



Hirst Wood Nursery School

Home learning pack



We have made a list of activities to try at home for the seven areas of the Early Years Foundation Stage. Many of these activities should be able to be done without needing to buy any resources. We have tried to make them open and flexible as possible. 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!

Personal, Social and Emotional Development

- Share stories – retell and act them out
- Chop the vegetables for dinner together
- Give your children responsibility to help with household chores
- Look at Cosmic Kids Yoga on YouTube and join in together. These moves will be familiar to children as they have been worked on at School yoga sessions. <https://www.youtube.com/user/CosmicKidsYoga>
- Share a family meal and talk about your day
- Looking at photographs of family and friends and encouraging your child to talk about them.
- Spend time together building a den or tunnels using household objects, such as chairs and blankets
- Try to reassure children about people being ill; young children pick up on our anxiety and they're too young to be worried.
- Make staying at home together a fun time, to be enjoyed and recalled as fond memories about all the exciting things that you did together



Physical Development

- Thread pasta / cereals / buttons on to wool or string
- Water play in the bath – scooping, pouring and measuring
- Design a treasure hunt around the house
- Make playdough together
<https://www.youtube.com/watch?v=jv73CEzY1jg> This is how!
- Musical movement games – like musical statues
- Lego and block play. Plan to build something and see if you can follow your plan
- Make a 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
- Watch episodes of 'Come Outside' on YouTube <https://www.youtube.com/user/ComeOutsideTV>
- Practise throwing, catching, kicking and rolling a ball with increasing accuracy.



Communication and Language

- Storytelling with homemade puppets – you could use old socks or encourage your child to make their own puppet
- Sing nursery rhymes and action songs, such as Simon Says
- Make music with saucepans and pots (can children hear the different sounds?)
- Play guessing games – such as think of an animal and model giving clues to help your child guess the animal
- Play board games
- We are learning to sign using Makaton, why not try this at home?
<https://www.youtube.com/watch?v=fIXsU4V0zz8>
- Play Kim's Game using objects from around the house
<https://www.youtube.com/watch?v=tan5j6KGaS8>
- Use the link to our website to download and practise the letter of the week
https://www.hirstwoodnsc.co.uk/website/letter_of_the_week_handouts/424658



Maths

- Pair socks and talk about colour and pattern
- Play Snakes and Ladders
- Bigger and Smaller games – describing the 3 Billy Goats Gruff or using Goldilocks
- Add numbers to pegs and the help your child to order them
- Measure ingredients to cook/ help make dinner
- Sort toys/objects by colour or shape
- Sort coins from your purse / wallet e.g. finding all the brown coins or all the circle coins.
- Play shops at home
- 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 empty bottles and a ball
- Go on a number or shape hunt around your house
- Encourage your child to join in with number rhymes and songs
<https://www.youtube.com/watch?v=85M1yxIcHpw>
- Check out the number of the week resources on our website www.hirstwoodnsc.co.uk
https://www.hirstwoodnsc.co.uk/website/children_resources/274033



Literacy

- Share story books and talk about what is happening on each page. Talk about the characters e.g. what they look like, what they do, their problems and solutions.
- Play lotto games – matching pictures
- Sing Jolly Phonics songs <https://www.youtube.com/watch?v=U2HYM9VXz9k>
- Hide an object in a 'mystery bag' and give clues to what might be inside
- Tap out syllables to break up your name on musical instruments
- Share stories that rhyme and talking about the rhyming words.
- Play 'I Spy'.
- Say the sounds in words and encouraging your child to blend them together e.g. Put on your h-a-t.
- Encourage your child to talk like a robot separating the sounds out e.g. c-u-p, m-a-t, p-i-p.
- Use phonic knowledge to write or make simple words e.g. c-a-t with magnetic letters on the fridge.
- Provide opportunities to write for a purpose e.g. labelling objects with post-it notes, leaving notes for mythical creatures, writing to a friend or relative, making a shopping list.



Expressive Art and Design

- Dance to music using scarves
- Sing familiar songs and make up your own words to nursery rhyme tunes
- 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
- Junk modelling
- Use pots and pans to make music



Understanding the World

- Blowing bubbles
- Make toast and talk about the cooking process
- Read information books
- Talk about the lifecycle of a frog <https://www.youtube.com/watch?v=cwdPBY-FHk>.
- If you have taken some tadpoles home with you, please email us at office@hirstwoodnsc.co.uk some photographs of their development
- Hunt for bugs in the garden
- 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-evfs/>
- Observe the weather each day and make a weather chart
- 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
- Look for different sorts of ICT in your home e.g. microwave, remote control, phone etc. ~ what can children use independently?
- Feed the birds in the garden and keep a tally of which birds visit your garden. Can children name and recognise them?
- Watch episodes of 'Come Outside' on YouTube <https://www.youtube.com/user/ComeOutsideTV>



Useful websites

www.bbc.co.uk/cbeebies

www.bbc.co.uk/cbeebies/radio

www.twinkl.co.uk

www.schoolastic.com











www.oxfordowl.co.uk/for-home/

www.thebestideasforkids.com

www.natgeokids.com/uk



COVID-19 Daily Schedule whilst Hirst Wood Nursery School is closed

Before 9:00am	<p>Wake up</p> 	Eat breakfast, help to make your bed, get dressed (as independently as possible, building that repertoire of skills)
9:00-10:00	<p>Exercise time</p> 	<p>Family walk (avoiding places where there are lots of people)</p> <p>Play in the garden.</p> <p>Play with pets / walk the dog</p>
10:00-11:00	<p>Learning time</p> 	Ideas for learning together set by School
11:00-12:00	<p>Creative time</p> 	Lego, drawing, crafting, play music, cook, bake, etc.
12:00	<p>Lunch</p> 	Something healthy to keep the brain active
12:30	<p>Chore time (Children might be able to help with some of the wiping)</p>	<p>A) Wipe kitchen table and chairs</p> <p>B) Wipe all door handles, light switches and desktops</p> <p>C) Wipe bathrooms – sinks and toilets</p>
1:00-2:30	<p>Quiet time</p> 	Reading, puzzles, jigsaws
2:30-4:00	<p>Learning time</p> 	<p>Ideas for learning together set by School</p> <p>Visit various website as suggested by school (see above)</p>
4:00-5:00	<p>Afternoon fresh air</p> 	Bikes, scooters, walk the dog, play outside, sweep up the leaves in the garden. Count how many spring flowers you can see growing? How many birds?
5:00-6:00	<p>Dinner</p> 	Spend some time talking about the wonderful things you've done today. What new things have you learnt?
6:00- onwards	<p>Free time</p>	Doing what you like doing best
You to decide...	<p>Bedtime story</p> 	<p>Enjoy a story together before children go to bed.</p> <p>Good night.</p>