

Activities to try at home

We have made a list of activities to try at home for the seven areas of the Early Years Foundation Stage.

Many of the 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!

Personal, Social and Emotional Development

- Give your child 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.
- Talk about your feelings - perhaps keep a feelings diary.
- Share stories - retell and act them out
- Bake together - bread or cakes are simple.
(recipes will be on our website/ facebook page)



Physical Development

- Threading pasta or straws onto string.

- Water play in the bath - scooping, pouring and measuring.
- Design a treasure hunt around the house.
- Junk modelling with your recycling.
- Make playdough together :



<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

- Musical movement games, such as musical statues.
- Lego or other construction activities. Plan to build something and see if you can follow the plan.
- Make a sensory tray using shaving foam, soap, jelly etc.
- Painting with water in the garden
- Building dens and tunnels with blankets or under the kitchen table.

Communication and Language

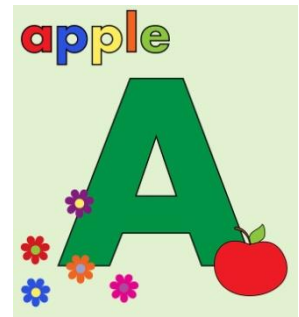


- Storytelling with homemade puppets - you could use old socks, lolly sticks or straws.
- Singing Nursery rhymes and action songs such as Simon Says.
- Make music with saucepans and pots.
- Play guessing games - such as making animal noises for the children to guess.
- Play board games.

Literacy

- Share story books and talk about what is happening on each page.

- Play lotto games - matching pictures.
- Sound out simple words.
- Go on a sound hunt - choose a letter and see what you can find.
- Sing letterland songs - you can find them



here: https://www.youtube.com/watch?v=WJBbpfX_ESM

- Play some of the games on <https://www.bbc.co.uk/cbeebies/shows/alphablocks> or <http://www.letters-and-sounds.com/phase-1-games.html>

Maths

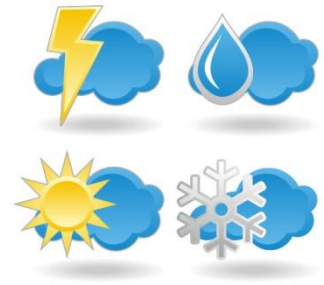


- Pairing socks and talking about the colours and patterns.
- Sort the washing into different piles by type, colour or who they belong to.
- Play games such as Snakes and

Ladders.

- Bigger and Smaller games - sorting objects by size.
- Add numbers to pegs and help your child to order them.
- Measure ingredients to cook/ bake/ help make dinner.
- Sing number songs, such as 5 currant buns.
- Sorting toys or coins by type.
- Build towers from blocks or tins. How many blocks did you use? Can you use the same blocks to build a different tower?
- Play some of the games on <https://www.bbc.co.uk/cbeebies/shows/numberblocks> or <https://www.topmarks.co.uk/maths-games/3-5-years/counting>

Understanding the World



- Hunt for bugs in the garden/ Feed the birds and keep a tally of the birds that visit.
- Plant seeds, such as cress, and watch them grow.
- 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.
- Look for different sorts of ICT in your home e.g. microwave, mobile phone etc.
- Look at some simple Science experiments for early years.
<https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs/>

Expressive Arts and Design



- Dance to music, using scarves.
- Sing familiar songs and make up your own words to nursery rhymes.
- Make shakers with rice or pasta in pots.
- Make your own paint with shaving foam or coloured ice.
- Make props for your favourite story and act it out together.

Washing Hands

We have been teaching the children to wash their hands following government guidelines. We apply soap, sing 'Happy Birthday' 2 times, and then wash it off.

