

We have thought of some activities that you might like to try at home with your child/ren. They link in to the seven areas of the Early Years Foundation Stage.

Most of these activities are easy to do and don't need you to buy any resources. We have tried to make them as fun and easy to carry out as possible.

This is not a tick list; just choose the activities that you prefer and remember that repeating them is important. You can add pictures to Tapestry so we can see the exciting things that you have been up.

Expressive Art and Design

- Dance and move to music - you could add scarves or ribbons
- Sing familiar songs together - can you think of new words to familiar songs?
- Make shakers using bottles or yogurt pots - try putting different things inside them like rice or pasta to see how it sounds different
- You could make playdough - see recipe
- Make masks or puppets to act out your favourite stories or rhymes
- You could paint and draw lots of pictures!
- Use construction toys (Duplo/Lego/wooden bricks) to make scenes or homes for small world toys (animals/figures/etc.) Act out stories and adventures together
- You could make models out of junk materials, such as boxes, tubes, etc.
- Make musical instruments with saucepans, dishes and wooden spoons

Handwashing Song

To the tune of Frere Jacques

Top and Bottom, Top and Bottom,
In between, In between,
Don't forget the wrists
And the germs you might have missed
Now they're clean, Now they're clean.

Personal, Social and Emotional Development

- This will be an anxious time for children as their normal routines will be completely changed and they may not be able to see their friends and family. Talk to your child/ren appropriately about the situation.
- Use technology to keep in touch with people who are special to you, such as FaceTime or Skype.
- Talk to your child/ren about how they are feeling; they may have picked up on any feelings of anxiety or worry from adults around them.
- Give your child/ren responsibility for suitable jobs around the house
- Share family meals and talk to each other
- You could plan a daily routine to try and keep a sense of routine in your home - use pictures to help remember the routine

Understanding of the World

- Use books or the internet to find out about the lifecycle of chicks - find videos that show how they hatch and grow.
- Find out about the lifecycle of a butterfly - how does the caterpillar grow and change?
- If you have a garden you can hunt for bugs and notice the new life that is starting to grow.
- You could feed the birds and keep a record of the birds that visit your garden or outside space.
- Plant seeds; cress grows really quickly or you could plant a sunflower seed, which grows slower. You could talk about what plants need to grow - soil, water and sunshine.
- Use this time to explore recipes such as making pizzas, biscuits, cakes, etc.
- Make a weather chart; look at and talk about the weather each day
- Make a family tree; talk about who is in your family
- You could freeze small toys in ice and then work to free the toys. Talk about the changes that happen to water as it freezes and then melts again
- Make a rainbow of skittle sweets around the edge of a small plate - add some warm water and watch as a rainbow appears.
- Look at all the different technology around the house - explore how it works and what it does.



Please remember that what we are all experiencing at the moment is difficult and completely out of all our comfort zones. It is ok to feel anxious and worried at this time - but all that we can do is follow the guidance that we are given.



Playdough recipe

- 2 cups of flour
- 1 cup of salt
- 2 teaspoons of Cream of tartar
- 1 tablespoon of oil
- 2 cups of water

Put all the ingredients in a saucepan. You can add food colouring, glitter or essences to make it more exciting. Mix all the ingredients on a medium heat until they come together in a dough. Once the dough is formed take it out and knead it for a few minutes. Then you are ready to go!

Physical Development

- Thread pasta on to string or wool - this is a really good activity for developing hand-eye coordination
- Water play in the bath or in a washing up bowl - children can explore pouring, scooping and measuring
- Make playdough together (see recipe above) - playdough is a really good resource for strengthening muscles in the fingers and for developing fine motor control
- Play music and movement games, like musical statues or Simon Says
- Use construction toys to build, e.g. Lego/ Duplo/ wooden blocks
- If you have access to an outdoor space that is safe then continue to explore big movements, running around, etc. Getting fresh air is still important
- Find Cosmic Yoga or other exercise shows that are suitable for young children - you can follow the classes together. Search You Tube for ideas.
- Talk to your child/ren about how good hygiene, healthy foods, sleep and exercise keep you healthy.

Maths

- Notice numbers around your home
- Count as part of your daily routine, e.g. steps, cups, plates, etc.
- Go on a shape hunt - notice different shapes in the world around us, e.g. the door is a rectangle, a clock is a circle, etc.
- Pair up socks looking closely at the patterns
- Make a daily calendar so you can change the date - talk about the seasons, days and months.
- You could start a height measuring chart
- Cooking is a great activity to explore weighing, counting and measuring
- Explore size and height - find and compare things of different sizes and use the language big/small/middle sized
- Mark make numbers and amounts - you could make tally charts of favourite foods/fruits/etc.
- If you live near a road you could do traffic surveys, recording the different vehicles that you see and talking about the ones you see the most or least.
- You could sort toys or objects by colour, size or shape
- Sing counting songs and rhymes
- Look at money - talk about the different coins and the numbers on the coins.

There are lots of educational websites that are offering free access to resources during this time. Whilst we don't support any particular website you can google Early Years Foundation Stage activities for ideas.

Literacy

- Share story books and encourage your child/ren to talk about the story, the characters and what is happening in the pictures.
- Play sound lotto games - where you match a picture to a sound. You can find some interactive games online if you haven't got a board game.
- Have listening moments throughout the day - stop for a minute and notice all the things that you can hear around you
- Write and draw as much as possible - using bath crayons, chalks, etc. Remember that of you are practicing writing your child/ren's names that you shouldn't use capital letters for their whole name, just for the first letter, e.g. ~~CLAIRE~~ Claire
- Notice logos and writing around you - can you recognise any logos? Can you guess what the writing might say?
- You could clap put the syllables in the names of your family or familiar words.

Communication and Language

- Storytelling activities - make up stories together, retell your favourite stories, use puppets or props to retell stories
- Explore your favourite books - spend time reading them together and talking about what you can see in the pictures
- Sing nursery rhymes and action songs together
- Play games where you have to follow instructions, such as board games, treasure hunts, Simon Says, etc.
- Play guessing games where you have to describe something and you child/ren have to guess what you are describing, such as animals, vehicles, etc.