## Summer Programme



WE HAVE PREPARED A 10 DAY HOME-PROGRAMME, WHICH WILL HELP YOU KEEP YOUR CHILDREN OCCUPIED

DAY 1 & 2



DAY 3



DAY 4



DAY 5



DAY 6



PLAYDOUGH

DAY 7



SENSORY PLAY

DAY 8 & 9



SHABBOS PREP

**DAY 10** 



WATER PLAY

### COLLECTION TIMES:

MONDAY-THURSDAY

10:00AM - 4:00PM

FRIDAY

9:30AM - 11:30AM

### **AVAILABLE FOR YOU AT LCC**



#### TOY LIBRARY

A SELECTION OF TOYS FOR
CHILDREN UNDER 5 YEARS ARE
AVAILABLE TO BORROW.
CALL TO BOOK YOUR APPOINTMENT



SUMMER FUN PACK



SAFETY MAKES SENSE -ACTIVITY PACK

EMMA'S DIARY
INFO PACK FOR EXPECTANT MOTHERS

#### **GET YOUR RESOURCES:**





EMAIL
ADMIN@LUBAVITCHCC.UK



JOIN OUR WHATSAPP GROUP CONTACT US ON 020 8809 9050 / 07956 106711

### STAYING HEALTHY WITH HENRY

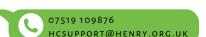


### **ONLINE WORKSHOPS:**

STARTING SOLIDS

22ND JULY; 2-3PM 29TH JULY; 11AM-12PM

FUSSY EATING
4TH AUGUST: 2-3PM



### HEALTHY START

FOR CHILDREN AGES 0-4 / EXPECTANT MOTHERS / MOTHERS GIVEN BIRTH IN THE LAST YEAR

FOOD SWAP CARD

### ANTENATAL CLINICS ON LCC PREMISES

HOMERTON
020 8510 5502
WHITTINGTON
020 7288 3482



MENTION THAT YOU WANT AN APPOINTMENT IN OUR CENTRE

### **LUBAVITCH BOOK LIBRARY**

### MONDAY - THURSDAY 10:00AM - 11:30AM

1:30PM - 3:00PM 5:00PM - 8:00PM



FRIDAY 10:00AM - 11:30AM 12:45PM - 4:30PM

**SUNDAY** 11:00AM - 8:00PM

Please note to adhere to social distancing guidelines when attending LCC or waiting outside. Please ensure you do not enter our premises if you or a family member has symptoms of COVID19. Ensure to wear a MASK & disinfect your hands upon entry.





020 8809 9050





CHILDREN LOVE BEING ABLE TO COOK AND BAKE LIKE MOMMY. IT'S IMPORTANT TO GIVE THEM THE CHANCE TO EXPERIMENT AND TRY OUT NEW IDEAS. THE LEARNING OPPORTUNITY AND EXCITEMENT THAT THEY GET OUT OF IT WILL OUTWEIGH ANY MESS AND CLEAN UP INVOLVED AFTERWARDS!



### **INGREDIENTS:**

1.5KG FLOUR
680-700ML WARM WATER
20Z YEAST
1 EGG
1 CUP OIL
6 TBSP. SUGAR

(SESAME SEEDS FOR TOPPING)



1 TBSP. SALT

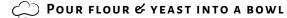
PREP TIME:



BAKETIME:

### **DIRECTIONS:**





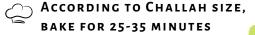








BRUSH CHALLAH WITH EGG &
SPRINKLE SESAME SEEDS





### HORSE-SHOE COOKIES

#### **INGREDIENTS:**

2.5 CUPS FLOUR
2 EGGS
1/2 CUP OIL
3/4 CUP SUGAR
1.5 TSP. BAKING POWDER
100 GRAMS BAKING CHOCOLATE
(OR REGULAR PAREV CHOCOLATE)



PREP TIME:



BAKETIME:

#### DIRECTIONS:

- PREHEAT OVEN TO 180 DEGREES
- MIX INGREDIENTS (EXCLUDING CHOCOLATE) TO FORM DOUGH
- DIVIDE THE DOUGH INTO SMALL PIECES

  & SHAPE THEM IN THE LETTER U

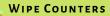
  (ALLOW YOUR CHILD TO FORM OTHER

  SHAPES TOO)
- BAKE FOR 12-15 MINUTES
- MELT THE CHOCOLATE & DIP THE ENDS OF THE COOKIES IN THE CHOCOLATE. PLACE ON A BAKING SHEET & WAIT FOR CHOCOLATE TO SOLIDIFY.

### EXTENDED ACTIVITY:

EXPERIMENT WITH DIFFERENT
COOKIE RECIPES





GATHERING ITEMS FROM
FRIDGE & CUPBOARDS

# Shabbos Baking

CHILDREN LOVE BEING ABLE TO COOK AND BAKE LIKE MOMMY. It'S IMPORTANT TO GIVE THEM THE CHANCE TO EXPERIMENT AND TRY OUT NEW IDEAS. THE LEARNING OPPORTUNITY AND EXCITEMENT THAT THEY GET OUT OF IT WILL OUTWEIGH ANY MESS AND CLEAN UP INVOLVED AFTERWARDS!



### INGREDIENTS:

1.5KG FLOUR 680-700ML WARM WATER 20Z YEAST 1 EGG

6 TBSP. SUGAR

1 CUP OIL

1 TBSP. SALT (SESAME SEEDS FOR TOPPING)



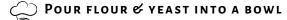
PREP TIME: 1 HOUR 10 MIN



BAKETIME: 25-35 MIN

### **DIRECTIONS:**

PREHEAT OVEN TO 180 DEGREES











BRUSH CHALLAH WITH EGG & SPRINKLE SESAME SEEDS

ACCORDING TO CHALLAH SIZE, **BAKE FOR 25-35 MINUTES** 



#### INGREDIENTS:

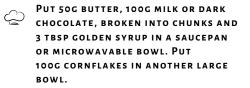
100 GRAMS CORNFLAKES **50 GRAMS BUTTER** 100 GRAMS MILKY/PAREV CHOCOLATE (BROKEN INTO CHUNKS 3 TBSP. GOLDEN SYRUP



PREP TIME: 25 MIN

DIRECTIONS:

CHILDREN CAN HELP BY WEIGHING OUT THE INGREDIENTS. OLDER CHILDREN CAN DO THIS BY THEMSELVES WITH SUPERVISION AND LITTLE ONES CAN HELP TO POUR OR SPOON INGREDIENTS INTO MEASURING CUPS OR SCALES.



MELT THE BUTTER, CHOCOLATE AND **GOLDEN SYRUP IN THE SAUCEPAN OVER A** LOW HEAT OR BRIEFLY IN THE MICROWAVE. ALLOW TO COOL A LITTLE BEFORE POURING OVER THE CORNFLAKES.

CHILDREN CAN STIR THE INGREDIENTS TOGETHER GENTLY USING A WOODEN SPOON. SPOON THE MIXTURE INTO 12 **CUPCAKE CASES ARRANGED ON A MUFFIN** TRAY (OR BAKING SHEET, IF YOU DON'T HAVE ONE). PUT IN THE FRIDGE TO SET.

### **TOP TIPS:**

WRITE CHIDDREN'S NAMES ON THE PARCHMENT UNDERNEATH THE CHALLAH



VARY CHALLAH TOPINGS EG: POPPY SEEDS / ONIONS /





### **SALT ART**

You

SMALL BOTTLE / JAR

SALT

WILL

COLOURED CHALK

ZIP-LOCK BAGS

NEED:

FUNNEL

PUT SOME OF THE SALT INTO THE BAG, ADD ONE PIECE OF CHALK AND RUB IT AGAINST THE SALT UNTIL IT STARTS GETTING THE COLOUR. USE A FUNNEL TO POUR SALT INTO YOUR CONTAINER. REPEAT THE PROCESS WITH DIFFERENT COLOURS OF CHALK UNTIL YOU HAVE ALL THE LAYERS YOU WANT.

EXPAND THE PLAY BY MAKING A COLLAGE WITH THE COLOURED SAND AND OTHER THINGS LIKE BUTTONS, FEATHERS, STICKERS ETC.

THIS ACTIVITY BUILDS FINE MOTOR SKILLS AND PROVIDES SENSORY EXPERIENCE

### **EXTENDED ACTIVITIES:**



PAINTING WITH COTTON BUDS

FLOOR COLOURING
ROLL OUR PAPER FOR
CHILDREN TO COLOUR ON A
LARGE SURFACE

### **PUPPETS**



YOU WILL NEED: WOODEN SPOON
SCRAPS OF MATERIAL
GOOGLY EYES
WOOL PIECES FOR HAIR
GLUE
CRAYONS

LET YOUR CHILD USE HIS CREATIVITY TO TURN THE SPOON INTO A PUPPET. HE CAN THEN PLAY WITH IT BY HIMSELF OR MAKE A PUPPET SHOW WITH HIS SIBLINGS OR FRIENDS.

THIS ACTIVITY DEVELOPS THE IMAGINATION AND CREATES AN OPPORTUNITY FOR SOCIAL INTERACTION.

### PAINTING WITH TRAINS

YOU WHITE / COLOURED PAPER
WILL DIFFERENT COLOUR PAINT
NEED: TRAINS (OR OTHER VEHICLES)

SQUEEZE SOME PAINT ON THE PAPER AND USE THE TRAIN AS A PAINTBRUSH TO MAKE DESIGNS IN THE PAINT. MIX A FEW COLOURS TOGETHER TO CREATE DIFFERENT PATTERNS AND EFFECTS.

THIS ACTIVITY COVERS SCIENCE AND KNOWLEDGE AND UNDERSTANDING OF THE WORLD.





### FUN WITH SHAVING FOAM

YOU CAN OF SHAVING FOAM

WILL PLASTIC / WOODEN FORKS, KNIVES & SPOONS

NEED: WET WIPES FOR CLEAN UP

LET YOUR CHILD SPRAY THE SHAVING FOAM ON A SURFACE (CAN BE A TABLE, GARDEN FLOOR, BATH OR TILES) AND USE DIFFERENT UTENSILS TO MAKE DESIGNS IN THE FOAM. YOU CAN ADD A FEW DROPS OF FOOD COLOURING FOR ADDED FUN.

THIS ACTIVITY DEVELOPS IMAGINATIONS AND WORKS BOTH FINE AND GROSS MOTOR SKILLS.

### **EXTENDED ACTIVITY:**



SAND & WATER PLAY



GARDENING



HAND & FEET PAINTING



### MUD & WATER

You

EARTH FROM GARDEN / PARK

WATER BUCKET

SPOONS

NEED:

CUPS / CONATINERS

LET YOUR CHILD MIX MUD WITH WATER TO THE CONSISTENCY HE DESIRES AND USE HIS IMAGINATION TO MAKE STRUCTURES, MIX "DOUGH", MAKE TRAILS IN THE MIXTURE AND MORE.

THIS ACTIVITY GIVES A CHILD VALIDATION THAT IT'S OKAY TO GET DIRTY AND MESSY IN ORDER TO LEARN THROUGH PLAY.



### CORNFLOUR PLAY-DOUGH

You Cornflour

WILL SHOWER GEL / SHAMPOO

**NEED:** DISPOSABLE BOWL / CONTAINER

LET YOUR CHILD MIX CORNFLOUR WITH A BIT OF SOAP AND KNEAD UNTIL HE GETS THE RIGHT CONSISTENCY, RESEMBLING PLAY-DOUGH. HE CAN NOW ROLL, SHAPE AND CREATE. ADD TOOLS FOR MORE CREATIVITY.

THIS ACTIVITY TEACHES ABOUT CHANGES WHEN MIXING DIFFERENT MEDIA AND USES FINE MOTOR SKILLS.

# 13-Music & Movement



You

CHAIRS HOOPS

WILL

Cushions

-- - - -

STEPPING STOOLS

NEED:

SHOE BOXES
SCARVES

CREATE AN OBSTACLE COURSE WHERE THE CHILD NEEDS TO CARRY OUT DIFFERENT ACTIONS LIKE CRAWLING UNDER SOMETHING, PIGEON WALKING, FIGURE OF 8 WALKING, STEPPING OVER ETC. PUT MUSIC ON AND LET THEM HAVE FUN!

THIS ACTIVITY USES ALL THE MUSCLES IN THE BODY AND GIVES YOUR CHILD A SENSE OF WELL-BEING.



### EXERCISE WITH MUSIC



### MENDY MUSIC

SEARCH ON THE WEB (AMAZON PRIME / YOUTUBE ETC)

IF YOU DON'T HAVE ACCESS TO A COMPUTER, YOU CAN CREATE YOUR OWN EXERCISE PROGRAM. PUT ON LIVELY MUSIC, STAND IN FROM OF YOUR CHILDREN AND GET THEM TO COPY YOUR MOVEMENTS. USE ALL THE PARTS OF YOUR BODY AND DO STRETCHES, JUMPING JACKS, REACHING OUT TO TOUCH YOUR HEAD, KNEES AND TOES AND MORE.

### **EXTENDED ACTIVITY:**



PLAY MUSIC WITH SPOON AND POT



SIBLINGS DANCING TO MUSIC



RACES TO MUSIC



PLAY-DOUGH IS A FUN, CLAY-LIKE SUBSTANCE THAT CHILDREN LOVE! IT IS VERY EASY TO MAKE AND PROVIDES HOURS OF

FUN! IT CAN BE EXPENSIVE TO BUY AT STORES, BUT IT IS VERY EASY & COSTS VERY LITTLE TO MAKE AT HOME!



0.5 CUP SALT

YOU

0.5 CUP WATER

WILL

1 CUP FLOUR

FOOD DYE (ANY COLOUR - BE CREATIVE!)

**NEED:** 

NEWSPAPER TO COVER SURFACE WORKING ON



### DIRECTIONS:



FIND A GOOD WORK SPACE AND COVER IT WITH NEWSPAPER. ALSO, FIND A MEDIUM SIZED BOWL FOR MIXING.



MEASURE OUT 1 CUP OF FOUR, AND POUR IT INTO THE BOWL, THEN, MEASURE OUT 1/2 CUP OF SALT, AND ADD THAT TO THE BOWL, TOO. LASTLY, FILL THE MEASURING CUP WITH 1/2 CUP OF WATER AND POUR IT INTO THE MIXING BOWL.



TAKE A SPOON AND MIX THE INGREDIENTS. MIX IT UNTIL IT'S MUSHY AND IT'S NEITHER WATERY NOR FLOURY



ADD A FEW DROPS OF FOOD COLOURING TO THE MUSH THEN PICK IT UP AND START KNEADING IT.

NOW USE YOUR IMAGINATION! YOU CAN MAKE WHATEVER YOU'D LIKE! GIVE YOUR CHILD ITEMS LIKE PLASTIC FORKS, CUT OUT SHAPES AND OTHER ITEMS TO ADD PLAY VALUE.





### METAL MUSIC BAND

YOU POTS & PANS
WILL LIDS OF SAUCEPANS
NEED: METAL SPOONS

LET YOUR CHILD LINE UP THE UTENSILS ON THE FLOOR AND "PLAY" MUSIC BY HITTING THE SURFACES WITH SPOONS, WHISKS ETC. EXTEND THE PLAY BY GETTING HIM TO REPEAT CERTAIN BEATS THAT YOU WILL SHOW HIM.

THIS ACTIVITY DEVELOPS HAND TO EYE COORDINATION AND UNDERSTANDING OF SOUND PRODUCTION.



### **SPONGE BATH**

You

BLOW UP POOL, BUCKET / BOWL

WILL

SPONGES, SCOURERS, TOOTH BRUSHES, NAIL BRUSHES, LOOFAHS

NEED:

WATER (OPTIONAL)

PUT ALL THE BRUSHES AND OTHER THINGS IN THE CONTAINER THAT YOU ARE USING AND LET THE CHILD "WASH" HIMSELF BY BRUSHING THE ITEMS OVER HIS BODY. DISCUSS THE FEEL OF HARD AND SOFT BRUSHES ON HIS SKIN. ENCOURAGE HIM TO USE ALL PARTS OF THE BODY, FROM HIS HEAD TO THE TOES, INCLUDING FACE, ARMS AND LEGS. EXTEND PLAY BY PUTTING WATER IN SO HE CAN SQUEEZE THE SPONGES.

THIS ACTIVITY WORKS ON THE SENSE OF TOUCH AND ALSO HAS AN ELEMENT OF SCIENCE (WATER ABSORPTION)

### **EXTENDED ACTIVITY:**



COLLECTING BARK & LEAVES

CAN BE USED IN A COLLAGE / TO PLAY IN CONTAINER



**BLOWING BUBBLES** 

ALLOW CHILDREN TO CREATE OWN MIXTURE



### TREASURE BASKET

PUT ODD ITEMS IN A BASKET AND LET THEM USE THEIR IMAGINATION (ITEMS SHOULD BE OF NATURAL MATERIALS. I.E. WOOD, METAL, SCRAPS OF MATERIAL, CHAINS ETC.)

### SENSORY BOARD

ON A PIECE OF WOOD / HARD CARDBOARD, STICK BITS OF SENSORY ITEMS FOR A BABY TO TOUCH. SUITABLE FROM 5-6 MONTHS OLD

## Shabbos Preparation



YOU WILL NEED: PAPER / CLOTH NAPKINS



PLACE A SET OF CUTLERY DIAGONALLY ON THE NAPKIN, LEAVING ABOUT A THIRD OF THE NAPKIN SHOWING AT THE BOTTOM.
FOLD THE BOTTOM CORNER OVER THE CUTLERY.



FOLD THE LEFT SIDE OF THE NAPKIN OVER THE CUTLERY.



FOLD THE RIGHT SIDE OF NAPKIN OVER THE CUTLERY; TUCK UNDER.

SECURELY TIE THE BUNDLE ABOUT HALFWAY DOWN WITH BAND / RIBBON



You

SPRAY BOTTLE (DO NOT USE AN EMPTY BOTTLE FROM

WILL

ANY DETERGENT SPRAY)
SCOURER

NEED:

WIPING CLOTH (SHMATE)

LET YOUR CHILD FILL THE BOTTLE WITH WATER (YOU COULD ADD A LITTLE WASHING UP LIQUID) AND GO AROUND THE HOUSE, CLEANING AS HE GOES. GIVING HIM SPECIFIC AREAS TO CLEAN WILL MAKE HIM FOCUS MORE AND WILL ENSURE THAT HE DOESN'T GO WHERE YOU DON'T WANT HIM TO!

THIS ACTIVITY WILL BUILD YOUR CHILD'S SELF-ESTEEM, MAKE HIM FEEL PART OF THE FAMILY AND WILL ALSO HIGHLIGHT THE IMPORTANCE OF SHABBOSS

### **EXTENDED ACTIVITY:**



HAVE YOUR CHILD PREPARE HIS CLOTHES FOR SHABBOS

USE THIS OPPORTUNITY TO TEACH HIM HOW TO TAKE CLOTHES OUT OF WARDROBES / DRAWERS IN A TIDY MANNER



SWEEP KITCHEN / GARDEN WITH BROOM



HELP MOMMY SET THE TABLE



# #2 Preparation



### FLOWER ARRANGING

GO OUT WITH YOUR CHILD AND PICK FLOWERS FROM THE GARDEN OR PARK. GIVE YOUR CHILD A BOTTLE OR A VASE AND LET HIM ARRANGE THE FLOWERS IN IT, IN HIS OWN WAY. EXPLAIN ABOUT FLOWERS NEEDING WATER. IF IT'S NOT POSSIBLE TO COLLECT YOUR OWN FLOWERS, LET THEM ARRANGE SHOP BOUGHT ONES, WHERE APPLICABLE.

### **EXTENDED ACTIVITY:**



TAKING OUT RUBBISH
WITH HELP OF ADULT



HELP MOMMY SET THE TABLE



SWITCH OFF PHONES



### FRUIT KEBABS

YOU GRAPES (CUT IN HALF)

WILL TANGERINES

NEED: APPLES (CUT IN LITTLE PIECES)

BANANAS (SLICED)

KEBAB STICKS

CUT UP THE FRUIT; TRY TO INVOLVE THE CHILD IN THIS STAGE AS MUCH AS POSSIBLE. ONCE THE FRUIT ARE READY, GET YOUR CHILD TO SKEW ONE PIECE OF FRUIT AT A TIME ONTO THE KEBAB STICK. THEY CAN USE JUST ONE TYPE OF FRUIT, CREATE A SEQUENCE WITH ALL THE AVAILABLE CHOICES OR DO THEIR OWN PATTERN.

THIS ACTIVITY WORKS ON FINE MOTOR SKILLS AND DEVELOPS SOCIAL SKILLS, IF SHARED BY 2 OR MORE CHILDREN. EXTEND PLAY BY COUNTING THE PIECES AS THEY PUT THEM ON AND THEN COUNTING THE KEBABS, WHEN THEY ARE ALL DONE.

THIS IS A GREAT
OPPORTUNITY TO TALK ABOUT
THE BROCHOS WE SAY.

ALSO SPEAK ABOUT HOW THE FOOD GROWS, EXPLORE THEIR TEXTURE AND SMELLS (SENSORY INTEGRATION)



### **EXTENDED ACTIVITY:**



SINK & FLOAT EXPERIMENTS / BUBBLE PLAY / BATHING DOLLS



CAR WASH

WATERING PLANTS

WASHING DISHES
USING SPONGE, SOAP & WATER



YOU BOWL / BUCKET
WILL PIPES, FUNNELS,
NEED: SYRINGES, SIEVES

FILL UP THE BOWL WITH WATER
AND LET YOUR CHILD EXPERIMENT
WITH POURING WATER INTO THESE
UTENSILS AND WATCH IT COME OUT
THE OTHER SIDE.

THIS ACTIVITY HAS ELEMENTS OF SCIENCE AND DEVELOPS KNOWLEDGE AND UNDERSTANDING OF THE WORLD.

### **Water Painting**

- ALL THE FUN OF PAINT WITHOUT THE MESS -

YOU WILL BUCKETS / OTHER CONTAINERS

NEED: DIFFERENT SIZE PAINTBRUSHES

FILL THE BUCKET WITH WATER AND LET CHILDREN "PAINT" FENCES, SIDEWALKS, OUTSIDE WALLS AND BATHROOM TILES.

THIS ACTIVITY DEVELOPS GROSS MOTOR SKILLS AND MUSCLE STRENGTH



### **BOAT / DUCK RACE**

YOU WILL BATH / BIG UTENSIL TO FILL WITH WATER

NEED: DUCKS / BOATS (CARS CAN BE USED TOO)

FILL THE BATH (CAN BE DURING BATH TIME) OR CONTAINER WITH WATER AND LET YOUR CHILD RACE 2 DUCKS OR 2 BOATS AGAINST EACH OTHER. EVEN MORE EXCITING IS TO LET 2 OR MORE CHILDREN JOIN IN AND HAVE A COMPETITION GOING.

THIS ACTIVITY IS GOOD FOR DEVELOPING SOCIAL SKILLS

### LUBAVITCH CHILDREN'S CENTRE WISHES YOU A GEZUNTE SUMMER

