

Things to do at home

Personal, Social and Emotional development

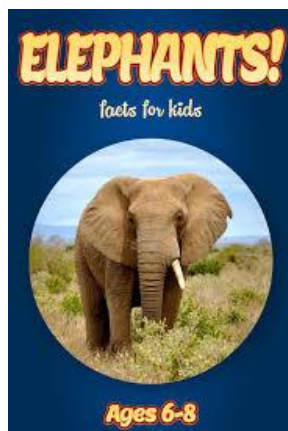
Children enjoy carrying out small tasks this is good for their self-esteem, resilience and confidence.


House hold activities:

- Chopping vegetables
- Stirring the cooking
- Stirring baking
- Grating cheese, carrots etc
- Helping dress baby brothers and sisters
- Folding clothes up


Let your child pick which activity from the booklet they would like to do. It is good for children to make some of their own decisions.

Discuss interests with your child. If your child has a certain interest e.g. planets, flags, trains, Disney, princesses, do some research with them about it - you can use books and the internet. You can make a fact book together.






Communication and Language





Talk is one of the most important parts of your child's development!




Encourage your child to ask questions this encourages a curious mind.




Ask your child open ended questions; why do you think that? How do you know that? Can you explain how you did it? How do you do that?




Go outside into your garden or on your front door step and talk about what you can see. What is different from yesterday? Discuss the weather, the cars, the birds etc



Play a game of eye spy with your child




Eye spy with my little eye something that is blue





Eye spy with my little eye something that you eat with




Play a positional language game



Simon says... under the table, on the chair, next to the sofa, behind the table, in front of the tv...



Your child needs to stand where Simon says. This will help their positional language understanding.






Physical Development

Moving and Handling

Fine motor skills that can be done at home

- Transfer water to ice cube trays
- Insert pipe cleaners into holes of a box
- Cut straws and make a necklace
- Collage - sticking small pieces of paper on cardboard tubes, paper etc
- Use a hole punch with paper
- Press pasta into playdough
- Use scissors to cut along lines
- Colouring

Get moving at home


- Remember to warm up!
 - Why do we need to warm up?
 - Can you teach your family the traffic light game - green for go (jogging/running), yellow (do an action eg jumping on the spot), red (stop!)
 - Do some cosmic kids Yoga in the living room.
<https://www.youtube.com/user/CosmicKidsYoga>
 - I wonder how many different ways you can move across your living room floor or garden?
 - Which animals can you move like? Which vehicles can you move like?
<https://www.youtube.com/watch?v=DYPTJj6hd44>
 - How long can you balance on 1 leg? Practice hopping, skipping and jumping.
- 




Health & Self Care




Food sorting activity




Sort the foods in the cupboards into healthy and unhealthy food. Discuss what is good and bad about the foods.



Germs Activity




All you need is; A plate, water, pepper and washing up liquid.




Follow the link:





<https://www.youtube.com/watch?v=hoOo7H6dXSU>



Here are some things to practice



- 
- Brushing their teeth
 - Brushing their hair
 - Cleaning their face
 - Getting dressed independently
 - Doing and undoing buttons on tops.
 - Putting shoes on
 - Putting a coat on
 - Feeding themselves
 - Using the toilet and washing their hands independently
- 



Literacy

Reading

Daily reading is very important in developing your child's reading skills. Please, if you can, spend time sharing a book with your child, pointing to the pictures and saying the names of various objects. By drawing attention to these, your child will learn the importance of language. Reading books aloud to children stimulates their imagination and expands their understanding of the world.



Writing - Fine motor and gross motor activities

- Practice writing patterns



- Make playdough - dough disco

<https://www.youtube.com/watch?v=i-IfzeG1aC4>

(there are lots of playdough recipes online)

- Practice writing your name - look carefully at each letter.

Maths


So far in maths we have learnt

- Working with numbers to 10 - counting objects to match numbers - remember to say one number name for each object!
- Recognising numbers to 10
- About 2d and 3d shapes - these can be found all around us! I wonder which shapes you can find at home or use to make a picture.
- Our daily routine - which things do you do in the day (morning and afternoon) and which things do you do at night (evening)

Activity using construction bricks


30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!



Day 1		Day 2		Day 3		Day 4	
You were hired by an amusement park to create a new roller coaster.		NASA needs you to build a new rocket.		Your parents want to build a new home and they want you to build it.		Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.	
Day 26	Day 27	Day 28	Day 29	Day 30			What was your favorite day?
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile			




Understanding the world



We have been growing beans at Nursery - can you grow flowers, fruit or vegetables at home? Make sure you give them water and sunlight. You could draw pictures or take photographs of them as they grow.



Go outside in the garden or park and see what minibeasts you can find. Talk about nature with your child and explore these stories on YouTube:



https://www.youtube.com/watch?v=I_A_e6h-DhU



<https://www.youtube.com/watch?v=vlhucZKcALk>



<https://www.youtube.com/watch?v=WhDJDIviAOg>



Can you name 4 seasons?




Can you put them in order?



What happens in each season?



Can you draw/make a picture representing each season?



Cooking

Baking will help your child to begin to understand about measuring, planning, hand strengthening and counting skills!



Technology

You could visit these websites for games to play and other ideas

www.topmarks.co.uk

www.bbc.co.uk/cbeebies

www.ictgames.com



Expressive Arts and Design



Get creative

Use different materials from around your house to create a mixed media picture.

Materials you could use:

Newspaper/magazines, food colouring to paint with, wool, string and thread, old t-shirts, pencils, paper

(think outside the box!)



Take part in the Rainbow Trail challenge - draw or decorate a picture of a rainbow and place it in a window at the front of your house.

Ideas are all the time - Rainbows,

30th March to 6th April - Rainbow Flowers

6th April onwards Rainbow Eggs

Sing some of your favourite nursery rhymes - can you learn a new one?





Being Imaginative



Play games with your family involving imaginative **role play**.

Who will you be today? A Policeman, a king/queen, a Disney character, an animal...

Put on a show for your family

This could involve; singing, magician show, acting, gymnastics...

Maybe you can act out your favourite story book

Here are some links to some of our favourite stories:

Room on the broom

<https://www.youtube.com/watch?v=cWB0goTWZic>

The gingerbread man

<https://www.youtube.com/watch?v=YoQyyB5xvLk>

We're going on a bear hunt

<https://www.youtube.com/watch?v=Waoa3iG3bZ4>

Aliens Love underpants

<https://www.youtube.com/watch?v=HmYqb4mJO7Y>

