

# ACTIVITY TIME

## My Every Day Shapes

Illustrated by Fiona Bowden

Shapes are all around us! *My Every Day Shapes* is a black and white board book that explores shapes you might find during your day. Spot the round circle sun, the diamond shaped kite and the heart shaped leaf. What other shapes can you spot around your home or when you are out and about with your baby?

### Wall frieze

#### You will need:

- You and your baby
- Template provided
- Sticky tape
- \*Optional, light cardboard such as a tissue box and glue.

#### Instructions:

1. Cut out wall frieze template
2. Display the wall alongside your baby's bassinet or cot, or by the change table. This will give your baby an image they can easily focus on.

#### More ideas:

- Print multiple copies of the template and create a decorative freeze all the way around your baby's nursery
- Use during play time or tummy time. Strengthen by printing onto card or glue onto light cardboard (for example from a cereal or tissue box). Place the cards on the floor in front of your baby. Point out the different shapes to your baby and chat with them about what you can see. The more you talk with your baby the more words they will learn.

### The benefits of black and white books

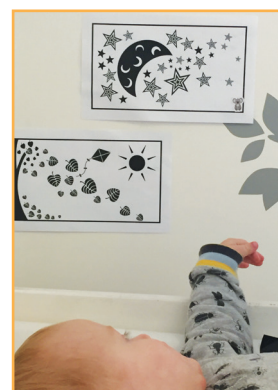
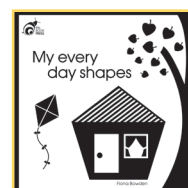
Sharing black and white books right from the start is a simple way you can support your baby's developing eyesight. Your baby will need lots of opportunities to look at and to focus on images to strengthen their eyesight, and they can focus on high contrast black and white images easily. Sharing black and white board books such as *My Every Day Shapes* will hold your baby's attention, making it a perfect book to share throughout the day and during tummy time or play time.

### Songs to sing

*Five Little Ducks* and *Round and Round the Garden*.

### Key message

Children are born ready to learn.



**Adult supervision is essential. Involve and talk with your child as much as possible.**



**\*You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.**

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