

# Home Playing is Home Learning

By The Conscious Teacher  
For Ages 7 and under

*Certified*  
COACH PRACTITIONER

 CONSCIOUS PARENTING  
COACHING METHOD™

[www.theconsciousteacher.com](http://www.theconsciousteacher.com)

@theconsciusteach (Instagram)

The Conscious Teacher (Facebook)



*The Conscious Teacher*

# About me.

- Hi, my name is Rash. I'm a primary school teacher and the owner of a business, The Conscious Teacher. I teach children the core primary subjects and coach adults in conscious life coaching and conscious parenting.
- It is my passion to ensure that children stay authentic and don't get caught up in the form filled 'adult' world sooner than they have to. My approach to life, not just tutoring, is to be present, flexible and witness myself as the teacher and the student simultaneously.
- This resource is a small dot on my journey to being a conscious parent & a conscious teacher. Hope you find something you like.
- For more information, questions or comments drop me an email: [info@theconsciousteacher.com](mailto:info@theconsciousteacher.com)
- Or WhatsApp +447702106911

Best,  
Rash

This is complete with ideas to engage children with playful discreet learning around the home.

For ease, this is all shown via photos to prove they have been tried and tested! As a visual learner, I find that pictures work best.

These activities do not involve worksheets, screens or anything too structures. It is about providing a rich environment where the child will learn for themselves.

For more information, questions or comments please email [info@theconsciousteacher.com](mailto:info@theconsciousteacher.com) or WhatsApp

+447702106911

Enjoy!

# What fits in a box?

- Put random household objects in a box.
- Do they fit?
- Are they too big?
- Put yourself inside a box!
- What else can you find to put inside the box?
- Which object would fitted better in a smaller box?



# Distance Experiment



- How far can you stand to blow out the candles on the cake?
- Measure the distance or count the number of steps.
- Does adding more candles make it harder or easier?

## Colours & Cars (or any other object)

Take 2 cars with you on a little drive.

Count how many 'red' or 'grey' cars you see on the road or parked.

How many more red cars were there than grey cars?

Can you draw your favourite car?



# Sensory ball pit



- A classic ball pit.
- Add some balls with different textures, lights, colours and sounds.

# A sensory stroll

- Go on a walk - take a blind fold with you.
- When you push the pram on to different road surfaces, can the child tell you (without peeking) where they are?
- Remove the blindfold and reveal the surface.
- Are they on the grass, pavement or a puddle?
- Do the same out of the pram.



# Shadow chasers



- Find and create different shadows in the home.
- What's the largest and smallest shadow you can find?
- Do big objects always create big shadows?
- Leads nicely in to shadow & hand puppets.

# Animals of the World



- Act out being different animals.
- Match animal sounds, names, features to the physical animal objects.
- Create an animal tree diagram e.g. Does the animal have ears on the top of their head? Yes or No.
- Take the animals to the sink for a bathe or shower!
- Get a World Map and place the animals in the countries where you'd find them.

# Water Confidence



- Playing with the water toys outside of the bath might be a pre-step to encourage your child to get in the bath!
- Hours of fun learning about water and getting wrinkly fingers.
- Wear your waterproofs!
- Always be present with your child as this activity presents dangers such as slipping and drowning.

# Painting

- Painting – just provide the canvass (paper or anything else) and the paint.
- Don't tell the child what to paint or how.
- As for a paint pallet – I used this chocolate tray! Works even now!





# Eggy Business

- Hard boil eggs.
- Let them cool down.
- Break the shell and peel it off.
- Bash down the egg-shells and put it in your garden as a repellent.

# Support a local business

- Buy a box of fruit from a local business.
- Read the story Handa's Surprise.
- Make a smoothie with some of the fruits featured.
- Feel the fruits with eyes closed, guess what fruit it is.
- Cut them in to halves, quarters etc.



# Painting with ice



- Prepare ice cubes by adding food colouring or paints to make colourful ice-cubes.
- Don't forget to add lolly sticks into the ice cubes before going in the freezer. These will become your paint handles.
- Paint away once frozen.
- Notice the difference between painting with ice paints and other types of paints.

# Check Mate!

- Play Chess!
- Make up your own rules.
- Learn the rules and play.
- Learn directional language in the process.



# Lava Lamp



- Make a lava lamp using oil, washing up liquid, food colouring and Alka-Stelzer tablets.
- Play the game: The Floor is Lava!

# Super Tasters

- You'll need: food colouring, a cotton bud, a hole punch size piece of paper.
- Count how many fungi papillae you have on your tongue.
- Work out if you are a taster or a super taster.
- Try tasting different types of foods.
- Blind fold taste test!



# Googly Eyes



- Get crazy sticking Googly Eyes and pretending to be an alien!
- Talk like an alien
- Walk like an alien
- Eat like an alien!
- Be an alien for an hour!

# Snail Trail



- Go on a insect hunt.
- Snail races.
- Feed the snails.
- Follow their trail.
- Create a home for them.
- Put them back in nature where they belong.
- Read *The Whale & The Snail*.
- Write a snail trail message using flour and glue or chalk.

# Make Orange Juice

Make a freshly squeezed juices.



# Guided Meditation



- Do a guided meditation to relax and watch your thoughts pass by.

# Chores can be fun



- Get the vacuum cleaner out and clear some cobwebs!
- Pretend the vacuum cleaner zaps things to another dimension!

# Impress the Tooth Fairy



- Brush your own teeth
- Get Tooth Fairy ready by looking after those gems!

# Build a tower...knock it down!



- Build a tower as tall as you.
- Knock it down and start again.
- Create a pattern with the blocks as you build.

# Feed the Birds!



- Give the old bird feed a good clean and feed the birds.
- Make a bird feeder using lard, seeds, nuts, apple.
- Take care with any allergies!

# Colour sorting

Sort objects in to colours.

Make a rainbow transformer with the colours you have.



# Singing in the Rain



- Go out in the rain.
- Listen to the rain bouncing off the umbrella.
- Rain Dance!
- Jump in puddles.
- Snuggle up with a hot coco once back inside.

# Colour diffusion experiment



- Skittles around the outside of the plate
- Pour water SLOWLY for the best effects and the so skittles don't swim (as shown)!
- What colour patterns can you make?



# Bake and Wait



- Make anything!
- Get your hands feeling it all
- Measure out ingredients
- Retell a recipe
- Follow instructions whilst adding some flare!

# Name it to tame it



- Pull different faces to show different emotions
- Talk about emotions non-judgementally.

# It's not the end...

There are plenty more but I think you get the idea by now!

What I like most about these activities:

- Costs very little if anything at all.
- No screens involved.
- The language and rich conversation they evoke is boundless.
- One thing leads to something else – the activity grows organically.
- You don't need to be creative.
- Teaches some key skills like: resilience, independence, vocabulary, courage to try, open-mindedness.
- Create a genuine love for learning.
- There is no end goal – it's just fun!
- The child leads the parent.
- Gives space for the parent to witness themselves and grow.
- Builds connection between the parent and child.

# Credits – to the 2 little BIG hearted humans that grow me everyday.

- Kabilan Thiruudaian (now age 6 years)
- Khayon Thiruudaian (now age 2 years)