



Activity ideas to support Learning at Home 2-5 year olds Early Years Service, Children's Services Buckinghamshire Council

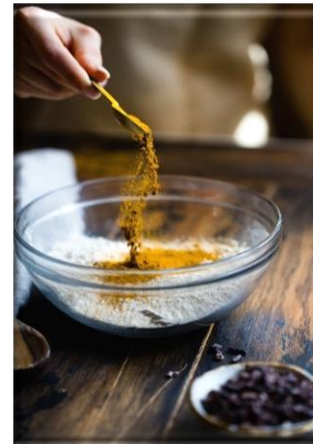
Christmas Polish gingerbread biscuits

During advent, some Polish families bake 'piernicki biscuits' these can be different shapes such as hearts and animals. Make some biscuits together using the method below: <https://www.thespruceeats.com/polish-gingerbread-cookies-pierniczki-recipe-1136960>

Encourage your child to help and mix all the ingredients together.



Star Light
Star Bright.
Celebrating with Food



Winter celebrations

At this time of year there are many religious celebrations such as Hanukkah, Christmas, Diwali and Milad un-Nabi. Find out about these winter festivals here: [My First Festivals - CBeebies - BBC](#) Foods are an important part of these celebrations. To help young children understand how special these occasions are you might like to have a little party of your own. You could try making foods from different celebrations:

- People from the Jewish faith sometimes make 'potato latkes' to eat at Hanukkah: [Potato Latkes](#)
- People from the Hindu faith sometimes eat Indian sweets such as 'shankarpali' at Diwali: [Shakarpara-recipe-shankarpali](#)



Edible Sparklers

For those celebrating Guy Fawkes Night, also known as Bonfire night, these tasty breadstick sparklers make for a tasty treat.



All you will need are breadsticks chocolate for melting and sprinkles for decorating.



Rangoli patterns with coloured rice

Hindi families may decorate their homes during Diwali with Rangoli patterns. Rangoli means 'colour' and it represents welcoming people into the home.

You might like to have fun making Rangoli patterns.

Soak rice in a small amount of water with food colouring.

Dry the rice out. Look at Rangoli patterns and talk about the shapes and colours: [rangoli-coloring-pages](#)

Put rice onto a plate or tray. Can you make shapes or patterns using coloured rice?

[Diwali 2025: Fun activities to celebrate Diwali - BBC Tiny Happy](#)

Top Tips

When talking about foods:

- Talk about what things look like, the colours, shapes and sizes. Use words such as **little, large, round, curved, lumpy, flat, long, thin, thick, bright, colourful, dark, light**
- Talk about what things smell like. Use words such as **strong, weak, spicy, cinnamon, ginger, fruity, fragrant**
- Talk about what food tastes like and their textures. Use words such as **sweet, savoury, dry, crumbly, hard, crunchy, spicy, salty, lumpy, liquid, smooth**
- Count the number of biscuits and foods you've made and use words such as **more** and **less**.

Find out more about your child's development

[What to expect in the Early Years: A guide for parents](#)

If you have any concerns about your child's development the first thing you can do is chat to your child's Key Person at their setting.

Information for Parents/Carers



Find out more

[CBeebies parenting](#)

[Health for under 5s](#)

[Small Talk | National Literacy Trust](#)

[Learning to talk - Start for Life - nhs.uk](#)

[Homepage | Best Start in Life](#)

[the-lets-go-club-baking-tips](#)

[Home - Starting Reception](#)



Communication and Language

3 and 4 years

You might notice that your child can:

- listen to longer stories and can remember a lot of what happens.
- use lots of different words and likes to learn new words.
- use words and actions to explain their thoughts and ideas. Give their point of view and disagree.

Personal Social and Emotional Development

3 and 4 years

You might notice that your child can:

- is keen to be independent, especially around dressing and feeding themselves.
- begin to eat independently, learning to use a knife and fork.

Understanding the World

3 and 4 years

You might notice that your child can:

- is learning about their own life -story and their family's history.
- is learning to develop positive attitudes about the differences between people.
- knows that there are different countries in the world. Talks about differences they have experienced or seen in photos.