



Activities to try at home!



Here are some activities to try at home for each of the seven areas of the Early Years Foundation Stage.

Many of these activities can be completed without needing to buy any resources. We have tried to make them open and flexible.

We are working towards achieving the Early Learning Goals at this time of year so the activities have been planned with these in mind.

This is not a tick list for you to work down, choose your favourites and do them as many times as you like - repeating them is good!

Please send us photos or videos on SeeSaw!

<p><u>Personal, Social and Emotional Development</u></p>	<ul style="list-style-type: none"><li>• Give your children responsibility to help with household chores - spraying the window cleaner and clean the windows is a favourite!</li><li>• Look at Cosmic Kids Yoga on YouTube and join in together <a href="https://www.youtube.com/user/CosmicKidsYoga/videos">https://www.youtube.com/user/CosmicKidsYoga/videos</a></li><li>• Sharing a family meal and talk about your day.</li></ul> <p><b>PSED Challenge</b></p> <p><u>Activity</u></p> <p>1. Discuss the different activities you have been doing at home. Think about what you have liked doing, what you didn't like doing and what you might want to do next. (This could include any activity, not just school work.) Your adults can take notes and post them on SeeSaw for me to read.</p> <p>2. Draw a picture of something you are good at and write a sentence to describe what you are good at and explain why. Remember to use the word 'because' in your writing.</p> 
<p><u>Communication and Language</u></p>	<ul style="list-style-type: none"><li>• Storytelling with homemade puppets - use old socks, lolly stick and straws.</li><li>• Singing nursery rhymes and action songs, such as Simon Says.</li><li>• Play guessing games - such as think of an animal and model giving clues to help your child guess the animal.</li><li>• Play board games.</li><li>• <a href="https://wetakmakaton.org/">https://wetakmakaton.org/</a> - Learn to sign the Makaton Sign of the Week.</li></ul> <p><b>Communication and Language Challenge</b></p> <p><u>Activity</u></p> <p>1. Describe the position of the teddy in the photos.</p> <p>2. Write a sentence to describe where the teddy is in each photo.</p> <p>'The teddy is .... the table.'</p> <p>Positional language vocabulary: on, under, next to, behind, in, between.</p> <p>3. Use one of your toys and describe its position.</p> 

Physical Development

- Threading pasta on to wool or string.
- **Musical movement games - like musical statues.**
- **Make sensory tray with shaving foam, soap, jelly etc.**
- Painting with water in the garden.
- Phonics and dancing with Boom Shake the Alphabet  
[https://www.youtube.com/results?search\\_query=boom+shake+the+alphabet](https://www.youtube.com/results?search_query=boom+shake+the+alphabet)
- **Rough and tumble play.**
- Watch episodes of 'Come Outside' on YouTube. **Physical Development Challenges:**

Work outs for wee ones! Sticky Kids' first free podcast available now at <http://stickykids.podbean.com> Each 10-15 min podcast provides a balanced workout for under-5s - great for parents too!



### The Handwash Song

(sung to Row, Row, Row the Boat)

Wash, wash, wash your hands

Make them nice and clean

On the bottom, on the top

And fingers in between

**Sing this twice whilst washing your hands.**

Expressive Arts and Design

- **Sing familiar songs and make up your own words to nursery rhyme tunes.**
- Learn A New Song: <https://www.youtube.com/watch?v=wAjCCUoFAeI>
- Make music with saucepans and pots.
- **Make shakers with pasta or rice in pots.**
- **Make your own paint with shaving foam or coloured ice.**
- **Make props for your favourite story and act it out together.**

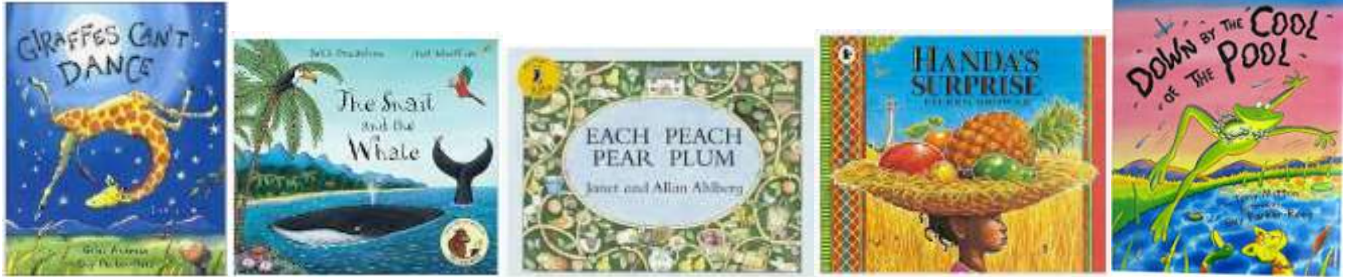
**Expressive Arts Challenge! Can you create your own natural art?**





- **Our Favourite Five** - Listen to or read our 'favourite five stories for this term and enjoy!

'Giraffes Can't Dance by Giles Andreae <https://www.youtube.com/watch?v=aQMDaPRhA0I>  
 Each, Peach, Pear Plum by Janet & Allan Ahlberg <https://www.youtube.com/watch?v=N17fprE1SxU>  
 Handa's Surprise by Eileen Brown [https://www.youtube.com/watch?v=XyIV\\_xYiOas](https://www.youtube.com/watch?v=XyIV_xYiOas)  
 Down by the Cool of the Pool by Tony Mitton <https://www.youtube.com/watch?v=lgDeF-lXf8Q>  
 The Snail and The Whale by Julia Donaldson <https://www.youtube.com/watch?v=x887mPO9X9c>  
 (also available on bbc iplayer)



- Bing on CBeebies always recaps the story at the end of each episode. This is great for children to learn how to retell a story. Watch an episode of Bing. Pause the TV just after the story has finished and ask your child to retell what has happened. Press play and watch Bing recount it - did you remember it correctly?

**Literacy Challenges:**



- Pairing socks then counting them in 2s.
- Playing Snakes and Ladders.
- Bigger and Smaller games - describing the 3 Billy Goats Gruff or using Goldilocks.
- Measuring ingredients to cook/ help make dinner.
- Sing number songs.
- Sorting toys by colour or shape.
- Sorting coins.
- Build train tracks in different shapes.
- Build towers from blocks - how many blocks did you use? Can you use the same blocks to build a different tower?
- Make a bowling game with toilet rolls!
- Ladybird Maths. Draw some ladybirds with different amounts of spots. Write a number sentence for each.  $3 + 2 = 5$
- Symmetrical Butterfly. Paint one side of a butterfly. Fold when wet to transfer the pattern.



## Maths Challenge

### Activity

1. Adult to write numerals 0-20 on little pieces of paper and mix them up. (You can use number cards if you already have them)
2. Use the number cards as flash cards. Can the children recognise the numerals?
3. Children to put them in the correct order.
4. Adults to ask the children to find the number that is one more and one less than a given number.

### CHALLENGE...

Can you use the 0-20 number line you have made to find the answers to the following calculations. Remember to put your finger on the first number then make the correct number of jumps to represent the next number. What is the total? Can you write the calculations down and talk about them?

$$13 + 4 =$$

$$7 + 11 =$$

$$12 + 8 =$$

$$10 + 3 =$$

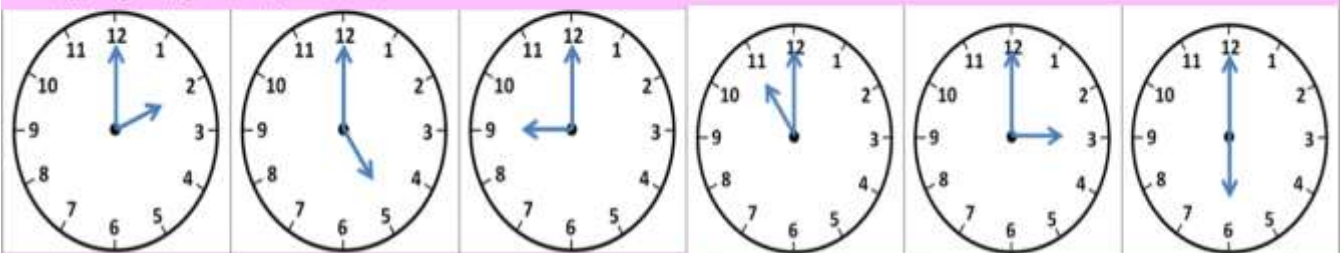
$$5 + 7 =$$



## Maths Challenge

### Activity

1. Look at the different clocks and tell the 'o'clock' time. Remember to look at the short hand to find the hour. The long hand will always be on the 12 if it is o'clock.
2. Think about your day. Draw a picture of the events in your day and write a sentence about what time take part in the events.





• **Blowing bubbles -**



Use a bottle with the bottom cut off and covered with a sock. Dip it into a bowl of water and washing up liquid. Blow into the top of the bottle!

• Make bread or pizzas for the family to share.

- Read information books on frogs and chicks.
- Go On A Bug Hunt. Look for minibeasts under rocks and stones. Record what you find.



- Use Nature Detectives for lots of exciting activities to do at home: <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
- Planting seeds such as cress - and watching them grow.
- Look at science experiments for Early Years <https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs/>
- Make a family tree - who is in your family?
- Freeze small toys in ice - and work out how to get them out of the ice.
- Make a rainbow of skittles sweets around the edge of a small plate - add warm water and watch a rainbow appear.

## Understanding the World Challenge

### Activity

Look at a photo of an event from your past/ your family's past. Do you remember what you did or were celebrating together? Talk or write some sentences about what you can remember.

Do you think other families do this too?  
 What do other families do that could be different from yours?  
 Are families all the same?  
 Why do you think that?



**Check out BBC Bitesize for lessons in all areas!**