

Dear Parents,

Please see our extensive list of activities that you can do with your children at home that do not require any technology. These activities are cost effective, can be adapted to fit in with any context and will help your child in achieving the Early Learning Goals at the end of reception. There are 7 areas of learning in the Early Years Foundation Stage that are all as equally important in your child's development. Enjoy the activities with your child and please send photos of any work/children participating in activities to your child's class teacher. Thank you.

Communication and language development (this includes listening and attention, understanding and speaking)

- *Play games together, like "Do as I say, not as I do", "Simon says", "musical statues"*
- *Read stories to your child and ask appropriate how and why questions for example, "Why do you think the bears were angry to find Goldilocks sleeping in baby's bed?" or "How might Jack's mum have felt after Jack traded their cow for magic beans?"; before flipping the page, ask them what they think might happen next and why; Can child anticipate the ending of the story?; If your book is about pirates (as an example), ask your child if they know how a pirate might act? Can they show you how a pirate might walk or talk?*
- *Ask your child to retell a familiar story- they could even draw a picture, write about it or draw a story map*
- You can sing songs with actions
- Make up a series of actions for your child to follow, and vice-versa (ie "can you clap, then jump, then spin, then hop?)
- Play instruction games i.e. can you pick up the red bear and put it in the blue pot? You could add challenge by blindfolding your child and directing them around obstacles.
- Encourage and work with your child to create their own stories while playing with dolls or toys (example, with action figures, can child create a superhero narrative while playing and tell it to you verbally?)

Personal, Social and emotional development (this includes self- confidence and awareness, managing feelings and behaviour and making relationships)

- Make a calendar and each week, try and make a goal together, to add one new activity (could be some activities from this document)
- Have some "circle time" discussions with your child related to various topics - *What makes you laugh? What is your favourite animal and why? What's your favourite food and why? What makes a good friend? And share your own responses with your child as well*
- Encourage your child to be as independent as possible (whilst being safe) i.e. getting dressed by themselves, cutting up their own dinner etc.
- If available, read a book (or retell story with child) about behaviour and its consequences (example, Red Riding Hood should've listened to her mum to avoid trouble with the wolf!)
- With your child, set rules and expectations with your child for home school behaviour, have them help you write these rules and put them on the wall visible to them
- Play games where children must take turns with their carers or siblings
- They take account of one another's ideas about how to organise their activity i.e. if baking cookies, have a think of how you can change the recipe (adding raisins instead of chocolate chips?)

Physical Development (this includes moving and handling both gross motor and fine motor as well as health and self-care)

Gross motor

- Play the *Beans Activity* (baked, jelly, chilli, runner, climbing) you say a type of bean and your child becomes the bean i.e. you say jellybean, your child wobbles like a jelly (this is fun, children love it!)
- Play the game *Walk like a...* - can you walk like a crab? Can you walk like a polar bear? Can you walk like Red Riding Hood through the woods?
- Set up a target/basket on the floor, can child roll/toss a pillow/ball/soft toy onto the target/into the bowl with precision?
- Set up obstacle course in garden to practise moving in different ways
- Practise throwing and catching
- Go on a daily walk for exercise
- Move in different ways- skip, jump, jog, run, slither, crawl

Fine motor

- Practice handwriting particularly their names
- Help with cooking, using various cooking tools (blunt knives for chopping, spoons for mixing, etc)
- Make playdoh and encourage children to use safe tools to manipulate it (ie blunt knives, rolling pin, spatula, etc)
- Puzzles
- Threading i.e. pasta tubes
- Using scissors to cut out shapes or when creating collage etc.

Health and Self-Care

- Ask child to feel their heart beat before and after doing 15 star jumps, or running around the garden/on the spot - what can you notice? - talk about why we must exercise and run around to keep our body healthy
- Make healthy snacks/meals together discuss why it is important to be healthy
- Draw a picture (or cut out food images from newspaper and collage) of healthy food and label them
- Ensure that your child gets dressed independently every day; Pick out an outfit the night before with your child, let them have some freedom to choose what they want to wear!
- Have a race; see if your child can get dressed in 3 minutes!
- Practice doing up own buttons, zips, shoe fastenings
- Wash teeth/wash hands- discuss importance of self -hygiene

Literacy (this includes reading and writing)

- Play Freddy Frog games (touch your ch-i-n, in the fridge I have j-a-m) children to guess what you are saying. Get them to practice segmenting words too!
- Match simple captions to pictures (can be provided and printed from Twinkl)
- Daily diary - one sentence about something they have done that day
- Write letters/emails/messages to family and friends
- Bean Diary - Could plant a seed and observe changes and write about them
- Write shopping list of things they would like their 'grown up' to get when they go shopping
- Storytelling - make a den and sit inside to read stories to each other

- Have a series of cards with words that are decodable, children can read these words (maybe timed to add an element of competition) can be provided and printed off of Twinkl for parents
- Label parts of your house for the children to have a go at reading independently (example, rug, hat, light, etc.) label parts of the body in the same way.
- Play *Memory*-style game with simple decodable words (Child needs to flip over one of the cards, read it and find the card that matches i.e. jam and jam. If s/he can't find it after one try, flip both cards back over and give someone else a turn)
- Make simple word card snap/dominoes
- All of the above can be made with tricky words too (words that are not decodable)
- Spelling quiz- can you write me the word cat, dog etc- depending on your child's reading ability
- How many times can you write the word xxxxxx in a minute?
- Write their own cards for tricky word bingo
- Write your own stories/make your own books
- Make posters/cards

Mathematics (this includes number and shape and measures)

- Ordering numbered pegs on a washing line 1-20
- Ordering paper cups that have numbers on them 1-20
- Ordering card/paper that have numbers on them 1-20
- Hang numbers on the wall by the stairs (if you have stairs) and children to count as they take
- Use any counter you'd like (raisins, pebbles, grapes, sweets) and ask children to tell you what one more is than a given number of counters by physically adding one more
- Have edible counters (grapes, orange slices, Smarties) and have children count out an amount up to 20, and eat one, what's one less?
- Garden - Chalk numbers on the floor, make hopscotch game
- Make a shop with items from home, children have to 'pay' using coins
- Cook and bake together - child to measure, count out amounts, add and subtract, share.
- Use food to add and take away (e.g. I have 12 grapes and eat 3. How many do I have left?) Use toys/objects to add and take away (e.g. dolls/teddy bears)
- Write a number down on a piece of paper. Encourage your child to throw/kick a ball and hit a numbered target. Can they add these two numbers together?
- With a dice, ask your child roll two numbers and add them together (with counters to support)
- Sharing fruit/sweets between two people- how many have they got each?
- Use finger printing to double (e.g. make three finger prints and fold the paper in half. How many do you have now? 6)
- Using a dice, roll a number, count out (example) 3 counters, then double them
- Make up cards with even numbers from 2 - 20, ask child to pick a number and select appropriate number of counters, then share the counters equally between themselves and parent/carer. How many do they have each? Halving.

Shape and measures

- Use cooking scales with different objects. What object is heavier? (Child can use their hands to feel the weight too)
- Can they say the days of week? Months of year? Make a daily diary; things they do at different times in the day.
- How many things can you do in a minute? i.e. jumps, thread beads etc
- Make a shop at home and price objects. Give your child some pennies. Can they read the price tag and find the correct amount of coins? (Using 1p. Can use 2p's , 5p's and 10p's to extend)
- To complete a repeated pattern using coloured pens. Can they create their own pattern? (Can be done with objects too - hat, sock, hat, sock, hat, sock)
- What 3d shapes can you see around the house? Can you describe the shapes? (e.g. the ball is a sphere. It look's round)
- Have a ladle handy and three different size bowls, which one has the highest capacity? Count
- Hunt around your house or garden for objects that resemble shapes, and describe why (example, "the window is like a rectangle because it has 4 sides and they're not all the same.")
- Make a shape scavenger hunt, hiding drawn 2D shapes around the house, child to try and find them all, then describe how many sides each has to you after
- Cut out 2D shapes and make a shape collage or repeated pattern, describing features of each shape
- Examine 3D shapes in everyday objects in your cupboard (cylinder = tomato sauce can, cone = party hat, etc) and count how many faces each item has
- Go on a hunt for a given 3D shape around the house or garden (example "find me something that looks like a cuboid!")

Understanding the World (this includes people and communities, the world and technology)

- Encourage child to keep a journal, either written form or video (using your phone) about what they did or learned about that day
- Look at photographs and discuss memories together.
- Discuss changes i.e. what can you do now that you couldn't when you were a baby?
- Cook together
- Perform science experiments together - <https://www.twinkl.co.uk/resource/t-t-8917-science-experiments-at-home>
- Look at changing states of different materials i.e. ice/chocolate melting, cake ingredients changing form when cooking etc.
- Observe nature when walking and discuss what you see- discuss life cycles i.e. caterpillar turning into a butterfly.
- Try and grow different kinds of beans at home in a cup with wet paper towel, observe their growth over time
- This floats, that sinks - what kind of items float or sink, and why do you think? Use during bath time or in the sink/tub of water
- Look outside on your daily walk or through your window, which things are alive (trees) which things aren't alive (rocks, bricks) which things used to be alive (wood is made from trees)
- Make playdough/salt dough together at home. Explore other malleable materials too
- Use and play with electronic toys (ie remote-controlled cars)
- Use remote control to operate television or stereo equipment
- Complete educational programmes/apps if possible on mobile phone or other ICT equipment <https://family.co/blog/inspiration/15-early-years-apps-to-continue-learning-at-home/>

Expressive Arts and Design

- Sing familiar songs with your child, can you make up a dance rhythm that goes with your song?
- Improvise or make musical instruments with your child (percussion using plastic bowls and sticks, make your own guitar with rubber bands and a shoe box with a hole, etc)
- Create your own body percussion rhythms and try to mimic each other's patterns (example, clap, clap, stomp, stomp)
- Draw and paint
- Make junk models with recyclables found in the house and tape
- Using newspapers or brochures, make a collage (scissors and glue)
- Flour and water papier mache sculptures
- Help bake cookies or bread at home, comment on the texture and colour
- Make salt dough creations
- Talk about colours you see on your daily walk or at home, compare different shades of the same colour (some leaves are dark green in spots, lighter green in others for instance)
- Building a fort out of chairs and blankets
- Make dens
- Make up stories and act them out
- Role-play different scenarios, become shop keepers, doctors, fire fighters, police, mummy's and daddy's.
- Try and source as many collaging/craft materials in the house as possible to allow your child to collage and create art

If you have any questions about the above activities or need further explanation or extension please email your child's class teacher or me at kclifford@plumcroft.greenwich.sch.uk

We hope you enjoy the activities and will look forward to hearing from you and seeing your child's work

Thank you for your support

Kelly Clifford (EYFS phase leader) and all of the Reception Team