

CARD 01 · AGES 1-4

Cushion Mountain

YOU NEED

Every cushion in the house

IT BUILDS

Gross motor · risk judgement

HOW

Pile them. Climb it. Rebuild it. Repeat until tea time.

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CARD 02 · AGES 1-2

The Posting Box

YOU NEED

Old box, slot cut in lid, wooden blocks

IT BUILDS

Fine motor · object permanence

HOW

Post the blocks. Open the box. Astonishment. Again.

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CARD 03 · AGES 1-3

Kitchen Band

YOU NEED

Pans, wooden spoons, lids

IT BUILDS

Rhythm · cause and effect

HOW

Five loud minutes. Name the sounds: bang, tap, ding.

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CARD 04 · AGES 2-4

Sock Pairs

YOU NEED

The odd-sock basket

IT BUILDS

Matching · sorting · helping

HOW

Find the pairs together. Sorting is early maths in disguise.

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CARD 05 · AGES 2-5

Den Day

YOU NEED

Sheets, pegs, chairs, a torch

IT BUILDS

Imagination · planning

HOW

Build it together, then leave them to govern their nation.

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CARD 06 · AGES 1-5

Puddle Patrol

YOU NEED

Wellies and a wet day

IT BUILDS

Sensory · physical confidence

HOW

Find the biggest puddle on the street. Jump. Accept the laundry.

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CARD 07 · AGES 2-5

The Stirring Job

YOU NEED

A bowl, a spoon, real ingredients

IT BUILDS

Practical skill · patience

HOW

Children do not need pretend kitchens when yours is real.

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CARD 08 · AGES 1-3

Animal Parade

YOU NEED

Wooden animals, a windowsill

IT BUILDS

Language · classification

HOW

Line them up. Name them. Make their noises. Who goes first and why?

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CARD 09 · AGES 2-5

Torch Hunt

YOU NEED

A torch, a dark-ish room

IT BUILDS

Bravery · turn-taking

HOW

Hide a toy. Hunt by torchlight. Swap the hider each round.

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CARD 10 · AGES 1-4

Big Art

YOU NEED

Old wallpaper roll, crayons

IT BUILDS

Mark-making · pre-writing

HOW

Tape it to the floor. The page is bigger than the child. Go.

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CARD 11 · AGES 3-5

The Waiting Game

YOU NEED

Nothing at all

IT BUILDS

Inhibitory control

HOW

Musical statues without music: freeze on a clap, melt on two.

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CARD 12 · AGES 2-4

Threading Tea

YOU NEED

Dry penne, string, tape on the tip

IT BUILDS

Fine motor · focus

HOW

Thread the pasta. Wear the necklace to dinner. Full ceremony.

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CARD 13 · AGES 2-5

Nature Table

YOU NEED

A walk, a tray or windowsill

IT BUILDS

Observation · curiosity

HOW

Collect five outdoor treasures. Display them. Rotate weekly.

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CARD 14 · AGES 1-4

Boxes Beat Toys

YOU NEED

One large cardboard box

IT BUILDS

Open-ended everything

HOW

Boat, house, rocket, drum. Do not suggest. Watch what it becomes.

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CARD 15 · AGES 3-5

Shop Keeper

YOU NEED

Tins from the cupboard, scrap-paper money

IT BUILDS

Numeracy · role play

HOW

They run the shop. You are a difficult customer. Pay in coins.

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CARD 16 · AGES 3-5

Story Stones

YOU NEED

Pebbles, marker pen

IT BUILDS

Narrative · invention

HOW

Draw simple pictures on stones. Pull three. Tell that story.

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CARD 17 · AGES 0-2

Roll It Back

YOU NEED

Any soft ball

IT BUILDS

Serve and return

HOW

Roll, wait, receive, cheer. The simplest brain-builder there is.

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CARD 18 · AGES 1-3

Tower Down

YOU NEED

Wooden blocks or stacking cups

IT BUILDS

Persistence · cause and effect

HOW

You build, they demolish. Slowly swap roles. Mourn nothing.

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CARD 19 · AGES 3-5

Slow Race

YOU NEED

A hallway

IT BUILDS

Self-regulation

HOW

Last one to the door wins. Moving all the time, slow as you can.

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CARD 20 · AGES 2-5

Quiet Basket

YOU NEED

Puzzle, book, threading, soft toy

IT BUILDS

Independent play

HOW

A basket that only appears at quiet time. Same time daily.

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