

BBeebies

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. We will be checking in every day and would LOVE updates of what you 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.

Tracey, Beth, Chloe and Daisy.

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. Talk about how you can do this safely and support your child to follow instructions by modelling how to do it.
- 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 and games with your family, practise listening to each other and taking in turns.
- Work together to build a jigsaw/puzzle.
- Look up 'Cosmic Kids' on YouTube! Follow a guided yoga together.
- 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.
- Play a game of hide and seek. Help your child to learn the rules of the game and take in turns hiding and seeking.
- Try something completely new, a new food, a new drink, a new experience. Encourage your child to talk about it and share what they think.



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. Try the link <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-index/zhwdgwx>
- 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.
- Share rhymes, songs, books and stories together. Talk about what is happening. With rhyming books, stop suddenly and encourage child to continue the rhyme!
- Make the most of the sunshine with some water play, put some washing up liquid and water in a bowl and let your child play with plastic, cups bowls and saucers. Talk to them and model play alongside them 'I am going to fill this cup all the way to the top, oh no now its empty!'



Physical Development

- Threading pasta on to wool or string.
- Design a treasure hunt around the house.
- When holding mark making tools, practise developing the tripod grip. 'Pick it, flip it, grip it!'
- Make playdough together. Follow this link for instructions: <https://www.youtube.com/watch?v=jv73CEzY1jg> See what you can make!
- Action songs, healthy movers activities and other musical movement games such as musical statues– Visit <https://www.bbc.co.uk/programmes/articles/5RMpbn1X8tMkMQgw0GRhz8L/early-years-foundation-stage-eyfs>
- Brush your teeth to Blippi at <https://www.youtube.com/watch?v=CTP-qvljGSM> Ask your children to teach you the dance we made up too!
- 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. Ask your children to teach you the handwashing song we have learnt to the tune of Frere Jaques, 'Fronts and backs, In between, wash around the hands, makes them clean!'
- Use old material and clothes to make and design costumes.

Literacy

- Share story books and talk about what is happening on each page.
- Practise writing your name, encourage your child to 'pick and flick' the pencil to enable more control when practising letters.
- Draw what you can see out of your window.
- Go on a sound hunt, listen to all of the different sounds you can hear during your daily walk.
- Explore the sounds m a s d t i n, can you find things that start with any of these sounds?
- Create a diary of all the different things you have been doing at home by drawing pictures.
- Encourage your child to make up a story using their favourite toys. Ask your child to record their story by drawing pictures, you could model scribing what they say, they may even want to make it into a book!
- Watch a wonderful range of famous authors and stars reading children's books and short stories. Storytime Online makes storytelling possible at any time of the day—a brilliant way to keep children entertained and a fun way to help develop their language skills. <https://www.worldbookday.com/storytime-online/>
- Sign up to oxford owl and read a free eBook from their library. <https://www.oxfordowl.co.uk/for-home/> You can also get free resources to support learning using Read Write Inc. from home. <https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/>



Maths

- Practise counting everyday objects around to house – up to 5 or further if you can
- 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.
- Explore different numbers by going on a nature hunt, can your child collect a number of different natural treasures?
- 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, shape or size.
- Explore sorting coins. Can they spot the numbers on the coins?
- 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.
- Explore shapes around your house - which shapes can you find?



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 e.g., 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.



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 kidzbp 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.
- Collect recyclable resources such as toilet roll tubes, boxes and have a go at some junk modelling. The possibilities are endless of what your child could make!
- Listen to some of the classical music on BBC Ten Pieces (<https://www.bbc.co.uk/teach/ten-pieces/classical-music-early-years/znwhrj6>) 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!



