






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. Your child's teachers/SENCOs have highlighted those activities that might be most relevant to your child's interests, needs and stage of development.


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

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<p data-bbox="107 124 517 156">Communication and Language</p> 	<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

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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

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<p data-bbox="107 124 291 151">Mathematics</p> 	<p data-bbox="734 124 1310 151">Try getting active with numbers. Try counting:</p> <ul data-bbox="784 159 963 263" style="list-style-type: none"> • Star jumps • Hops • Stairs 	Numbers	Numbers Actions, jump/hop/walk/step/climb Up/down
	<p data-bbox="734 308 1041 335">Have fun with numbers:</p> <p data-bbox="734 343 1310 406">Write numbers on paper or card and hide them around your home for your child to find</p>		Look Find/found Where? e.g. where is the X
	<p data-bbox="734 456 1108 483">Make patterns together. Use:</p> <ul data-bbox="784 491 907 630" style="list-style-type: none"> • Lego • Beads • Pasta • <p data-bbox="734 638 1332 702">See what you can build together from the objects in your house!</p>		Items being used Items being built
	<p data-bbox="734 716 907 743">Go for a walk:</p> <p data-bbox="734 751 1299 815">What shapes can you see outside or on a rainy day inside your home?</p>		Walk Listen/hear Look/see Things that have been seen/heard on the walk
	<p data-bbox="734 896 1064 924">Do some baking together:</p> <p data-bbox="734 932 1232 995">Let your child help to measure and weigh ingredients</p>		Bake/cook, mix/stir Items being used
	<p data-bbox="734 1007 1310 1070">Mix up different shaped pasta into a bowl then sort it into different containers</p>		Names of containers Names of pasta according to sorting Same/different Put/pour Empty/full

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<p data-bbox="107 124 450 156">Understanding the World</p> 	<p data-bbox="734 124 1335 225">Look at photos together of people that are important in your children’s lives (Grandparents, aunts, uncles, cousins, friends)</p>	<p data-bbox="1364 124 1666 156">People and communities</p>	<p data-bbox="1742 124 2078 331">Names of people and objects in the photos Actions being carried out in the photos Feelings of those in the photos if appropriate</p>
	<p data-bbox="734 376 1335 480">Can you find any animals, plants or insects in the garden or on a walk together? Collect leaves, twigs, cones etc. Try:</p> <ul data-bbox="786 488 1308 552" style="list-style-type: none"> • Sorting by size/type • Making collages and pictures with them 	<p data-bbox="1364 376 1496 408">The World</p>	<p data-bbox="1742 376 2033 619">Animals/plants/insects Walk Listen/hear Look/see Things that have been seen/heard on the walk Big/little</p>
	<p data-bbox="734 632 1317 695">Can you plant a seed together and wait for it to grow? Cress grows fast so is a good one to use!</p>		<p data-bbox="1742 632 2069 727">Items being used Actions being used e.g. dig. Pour etc.</p>
	<p data-bbox="734 775 1308 871">Can you involve your children in face-timing or video calling friends or loved ones you are currently unable to see?</p>	<p data-bbox="1364 775 1509 807">Technology</p>	<p data-bbox="1742 775 2078 943">Names of people and objects in the video Actions being carried out in the video Social phrases, hello! bye!</p>

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<p data-bbox="107 124 470 156">Expressive Arts and Design</p> 	<p data-bbox="734 124 1120 156">Have messy fun together! Try:</p> <ul data-bbox="784 164 1344 339" 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 	<p data-bbox="1364 124 1680 188">Exploring and using media and materials</p>	<p data-bbox="1742 124 2072 331">Describing the “mess”, e.g. sticky Add/pour/mix Items being used Wash/dry (for when the mess is being tidied up)</p>
	<p data-bbox="734 376 1299 440">Save all of your old cartons, bottles and boxes and have a junk modelling session!</p>	<p data-bbox="1364 376 1579 408">Being imaginative</p>	<p data-bbox="1742 376 2049 512">Items being used Actions being carried out Items being created Use of these items</p>
	<p data-bbox="734 560 1220 592">Put some music on and dance together!</p>		<p data-bbox="1742 560 2049 695">Listen/hear Dance Stop/go Actions being carried out</p>
	<p data-bbox="734 738 1332 802">‘Role play’ with your child when playing with any ‘small world’ figures they might have:</p> <ul data-bbox="784 810 996 954" style="list-style-type: none"> • Dolls • Lego • Action figures • Toy animals 		<p data-bbox="1742 738 2060 914">Items being used Actions being carried out Feelings of objects during play activities, e.g. doll fell over. Doll is sad.</p>