



Rainbows and Stars Home Learning

This is a list of activities to try at home for the seven areas of the Early Years Foundation Stage.

Most of these activities will not require any extra resources. We have tried to make them as open and flexible as possible.

Please do not be overwhelmed by anything in this pack.

This is not a tick list for you to work through. Simply choose your favourite activities and feel free to repeat as many times as you like. We have tried to include lots of ideas so that there are lots of options to suit different families and different children. We also welcome you to do things which aren't in this pack, which you love to do together! Above all, use this opportunity to spend some quality time with your lovely children (we will be missing them terribly!).

Please post as much as you can on Tapestry or send via ClassDojo. We will be checking in every day and would LOVE updates of what our Stars and Rainbows are getting up to during this time.

And lastly, please remember we are always at the end of a message if you ever need support or clarification.

Miss Burr and Miss Oliver

PLAY GIVES
CHILDREN
A CHANCE
TO PRACTICE WHAT
THEY ARE
LEARNING.
-MR. ROGERS

Personal, Social and Emotional Development

- Encourage children to talk about their friends and what they like about them. Could they make a card/picture for them?
- Chop the vegetables for dinner together.
- Give your children responsibility to help with household chores (spray the window cleaner and clean the windows is a favourite!).
- Share a family meal and talk about your day.
- Play board games/games taking in turns.
- Work together to build a jigsaw/puzzle.
- Look up 'Cosmic Kids' on youtube! Follow a guided yoga together.
- Encourage children to talk about their likes and dislikes in terms of activities they like and do not like to do. Encourage them to explain their thoughts and feelings.
- Talk about the names of different emotions and feelings. Can your child act any of these out? Draw attention to different body parts, for example tense shoulders when acting out the emotion, angry.

Aspect	Early Learning Goals
Making Relationships	Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.
Self-Confidence and Self-Awareness	Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.
Managing Feelings and Behaviour	Children talk about how they and others show feelings, talk about their own and others' behaviour and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations and take changes of routine in their stride.



Communication and Language

- *Storytelling with homemade puppets. You could use items such as old socks, lolly stick and straws.*
- *Singing nursery rhymes and action songs, such as Simon Says.*
- *Play guessing games – such as think of an animal and model giving clues to help your child guess the animal.*
- *Play board games.*
- *Look through old photos and see if they can recall events. Ask your child to talk to you about where they were, what they were doing, who they were with etc.*
- *Initiate conversations with your child. Ask questions and demonstrate how to be a good listener.*
- *Model correct sentence structure and new vocabulary.*
- *Share rhymes, songs, books and stories together. Talk about what is happening. With rhyming books, stop suddenly and encourage child to continue the rhyme!*

Listening and Attention	Children listen attentively in a range of situations. They listen to stories, accurately anticipating key events and respond to what they hear with relevant comments, questions or actions. They give their attention to what others say and respond appropriately, while engaged in another activity.
Understanding	Children follow instructions involving several ideas or actions. They answer 'how' and 'why' questions about their experiences and in response to stories or events.
Speaking	Children express themselves effectively, showing awareness of listeners' needs. They use past, present and future forms accurately when talking about events that have happened or are to happen in the future. They develop their own narratives and explanations by connecting ideas or events.



Physical Development

- Threading pasta on to wool or string.
- Design a treasure hunt around the house.
- Junk modelling.
- Make playdough together. Follow this link for instructions: <https://www.youtube.com/watch?v=jv73CEzY1jg> See what you can make!
- Musical movement games – like musical statues
- Lego and block play. Plan to build something and see if you can follow your plan.
- Building dens and tunnels with blankets/sheets.
- Help to peg the laundry on the washing line.
- Talk during each meal. Draw attention to foods which are healthy and how they affect our bodies. Can your child talk about other things which make us healthy?
- Practise getting dressed/undressed independently and encourage your child to manage their own personal hygiene (such as washing their hands and brushing their teeth.)
- Use old material and clothes to make and design costumes.

Moving and Handling	Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.
Health and Self-Care	Children know the importance for good health, of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.



Literacy

- Share story books and talk about what is happening on each page.
- Read school reading books. These can be read and re-read regularly to develop fluency!
- Draw pictures and write captions of what is in the picture.
- Check out some of the writing activities on <https://www.twinkl.co.uk/resources/parents>.
- Encourage your child to make up a story using their favourite toys. Ask your child to record their story, they may even want to make it into a book!
- Sign up to oxford owl and read a free ebook from their library. <https://www.oxfordowl.co.uk/for-home/>
- Play some games on Phonics Play (<https://www.phonicsplay.co.uk/Phase2Menu.htm>) Buried Treasure is a popular one!
- There are some lovely video and picture stimuli at this website <https://www.literacyshed.com/home.html> to encourage talk and/or story writing!
- Demonstrate writing for different purposes, such as shopping lists, greetings cards. Encourage children to try writing for different purposes too and praise their efforts!

Aspect	Early Learning Goals
Reading	Children read and understand simple sentences. They use phonic knowledge to decode regular words and read them aloud accurately. They also read some common irregular words. They demonstrate understanding when talking with others about what they have read.
Writing	Children use their phonic knowledge to write words in ways which match their spoken sounds. They also write some irregular common words. They write simple sentences which can be read by themselves and others. Some words are spelt correctly and others are phonetically plausible.



Maths

- Watch episodes of Numberblocks (available on Youtube or BBC iplayer). Discuss the episode and what children notice. (Available resources to support learning on <https://www.ncetm.org.uk/resources/52060>).
- Bigger and Smaller games. Can your children put things in order of height, weight or length? Talk about which objects are taller, longer, shorter, lighter, heavier, full, empty etc.
- Add numbers to pegs and then help your child to order them.
- Measuring ingredients to cook/help make dinner.
- Play dice games with your child such as snakes and ladders.
- Encourage your child to sort toys by colour or shape. Can your child name any of the 2d and 3d shapes they notice?
- Explore sorting coins. Can they spot the numbers on the coins? Which ones are worth more/less?
- 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. Think about how many pins have been knocked down. How many left? Encourage your child to record the scores.
- Check out the maths activities on <https://www.oxfordowl.co.uk/for-home/kids-activities/fun-maths-games-and-activities/>
- Talk about simple addition and subtraction in practical ways. Use toys or other items to demonstrate addition by counting on and subtraction by counting back.

Number	Children count reliably with numbers from one to 20, place them in order and say which number is one more or one less than a given number. Using quantities and objects, they add and subtract two single-digit numbers and count on or back to find the answer. They solve problems, including doubling, halving and sharing.
Shape, Space and Measure	Children use everyday language to talk about size, weight, capacity, position, distance, time and money to compare quantities and objects and to solve problems. They recognise, create and describe patterns. They explore characteristics of everyday objects and shapes and use mathematical language to describe them.



Understanding the World

- Talk about special events in the family and look at photos. (Birthdays, weddings, holidays and celebrations.)
- Hunt for bugs in the garden.
- Use Nature Detectives for lots of exciting activities to do at home: <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
- Look at science experiments for Early Years <https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs/>
- Observe the weather each day and make a weather chart. Talk about seasonal changes in the world around us.
- 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. Can you get them out in different ways? (using salt, in our hands, wrapped in tin foil etc) Which way is the quickest?
- Look for different sorts of ICT in your home eg, microwave, remote control, phone etc and talk about what it is used for.
- Feed the birds in the garden and keep a tally of which birds visit.
- 'The Muddy Puddle Teacher' have a lovely facebook group with activity ideas and are currently offering a month's free membership to aid with home learning.

People and Communities	Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.
The World	Children know about similarities and differences in relation to places, objects, materials and living things. They talk about the features of their own immediate environment and how environments might vary from one another. They make observations of animals and plants and explain why some things occur, and talk about changes.
Technology	Children recognise that a range of technology is used in places such as homes and schools. They select and use technology for particular purposes.



Expressive Arts and Design

- Dance to music! You could use scarves as props for dancing.
- Sing familiar songs and make up your own words to nursery rhyme tunes.
- Make shakers with pasta or rice in pots and create a song.
- There are lots of guided dances for children on YouTube (just dance and kidzbop are good for this!)
- Paint! Talk about what your child is painting and the details they are adding. Which colours are they choosing to use and why? Explore using the prime colours (red, blue and yellow) to see which other colours you can make.
- Make props for your favourite story and act it out together.
- Junk modelling!
- Listen to some of the classical music on BBC Ten Pieces (<https://www.bbc.co.uk/teach/ten-pieces/classical-music-early-years/znvhrj6>) Which is your favourite? Why? Can your child describe the types of sounds they can hear? (loud, quiet, fast, slow, bouncy, scary etc)
- Check out some of the videos on this website for more music: <https://www.bbc.co.uk/programmes/articles/5RMpbn1X8tMkMQgwOGRhz8L/early-years-foundation-stage-eyfs>
- Use old magazines and newspapers to create a collage picture!
- Try setting up a pretend shop, hairdressers salon, workshop, classroom, restaurant. Roleplay as characters, customers, teachers etc. and create

Exploring and Using Media and Materials	Children sing songs, make music and dance, and experiment with ways of changing them. They safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.
Being Imaginative	Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.

