






Learning at home


The table below has been produced to support parents and their children with 'learning at home' during the current lockdown. It provides some ideas of activities you might like to try with your children at home. It is based around the **Early Years Foundation Stage Curriculum** and an ethos of learning through play. The list is not a developmental list that you need to work through. It is a great selection of activities that you can dip in and out of depending on your child's development and interests, which will support your child's learning as you play together.


Area of Learning	Ideas to try	What does this help with?	Key words to use
Personal, Social and Emotional Development 	Play turn taking games together. Try: <ul style="list-style-type: none"> • Building towers • Blowing bubbles • Pushing cars down slopes • Feeding a teddy (this activity could be extended to washing/brushing teddy) 	Making Relationships	Building/Tower/bricks Blow/Bubbles/Pop Ready, steady, go Car and other vehicles Fast/slow, Big/small More/finished Eat/drink/teddy/items of food and drink/ wash, brush.
	Involve your child in some fun chores at home. Can they help you: <ul style="list-style-type: none"> • Choose and make lunch • Set the table • Water plants • Sort the washing 	Self-confidence and Awareness	Items of food/utensils/clothes Eat/Drink Water/parts of the plant (leaf, flower etc.) Items of clothes
	Sing 'If you are happy and you know it' together. Try: <ul style="list-style-type: none"> • Happy • Sad • Angry • Tired 	Managing Feelings and Behaviour Communication & Language	Happy Sad tired Angry Scared More/finished

			Sing
Area of Learning	Ideas to try	What does this help with?	Key words to use
Communication and Language 	<ul style="list-style-type: none"> Freeze/Dance game to music – give the freeze/dance instructions to your child Go for a walk together. Talk about the different sounds you can hear 	Listening and Attention	Freeze/dance Stop/go Walk Listen/hear Look/see Things that have been seen/heard on the walk
	<ul style="list-style-type: none"> Treasure hunt! Can your child find the items you ask for and bring them back to you e.g. a shoe, a cup, a book or a teddy 	Understanding	Find Look Items of “treasure” Actions related to these items, e.g. for book=read
	<ul style="list-style-type: none"> Look at photos together of people your child knows and special times they have been involved in and talk about these together 	Speaking	Names of people and objects in the photos Actions being carried out in the photos Feelings of those in the photos if appropriate
	<ul style="list-style-type: none"> Make simple instruments – baking tray/saucepan with a wooden spoon, fill a sealable container with pasta or rice to shake. Use these to play along to songs and copy each other 	Listening and attention Early syllable work	Names of instruments/items used for the instruments Actions being carried out with them, e.g. bang, shake, hit Go/stop Loud/quiet Simple counting of the syllables
	<ul style="list-style-type: none"> Sing songs and rhymes together, leave gaps for your child to fill 	Listening and attention	Names of the songs, or objects of reference relating to the song, e.g. spider for ‘Incy Wincy’. More/finished/again Choose
	<ul style="list-style-type: none"> Play ‘Simon Says’. Simplify it so your child just needs to copy your actions 		Actions being carried out Look/see

			Same/different
Area of Learning	Ideas to try	What does this help with?	Key words to use
Physical Development 	Exercise together: <ul style="list-style-type: none"> Running Jumping Throwing/Catching a ball Home/garden obstacle courses 	Moving and Handling	Actions of the game Objects being used in the games Ready, steady, go Stop/go More/again/finished
	Other Activities to try: <ul style="list-style-type: none"> Cutting out pictures in magazines/newspapers Playing with Lego 		Actions being carried out, e.g. cutting Names of pictures in magazine/newspaper
	More ideas: <ul style="list-style-type: none"> Let your children wash dolls/figures in the sink/bath with a sponge and some bubbles 	Health and Self Care	Items in the game (sink, bath, sponge, bubbles.) Actions in the games (Wash, pop, splash)
Literacy 	Sing songs and rhymes together. Make it fun with action rhymes: <ul style="list-style-type: none"> Row, row the boat Heads, shoulders, knees and toes Five little monkeys 	Reading/Communication and Language	Names of the songs, or objects of reference relating to the song, e.g. spider for 'Incy Wincy'. More/finished/again Choose
	Have fun with making marks. Try: <ul style="list-style-type: none"> Using sticks to make marks in sand or mud Using fingers to draw in shaving foam Using trains or cars to make marks in Paint 	Writing/Physical Development	Labels for the marks Draw/write Items being used Describing of mark making material, e.g. sticky mud, wet foam, blue paint
	Play 'pairs' games. Try: <ul style="list-style-type: none"> Using household items such as tins of food, rubber gloves, cutlery Put one half in a bag and the other half on a tray/floor Take turns to take an item out of the bag and find it's matching pair 	Pre Reading/Early Maths Skills	Names of items What's in the bag? See/look Same/different Action related to the items once they have

			been matched, e.g. knife=cutting
Area of Learning	Ideas to try	What does this help with?	Key words to use
Mathematics 	Try getting active with numbers. Try counting: <ul style="list-style-type: none"> • Star jumps • Hops • Stairs 	Numbers	Numbers Actions, jump/hop/walk/step/climb Up/down
	Have fun with numbers: Write numbers on paper or card and hide them around your home for your child to find		Look Find/found Where? e.g. where is the X
	Make patterns together. Use: <ul style="list-style-type: none"> • Lego • Beads • Pasta • See what you can build together from the objects in your house!		Items being used Items being built
	Go for a walk: What shapes can you see outside or on a rainy day inside your home?		Walk Listen/hear Look/see Things that have been seen/heard on the walk
	Do some baking together: Let your child help to measure and weigh ingredients		Bake/cook, mix/stir Items being used
	Mix up different shaped pasta into a bowl then sort it into different containers		Names of containers Names of pasta according to sorting Same/different Put/pour Empty/full

Area of Learning	Ideas to try	What does this help with?	Key words to use
Understanding the World 	Look at photos together of people that are important in your children's lives (Grandparents, aunts, uncles, cousins, friends)	People and communities	Names of people and objects in the photos Actions being carried out in the photos Feelings of those in the photos if appropriate
	Can you find any animals, plants or insects in the garden or on a walk together? Collect leaves, twigs, cones etc. Try: <ul style="list-style-type: none"> • Sorting by size/type • Making collages and pictures with them 	The World	Animals/plants/insects Walk Listen/hear Look/see Things that have been seen/heard on the walk Big/little
	Can you plant a seed together and wait for it to grow? Cress grows fast so is a good one to use!		Items being used Actions being used e.g. dig. Pour etc.
	Can you involve your children in face-timing or video calling friends or loved ones you are currently unable to see?	Technology	Names of people and objects in the video Actions being carried out in the video Social phrases, hello! bye!

Area of Learning	Ideas to try	What does this help with?	Key words to use
Expressive Arts and Design 	Have messy fun together! Try: <ul style="list-style-type: none"> • Adding water to sand • Dip pasta in paint and make pictures • Make 'gloop' by adding water to cornflour • Make up some jelly or pasta – add some rice to explore textures 	Exploring and using media and materials	Describing the “mess”, e.g. sticky Add/pour/mix Items being used Wash/dry (for when the mess is being tidied up)
	Save all of your old cartons, bottles and boxes and have a junk modelling session!	Being imaginative	Items being used Actions being carried out Items being created Use of these items
	Put some music on and dance together!		Listen/hear Dance Stop/go Actions being carried out
	‘Role play’ with your child when playing with any ‘small world’ figures they might have: <ul style="list-style-type: none"> • Dolls • Lego • Action figures • Toy animals 		Items being used Actions being carried out Feelings of objects during play activities, e.g. doll fell over. Doll is sad.