



Ideas for Home

We have created a pack of ideas for you to try at home to continue to support your child's development. Many of these activities do not require any additional resources, as in school, we have tried to think of ideas that are open ended and flexible.

This is not a tick list for you to work down. Choose as many as you like, repeat your favourites or make up your own!

Please share on tapestry as we love to see what you are getting up to!

Useful websites/educational apps

- Twinkl are offering one free month access – use the code: UKTWINKLHELPS and go to www.twinkl.co.uk/offer
- NASA are offering access to their media library and it is copyright free
- www.phonicsplay.co.uk – Username: march20 Password: home
- Phonics with letter lilies
- Teach my monster to read
- <https://www.bbc.co.uk/cbeebies/games>
- www.mrmcmakingmemories.com – this has lots of free resources
- www.topmarks.co.uk
- Spread the Happiness TV on youtube
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
- <https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs/> - for science experiments
- Cosmic Yoga on youtube <https://www.youtube.com/user/CosmicKidsYoga>
- Koo Koo kangeroon on youtube <https://www.youtube.com/user/kookookangaroo>
- Go noodle on youtube <https://www.youtube.com/user/GoNoodleGames>

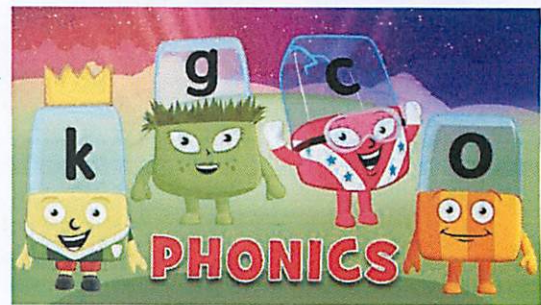
Personal, Social and Emotional development

- Establish a routine – make visual cards with your child to represent these, e.g. breakfast time, exercise time, cooking time, bed time
- Relaxation
- Exercise time – cosmic yoga, koo koo kangaroo
- Snack time – preparing fruit, pouring own drink, washing up
- Talking to your friends – through skype, on the phone, writing letters and messages to post through their door
- Sharing photos on tapestry for your teachers to see
- Dancing
- Jobs to do at home – loading the dishwasher, dusting, hoovering, tidying up their belongings, gardening
- Sharing a family meal – tell me something that you have enjoyed today...
- Quiet time
- Thank a community hero
- Tell jokes
- Look at family photos together
- Make cards for everyone at home
- Paint family portraits
- Leave happy notes around the house
- Make a family tree



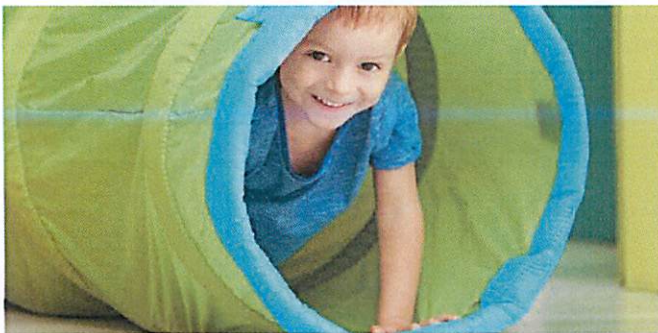
Communication and Language development

- Making puppets out of old socks, sticks, cardboard
- Read familiar stories to develop vocabulary
- Encourage your child to tell their favourite toy a story
- Record a video of your child telling a story. Share this with relatives and on tapestry
- I spy games
- Make a musical band using household items such as pans, create shakers
- Sing nursery rhymes and act them out
- Silly rhymes
- Shopping bag game – I went to the shop and I bought an apple – next person – an apple, a potato
- Play describing games – what's in the box, describe animals
- Simon says
- Learn a rhyme or poem



Physical Development

- Choosing an outfit for the day and getting dressed independently
- Dancing – play musical statues, musical bumps, have a competition, create a dance routine
- Obstacle course – indoors or outdoors
- Jumping games
- Write a shopping list
- Large paper – create marks to music, create a road for cars, draw a village
- Bubble blowing
- Building – plan, design and create
- Explore tools – dismantle old electrical items
- Ball games – catching, throwing, football, aiming at a target, skittles
- Water painting outside – use a container and a brush/rollers
- Beanbag races – can use a bag of rice or a pillow!
- Mark making with pens, crayons, chalk,
- Scissor practise
- Draw your favourite character from a book
- Create bookmarks
- Use a sheet as a parachute
- Do the hokey cokey!
- Keep the balloon up in the air game
- Coin rubbing on paper using crayons



Seasonal Ideas

- Listening walk
- Create a nature diary – record what you see and how it is changing. You can take a photo, draw a picture or write about it.
- Nature treasure hunt – use an empty egg box and collect items. This can then be used for sorting, storytelling, making faces and creations.
- Flower crowns
- Bird hunt
- Make a den
- Make a nest
- Magic wands – use elastic bands to tie natural items to a stick
- Make potions with natural objects
- Make a fairy garden or animal home
- Go puddle jumping
- Climb a tree
- Bug hunt
- Make a bird feeder
- Plant some seeds
- Make binoculars using toilet tubes



Recipes

Playdough

2 cups of plain flour

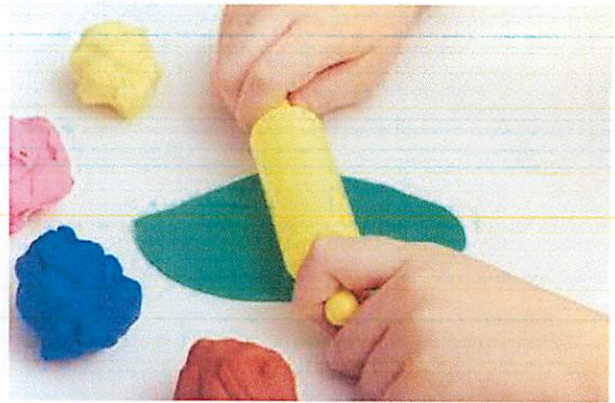
2 tablespoons of cooking oil

2 cups of salt

1 tablespoon of cream of tartar

2 cups of warm water

Add food colouring, essence etc if you want



Slime

- 100ml PVA white glue (children's craft glue or CE marked glue)
- ½ tsp bicarbonate of soda
- gel food colouring
- 1 tsp contact lens cleaning solution
- glitter (optional)

1. Squeeze the glue into a mixing bowl (look for a bottle in a 100ml size if possible so you won't have to measure it out). Add the bicarbonate of soda and mix well.

2. Add a drop or two of your chosen gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated.

3. Add the contact lens solution and mix. The slime will begin to form, going stringy before coming away clean from the bowl into a ball.

4. Once it has formed, take it out and knead it with your hands. It will be sticky at first but after about 30 seconds you'll have a smooth and pliable ball. Add glitter at this point, if desired, and work in with your hands. Store in a pot with a lid.

Salt dough

1 cup salt

2 cups of flour

¾ cup of water

1. In a large bowl mix salt and flour together.
2. Gradually stir in water. Mix well until it forms a doughy consistency.
3. Turn the dough onto the bench and knead with your hands until smooth and combined.
4. Make your creations using the salt dough.
5. Place the salt dough creations into the oven at 180C. The amount of time needed to bake depends on the size and thickness of the salt dough creations.

Extra Ideas

- Make a time capsule
- Card games – snap, memory games
- Water play in the bath
- Ice play – freeze toys in water and try and rescue them!
- Washing toys
- Colour mixing
- Dance party with torches
- Cardboard boxes
- Play with favourite toys!
- Have a movie day
- Have an indoor picnic
- Have a tea party
- Play hide and seek
- Go on a treasure hunt
- Explore science experiments
- Build a boat that floats
- Go on a number/shape hunt
- Make paper aeroplanes
- Design a kite
- Paint a glass jar
- Shadow puppets
- Teddy bears picnic
- Puzzles
- Paper chains
- Colouring books
- Make a pretend car/boat using boxes and furniture
- Be superheroes with capes – capes can be made out of shirts
- Make yogurt pot telephones
- Make creations using junk modelling
- Sing karaoke
- Paper Mache
- Board games



Cooking

- Smoothies
- Flapjacks
- Wraps for lunch
- Pizza – using pittas or wraps as a base
- Fruit skewers
- Fairy cakes
- Pancakes
- Toast – spreading
- Popcorn
- Cookies
- Fruit salad
- Rice Krispy cakes
- Plan, prepare and cook dinner together
- Make sandwiches – can you make them into different shapes?
- Learn to cook something new

