



# Parents' Guide to a week of Teletubbies inspired activities



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The BRAND NEW Teletubbies series showcases a fun and humorous world which captures the imagination of children and encourages them to explore and learn from the world around them through laughter, other children and the power of technology.

Based on key development aims, Teletubbies links to the early years frameworks that your child's nursery will be following: being active, getting on with others, coordinating movements, listening and responding, being me, exploring the world, laughter and communicating and expressing.

We understand that as parents you may have many demands on your time, so the aim of these activities is to share some fun ideas that can easily be done in and around the home. The activity ideas build on the Play and Learn with the Teletubbies week that your child may have experienced in their nursery and the Teletubbies TV series. The activity ideas encourage you to use your child's favourite Teletubbies characters to promote fun learning using the resources that you have in the home or your local community.

After watching Teletubbies with your child, you can share in the fun and bring the programme to life at home. Some simple ways you can do this include:

- ✿ Singing the Teletubbies song together
- ✿ Talking about what the Teletubbies have been doing in the programme
- ✿ Moving around like the Teletubbies – dancing, swinging your arms, side-stepping, star jumps and more.

All of the activities below build on the Teletubbies development aims while supporting your child's learning. The tubby custard splat at the top of each activity tells you the learning intention for your child.



**We hope this guide gives you some new ideas for playing and learning with your children and most of all having fun with the Teletubbies!**



# Activity ideas for under-twos

## Ball play with Laa-Laa

### Helping children with physical development

Laa-Laa has a big orange ball and she loves to play ball with the other Teletubbies. Sit with your little one and roll a ball to them, encourage them to roll it back to you. Talk to your little one throughout the game, tell them to roll Laa-Laa's ball to you. If you have balls of different sizes, use them as well so your little one can practice handling a range of different sized balls. Balls that make different sounds will make this activity more sensory and probably get your little one giggling too!



## Teletubbies bubble bonanza

### Helping children with communication and language

The Teletubbies have fun chasing and popping bubbles made by the Tubby Custard Ride. Support your children to do the same - you can use some bought bubbles or make your own by mixing washing up liquid and water. Blow the bubbles all around your little one and talk about what you are doing. Encourage your little one to try to catch and pop the bubbles, watch them float up into the sky and follow them with their finger.

## Exploring the world with Teletubbies treasure bags

### Helping children to understand the world around them

The Teletubbies explore the world around them - Teletubbyland. Your little one can explore their world too. Find a bag and pretend it is Tinky Winky's handbag. Fill it with brightly coloured items from around your home such as ribbons, baby spoons, crinkly paper, sponges, coloured containers and clothes pegs. Try and find some red, yellow, purple and green items like the Teletubbies. Sit your little one next to the bag so they can reach in and choose what they wish to play with. You can regularly change the contents of the bag to ensure your child stays interested and explores new items. This will support your child's physical skills as they explore objects from around the home. Ensure you are supervising your child to make sure he/she does not choke when they place items in their mouth. Talk to your little one during this activity. Ask him/her what is in Tinky Winky's bag and name the items when they are removed.

# Activity ideas for two to three-year-olds

## Teletubbies story time

### Helping children to speak and listen

Teletubbies have lots of adventures and love to watch stories through the screens on their tummies. Make up a story about your child's favourite Teletubby (download posters of them from the NDNA website), include your child and other family members, pets or recent events in the story. Talk about what their favourite character gets up to and encourage your child to join in. Think about taking your story outdoors into your garden or local park and add props from around the home to bring it to life.



Story time

## What's in Tinky Winky's bag

### Helping children to understand the world around them

Tinky Winky enjoys learning about the world around him with the other Teletubbies, and with his big bag he is able to collect items he finds when they go on walks in Teletubbyland. He can then look at these when he returns to the Home Dome to discover what he has found. Take your young children outside in your garden, local park and community and help them to find things such as leaves, fruit, flowers and pebbles. Put them in a bag like Tinky Winky's, and bring them home. Use them as a prompt to encourage your child to talk – children love to talk about what they see, hear and experience, like the Teletubbies, and sometimes just need time and encouragement to do this.

Get Moving!



## Po's obstacle fun

### Helping children with coordination, control and movement

The Teletubbies are always on the move, children love being active too! Obstacle courses encourage children to move in different ways and build up all their muscles from head to toe.

Create an obstacle course using everyday household items. This could be a chair you can crawl under, a small mat you have to do a star jump on like Po, some string that you can make a track and walk along or a cardboard box you can crawl through. Choose objects to match your child's age and physical skills. The course should encourage them to move, jump, and crawl, just like a Teletubby. When your child is confident with the course add new items or rearrange the items in new ways to keep it fun and interesting.



# Activity ideas for three to five-year-olds

Listen

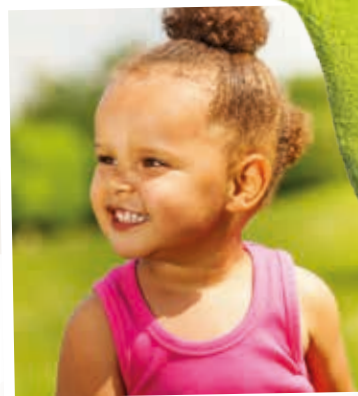
## What's on your tummy TV?

 **Helping children with coordination, control and movement**

If your children have been taking part in their nursery's Play and Learn with the Teletubbies activity week, they might have drawn, painted or made their own Teletubby tummy TV and brought it home to show you. Encourage them to make one with you, about their adventures at home – or watch an episode of Teletubbies together and help them to make a picture about it. You can add these to the nursery display, take pictures of them or make a book.



Tummy TV



## Dipsy's listening walk

 **Helping children with communication and language**

Listening is an essential life skill as it helps children to connect information together. It also helps them to sing songs, call for their friend to come and play, ask for their favourite food and tell you what they want. It is very important for children to practice and develop their listening skills at home as well as in nursery.

Dipsy likes to go on walks in Teletubbyland and tell the other Teletubbies about what he has seen and heard. When you are out and about you can play listening games with your child just like Dipsy.

Ask your child, what can you hear? For example can you hear a bus, a bird or an alarm or a sound from a Teletubbies episode? Ask them to tell you what they hear. Are the sounds loud or quiet? Are they close or far away? Do they like the sound? Ask them to describe the sounds they are hearing; where else do you hear that sound?

## Teletubbies love to move and dance

### Helping children to be active

The Teletubbies love to run, jump, wiggle and dance. They each have their own signature move, does your child have a favourite action or move?

Get your child to feel their heart whilst sitting down and then do star jumps like Po or a fast wiggle dance like Dipsy and feel their heart again. They should notice a difference in the rate of their heartbeat. Talk to your child about why it is good to exercise and make your heart work. Identify which activities make your heart go slow (reading, puzzles) and which ones make it go fast (dancing like the Teletubbies, riding a scooter like Po, running and jumping) and how it is good to do some of both types to keep a healthy heart.



Find a certificate for your child and more resources at [www.ndna.org.uk/teletubbies](http://www.ndna.org.uk/teletubbies)

## Teletubbies hugging song

We've been singing this song in the nursery - can your little ones remember it?

Sing to the tune of "Here we go around the Mulberry Bush"

Here we go around Teletubbyland, Teletubbyland, Teletubbyland

Here we go around Teletubbyland, so early in the morning

This is the way we hug our friends, hug our friends, hug our friends

This is the way we hug our friends, so early in the morning

Now repeat but insert the below phrases:

Verse 3: wiggle our bottom

Verse 4: hug our friends

Verse 5: jump around

Verse 6: hug our friends

Here we go around Teletubbyland, Teletubbyland, Teletubbyland  
Here we go around Teletubbyland, so early in the morning.

### National Day Nurseries Association

National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ

 @NDNATalk  /ndna.org.uk  'National Day Nurseries Association'

#teletubbieslearn

[www.ndna.org.uk/teletubbies](http://www.ndna.org.uk/teletubbies)



PROMOTING QUALITY IN EARLY YEARS



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