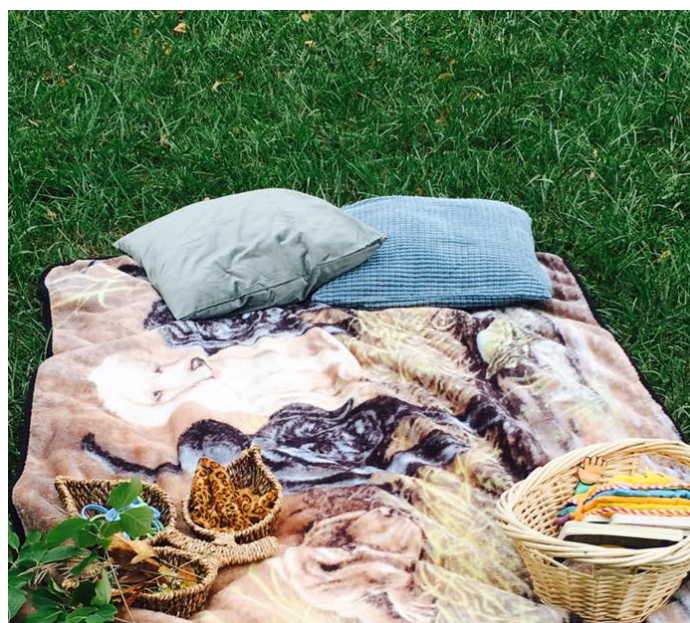


# Toddler Ideas

## Take Story Time Outside

Who says that storytime needs to stay indoors. Encourage your child to pick out their favorite books. Grab a blanket/rug, pillows and tea set and head outdoors

Photos and ideas shared by Carrie Becker from Transforming Early Childhood Education







# Toddler Ideas

## Home Made Bath Paint

Mix corn flour and water into a thick paste and add a few drops of food colouring. Children can then use fingers or brushes to make marks in the bath.

Idea and photo shared by the\_play\_adventures



## Barefoot Learning Time

Allow your babies and toddlers to spend some time walking bare foot on the grass. Walking barefoot develops the muscles and ligaments of the foot, increases the strength of the foot's arch, improves proprioception (our awareness of where we are in relation to the space around us) and contributes to good posture. Research on the brain also supports sensory development which in turn leads to improved problem solving, language skills and emotions.





# Thank You

This guide has been created with the ideas and support of the wonderful Hygge in the Early Years <sup>TM</sup> Community.

Thank you to the following lovely members please give them a follow!

lessons\_in\_love\_and\_learning

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