

Not a Sheet

Grab a sheet, blanket or pillowcase. Check with an adult first as some of these activities may ruin your linens, while others will leave them needing a wash. Choose what works for you and your sheets. These activities will encourage your creativity to flow, explore your ideas or solutions to problems - work out what to do to make them happen.



Main Activity – Try to do this with your child.

1. Head outside, or stay in, with your sheets and/or pillowcases.
2. Hold up the sheet. Ask your child, “What is this?” Take answers.
3. Then share, “Well, I’m not sure, but this is NOT a sheet.” Pause. “Nope, this is definitely NOT a sheet.”
4. Model a few different things the sheet could be. Hold it behind your neck and become a superhero. Roll the sheet into a long coil and make a snake. Raise and lower the sheet, and you’ve got a raging river.
5. “So, like I said, this ‘not-a-sheet’ could be a lot of different things. What else could it be?”
6. Have fun using your bodies, imaginations and the objects around you to turn your not-a-sheet into endless new things.
7. No need to rush. Stay silly and enjoy each new idea for as long as you want, and let new ideas find you.



Independent Extension Activities - To play together or independently.

- Caterpillars - lie on the sheet, grab an end, and then roll yourself up in it until you’re all wrapped up in a cocoon. Then roll back out and emerge as a butterfly!
- If there’s a few of you, hold different sides of the sheet and raise the sheet up and down like a parachute. Enjoy the breeze, the sound and the sight. Put light objects (balls, pine cones, toys, feathers) on top and send them flying. Put a child or a toy inside the sheet and rock them back and forth.
- Build a fort. All you need is a sheet and something to hang it over. Outside, push sticks into the ground, then put your pillowcase or folded sheet across the top and you can make fort for animals, fairies or favourite toys!
- Add some weight - pile on sticks, logs, rocks and see how much stuff you can drag from one place to the next. Give each other rides too!



- Build a nest - make a circle with your sheet and fill it with leaves, pine needles, grass, etc. See if you can spot any real nests outside, or any birds collecting twigs to build one. Use pillows, duvets and blankets to make an indoor nest cosy.



- Make a wall or two. Connect them with your sheet to make a shelter.
- Tell or act out a story - make the sheet/ pillow case into different costumes or props to act out a play. Or hang up a sheet and use it as a curtain for story performances!
- Use edible berries, spices, paint or any other colourful stuff to decorate the sheet, pillowcase or plain piece of fabric. Mud also makes a fabulous paint!

[Always check with an adult first as this will stain the sheet.]

- Make a flag - cut your sheet, pillowcase or piece of cloth into a flag-like shape. Decorate it if you want to [see above] then fold one side, cut slits and weave a stick through to turn it into a flag!



- Make squiggles for your child – cut/ tear your sheet into long strips or use long pieces of ribbon. Sprinkle the strips (“squiggles”) outside or around the house. Watch Mrs Horscroft’s reading of ‘The Squiggle’ by Carole Lexa Schaefer, and then let your child find the squiggles and have fun with them.

Have fun!

From Mrs Horscroft and Mrs Owen

P.S. We'd love to see your ideas and creations.

Please take a picture and post to our school's twitter feed.

(Activities adapted from the Tinkergarten website)

