

## Activities to try at home

### **At home:**

These activities are only suggestions that you might like to try

#### 1. Activities to develop independence.

- **Ask your child to find objects around the house to help you.** Get your child to bring things that you or they need e.g. 'Find your shoes / coat / slippers / pyjamas / plate / cup / book bag.
  
- **Get your child to help tidy up their things.** Make a game of it, 'Who can tidy up the fastest / most things / biggest thing / all the blue things etc.
  
- **Compare items.** Compare general items around the house - Which is big and which is small? Who has more and who has less? What is cold and what is warm?
  
- **Ask your child to lay the table.** How many people are there? What do they all need. For a special occasion help them to make place settings. Caution do not allow your child to use the sharp knives.

#### 2. Activities to develop communication and interaction.

- **Watch a film together** and talk about what happened in it afterwards, act out the film, make finger puppets to act it out. Were there any songs? Can you sing them.
  
- **Board games** – ludo, frustration, dominoes, scrabble, operation, sorry: children learn to win and lose, learn to make decisions, take turns, share.
  
- **Make up your own games and board games**
  
- **Jigsaws** these can be done on their own or as a shared activity. As the puzzles get harder make them on a board or tray. Children will learn to finish it later.
  
- **Memory games**
  - Visual memory games with words or pictures on cards (pairs, pick up 2), colours, shapes, patterns. Objects on a tray: hide one behind your back. Child will guess what is missing the swap rolls.

- **Aural memory:** Play games such as 'I went to market and I bought...' for older children this could be items in alphabetical order.

- **Card Games:** snap, Happy families, Uno.

- **Messy play** in flour, cornflour + water, paint, shaving foam on a tray using fingers or objects to make a pattern or drawing pictures/writing word /letters. Do some digging in the garden, water the plants, wash the garden chairs, help wash the car, sweep up the leaves, wash the toys.

### 3. Activities to develop Mathematical understanding.

- **Help sort the washing** Sort for items of clothing, pair up the socks, who items belong to, etc.
- **Do some baking** Encourage your child to touch the different ingredients, mix them up, roll them out, squeeze them in their hands, taste them. Make cakes together and measure out the ingredients.
- **Follow a simple recipe** using time language. First, next, then, last. When you have finished, can your child remember what you did first? Use a children's recipe book. Ask your child to get out the equipment, ingredients. Talk about the instructions, how they are set out using pictures and numbers.
- **Try different foods** and sort them according to sweet, sour and salty, hard or soft.
- **Make playdough**, 1 cup of plain flour, 1 cup of salt, 1 cup of water, 1 tablespoon of cooking oil, optional food colouring. Put all ingredients into a pan and cook on a low heat until the mixture thickens to a firm dough. Once cooled enjoy playing with this and store in a plastic tub.

### 4. Activities to develop Reading and writing.

- **Make a picture** or word diary to describe what you did at the weekend.
- **Read** books together and ask your child what happened?
- **Look** at pictures of animals and humans and name body-parts.
- **Reading joke books** and telling simple jokes to family and friends

- **Reading familiar and unfamiliar stories** with and to your child. Some questions to ask: Who is in the story? What happens? How is it sorted out? What might happen next? Which part of the story is your favourite and why? Which character do you like the most and why?
- **Act** out the story, use playdough to make the characters. Create a scene in a shoe box.
- **Talk** about the characters in books, what they look like, what they say, are they nice or nasty?
- **Write** a letter, or help to, to a relative/friend. Write an email to a relative/friend.

### **Out and about:**

#### Local visits

- Take photos on trips out and look through them together when you get home, with your child describing what you did.
- Make a shopping list together-spell out each item.
- Make a shopping list together- what food is healthy and what food is unhealthy?
- Play games together at the park or at home- duck duck goose, hopscotch, ringa-ring-a-roses, eye spy.
- Look at the weather together and ask your child what they'll need to wear.
- Walking in the countryside and spotting signs of different seasons, animals.
- When out on a walk chose the route, turn left, right, forwards and backwards.
- Make a den together and talk about why we need shelter.
- Look out for animals on walks in the park, and ask your child where they live? Can you find a rabbit hole/birds nest etc.

#### On a journey

- Use a map to plan a trip or walk. Before a journey look at the route together.
- Read number plates and use these to play games: eg add the numbers together.
- Count different colour/types of car, lorry.