

Activities to try at home

We have made a list of activities to try at home based on the seven areas of learning from 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.

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!

We will miss seeing all the children and look forward to being back in Nursery together. Take care!



Understanding the World

- Blow bubbles
- Make bread or pizzas for the family to share
- Read information books about spring or animals
- Hunt for bugs in the garden
- Use Nature Detectives for lots of exciting activities to do at home:
<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
- Plant seeds such as cress and watch it grow. If you have a garden also plant some vegetables
- 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
- Freeze small toys in ice – and work out how to get them out of the ice
- Look for different sorts of ICT in your home eg, microwave, remote control, phone etc
- Feed the birds in the garden and keep a tally of which birds visit your garden
- Watch 'Maddie's Do You Know?'
<https://www.bbc.co.uk/iplayer/episodes/b09yn3ly/maddies-do-you-know>
- Go on a nature treasure hunt - Can you find 10 different natural objects to put in a box e.g. a leaf, a flower, a stone, a feather
- Make 'soup' - save peelings and



leftover vegetables bits e.g. cauliflower leaves, put out pots, pans and spoons make 'soup'

- Make perfume with bottles, water, herbs and flowers
- Draw a map of your local area and draw the main landmarks
- Make salt dough fossils - Mix 1 cup plain flour, 1 cup salt, and approximately 1 cup of water. Roll balls and then press a toy dinosaur into the dough to make an imprint. Bake in the oven till hard.

Expressive Art and Design

- Dance to your favourite music – use scarves
- Play musical statues
- Sing familiar songs and make up your own words to nursery rhyme tunes
- Make shakers with pasta or rice in pots or bottles
- Make your own paint with shaving foam or coloured ice
- Draw or paint your favourite animal or your best friend
- If you have chalks draw a picture on the pavement outside or in your garden
- Go on a 'rainbow hunt'. On a piece of paper colour in red, orange, yellow, green, blue, purple, pink, brown and black. Ask your child to find one thing for each colour
- Paint/decorate some eggs for Easter



Personal, Social and Emotional Development

- Massage – pretend to make a cake or build a pizza on your partner's back
- Share stories – retell and act them out
- Make bread together
- Give your children responsibility to help with household chores – spray the window cleaner and clean the windows is a favourite!
- Look at Cosmic Kids Yoga on YouTube and join in together
- Share a family meal and talk about your day
- Draw a picture of your family. Say what you love about each person in your family and an adult can write it on your picture
- Make a card for someone special or for someone in your community who helps others or make a picture for people in your local nursing home
- Do some baking together - we love making cakes, biscuits and bread
- Think of acts of kindness for other people - can you pay someone a compliment, make something for someone or help someone with a task
- Have a tea party for soft toys or a teddy bears' picnic, you could even use really cups and plates and real food



Physical Development

- Thread pasta on to wool or string to make jewellery.
- Water play in the bath or at the kitchen sink – add different containers to scoop, pour and measure
- Design a treasure hunt around the house
- Junk modelling - can you make a house or a rocket?
- Musical movement games – like musical statues
- Build with Lego or blocks. How many blocks can you balance in a tower? Can you build a castle?
- Chop the vegetables for dinner together
- Make your own playdough - this is our favourite recipe: <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>
- Make a sensory tray with shaving foam, soap, jelly, cooked spaghetti, corn flour gloop etc
- Paint with water in the garden
- Building dens and tunnels with blankets, cushions and tables
- Have a go at Cosmic Kids Yoga on YouTube or Go Noodle <https://family.gonoodle.com/>
- Build an obstacle course in your garden or in your house
- Practise putting your clothes and shoes on independently - now is the perfect time to learn to do your own zip!



- Draw wiggly lines, zigzag lines and shapes and use 'loose parts' like buttons, bottle tops, beads etc. to cover the lines
- Make collages by cutting out pictures from magazines and catalogues and sticking them on paper

Communication and Language

- Make homemade puppets – use old socks, lolly stick and straws and tell stories with them
- Sing nursery rhymes and action songs, such as Simon Says. We like the BBC Early Years nursery rhymes on YouTube
- Make music with saucepans and pots
- Go on a 'listening walk' in your garden and see what different sounds you can hear - or just open a window and listen outside
- Play Phase 1 Phonics listening games: https://www.youtube.com/watch?v=h0Kp_J9kvNM
- Play guessing games – such as think of an animal and model giving clues to help your child guess the animal
- Play board games
- <https://wetalkmakaton.org/> - Learn to sign the Makaton Sign of the Week



Maths

- Pair socks and order them by size
- Play Snakes and Ladders or other maths based board games. Orchard Toys has a great selection
- If you do not have any board games why not make your own?
- Play '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
- Sing number songs, such as 5 Currant Buns , 5 Little Ducks, 1 2 3 4 5 Once I Caught a Fish Alive, 10 in the Bed, 5 Little Speckled Frogs, One Two Buckle My Shoe or 10 Fat Sausages
- Sort your toys by colour or shape
- Sort coins
- Go on a shape hunt - can you spot any shapes at home? Can you name them?
- Watch Numberblocks on CBeebies
<https://www.bbc.co.uk/iplayer/episodes/b08bzfnh/numberblocks>
- 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 toilet rolls



Literacy

- Read books as often as you can! Talk about what is happening on each page
- Read rhyming books - can you hear which words rhyme? Can you think of any other words that rhyme?
- Play lotto games – matching pictures
- Hide an object in a 'mystery bag' and give clues to what might be inside
- Tap out the syllables to break up your name on musical instruments
- Play 'I spy'. Have a selection of objects and go through what they are and what their first sound is e.g. 'c' for 'cat' then take it in turns to say 'I spy'
- Make a mark-making tray - you need a tray and thin layer of salt/sand/glitter to cover the bottom. The use your finger or a brush to make shapes, draw or write letters
- Alternative mark-making tray - put a thin layer of shaving foam in a tray and use your finger to draw and write in the foam
- Practise copying the letters from your name or write it independently
- Draw a treasure map and mark the route to find the treasure
- Make a 'story bag' with props for your favourite story and act it out together
- Make a book by folding and sticking together sheets of paper to write stories in and draw in



The Hand Wash Song

(sung to Row, Row, Row Your Boat) **sing twice!**

Wash, wash, wash your hands
Make them nice and clean
On the bottom, on the top
And fingers in between



Online Resources

- www.discoveryeducation.co.uk Login to Espresso - username: student6144 password: matthews10 Go into the Foundation section for lots of videos and activities
- <https://www.bbc.co.uk/cbeebies/games>
- <https://www.bbc.co.uk/cbeebies/radio>
- <https://www.twinkl.co.uk/> Teaching resource website which is offering free resources to support parents educating their children at home at the moment
- <https://www.topmarks.co.uk/maths-games/3-5-years/> Interactive maths games
- <https://new.phonicsplay.co.uk/> Fun phonics games that are free for a month. Go to the Phase 1 section in Resources to start off
- <https://www.oliverjeffers.com/books#/abookaday> Story time every day at 6pm (watch live on Instagram @oliverjeffers)
- <https://abcdoes.com/home-learning/> Lots of great home learning activity suggestions
- <https://themuddypuddleteacher.co.uk/become-a-muddy-puddle-teacher/> Access to lots of outdoor learning resources for free for a month