

Cumbria County Council

*Early Years Team*

**What can I do  
today?**



**This week it is... spoons**

## **Thursday**

### **Mixing and stirring a witch's brew!**

- Using a large spoon to stir is great for developing arm and shoulder muscles which in turn helps those smaller muscles that children need to be able to mark make, write and draw later on.
- Find an old container that you don't mind getting dirty –the bigger the better as it takes more stirring! This is your witch's cauldron! You'll need an old wooden spoon or perhaps a large metal spoon or ladle that can be thoroughly washed afterwards.
- This is best done outdoors!
- Add some water to the container and ask your child what they would like to add to their witch's brew! They can add grass, twigs, mud, leaves, flowers, feathers – anything that they find! (always supervise carefully to ensure nothing poisonous like berries or mushrooms end up in there!) Encourage them to stir their brew and make up a spell! What will their spell do?
- The story 'Meg's Eggs' (from the Meg & Mog series) by Helen Nicoll and Jan Pienkowski would be great with this activity!