

Helping you child learn at home

Physical Development

- Move your body with control in both large and small movements.
- Use a range of tools, e.g. scissors, pens, pencil, hammer (Toys), glue, sticks, brushes, etc.
- Use play dough and change its shape by: rolling, pulling, cutting, squeezing, squashing, etc.
- Use outdoor equipment to develop body awareness and control, e.g. bats and balls, ropes, hoops and slides, etc.
- Move with different speeds, e.g. running, hopping, creeping etc.
- Talk about what your body needs to keep healthy - fruit, vegetables, water, milk, etc.
- Exercise then feel your heartbeat.

PSED (Personal, Social and Emotional Development)

- Say 'Please', 'Thank you', 'Your welcome' to your child and expect them to use their manner with you. Praise them when they do!
- Share resources - don't always give your child the first of everything. Remind them to wait for their turn,
- Look after their things and other peoples things.
- Have kind hands, feet and lips.
- Look after your body
- Use your words to explain your feelings.

Expressive arts and design

- Explore different techniques of: painting, joining and drawing.
- Sing songs, learn new songs
- Explore different sounds using voices, instruments, parts of the body, e.g. clapping
- Role play and dressing up
- Make things out of junks, paper, card, playdough, etc.

Reading / Sound work

- Share books in a quiet and calm environment if possible - books are important so we need to show children this.
- Play sounds games like 'I Spy'
- Can your child tell what you are sounding out, e.g. c-a-t
- Hid simple words around the room. Coult to 10 whilst your child finds 1 and reads it, before finding the next.
- Sing the alphabet song, e.g. ABC song
- Model write, e.g. shopping lists, names in cards - encourage children to write aswell
- Visit the library and spend time reading together
- Make letter sounds in different voices, e.g. shout, squeak, ect.

Mark making / Writing

- Sand writing - drawing patterns, letter shapes, numbers in sands with fingers, brushes, sticks, etc
- Painting - finger painting, brushes, rollers, sponges to create shapes, letters, numbers, representations, e.g. people, faces, animals, patterns
- Water - using brushes, rollers, squirt bottles, fingers to make large and small shapes, letters, numbers, etc.
- Colouring
- Drawing
- Printing
- Rubbing art

Maths

- Sing number songs, e.g. 5 little ducks
- Count the beats on a drum. When the drum stops add 1 more - what number do you end with?
- Use fingers to represent numbers e.g. put up 3 fingers, now put 1 more finger up, How many fingers altogether?
- Spot numbers everywhere we go, e.g. door numbers, numbers on cars, numbers around the room
- Build towers 5 blocks high
- Read stories with numbers in, e.g. Goldilocks and the 3 bears, 3 Billy Goats Gruff
- Learn simple doubles - $1+1$, $2+2$
- Counting and number recognition games inside and outside
- Go on shape hunts - 2D and 3D
- Use a real tape measure to measure anything of interest
- Compare sizes of everything, e.g. the tree is taller than you
- Read stories with size or patterns or shapes in.
- Fill and empty containers of different shapes and sizes - which holds more? Which holds least? Use: sand, water, rice, custard, gravy, juices, etc.