

Things we can do at home

Bell Lane Early Years Guide

Good news, children learn from every day experiences....

- Involve children in household activities e.g. help with sorting washing, setting tables and cleaning
- Encourage children to tidy up after play e.g. 'where do the cars belong?'
- Enjoy cooking together e.g. making sandwiches, cakes and trying new foods
- At mealtimes encourage your child to sit at the table, serve themselves and pour their own drinks.
- Encourage physical movement e.g. dancing, stretching and light exercise
- Share stories and look at books together extend this by talking about emotions e.g. how does a character feel? Why do they feel this way?
- Sing familiar songs and rhymes together
- Encourage mark making and early letter formation e.g. drawing lines and circles and give meaning to their drawings
- Look at text and find letters that are in their name
- Use objects within the home to encourage counting e.g. count coins into a cup or number of steps on the stair case
- Find numbers around the home e.g. on the clock and TV controls
- Encourage your child to follow instructions throughout the day e.g. 'Go and get your.....'
- Talk about shapes and colours in the home e.g. What colour is your shirt? What shape is the window?
- Use scissors to snip paper and practice cutting. You could cut shapes in half to make new shapes e.g. circle = two semi – circles and a square = two rectangles
- Encourage turn taking when playing games e.g. 'Your turn, my turn'
- Practice self-help skills e.g. putting coat on, fasten zips/buttons/laces and clothing such as socks and shoes
- Promote mathematical language such as heavy, light, empty, full, tall, short, big and small.
- Have a selection of items on a tray and take something away 'What's missing?'
- Use open ended questions whilst playing with your child such as 'Which shape looks like a ball?'

- Construction activities e.g. lego and building structures
- Complete fine motor activities such as puzzles and threading
- Set up a role play e.g. picnic in the front room or use a sheet and furniture to create a den
- Make some play dough together (2 cups of plain flour, ½ cup of salt and a tablespoon of cooking oil)
- Look at life cycles together – tadpoles to frogs and eggs to chickens
- Phonics exercises (Apple & Cherry Tree Class children)

Useful websites with Early Years educational activities and games

<https://www.twinkl.co.uk/resources/parents>

<https://www.busythings.co.uk/families>

<https://www.bbc.co.uk/tv/cbeebies>

<http://www.nick.co.uk/>

Enjoy your time with your children and limit screen time!

Thanks

The Bell Lane Team