

Understanding the World

- Blowing bubbles
- Make bread or pizzas for the family to share
- Read information books on frogs and chicks
- Hunt for bugs in the garden
- Go on a Nature Walk Scavenger Hunt
- Collect leaves, sticks and petals to explore and make collages with.
- Use Nature Detectives for lots of exciting activities to do at home:
<https://www.woodlandtrust.org.uk> .
Look at science experiments for Early Years:
[https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs/](https://www.firstdiscoverers.co.uk/early-years-science-activities-eyfs)
- Observe the weather each day, talk about it and maybe make a weather chart
- Make a family tree – who is in your family?
- Make ice cubes add food colouring once frozen put on a tray, add kitchen tongs, tubs and spoons.
- Freeze small toys in ice – and work out how to get them out of the ice
- Make a rainbow of skittles sweets around the edge of a small plate – add warm water and watch a rainbow appear.
- 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
- Plant seeds such as cress – and watch them grow



Expressive Art and Design

- Dancing to music – use scarves
- Sing familiar songs and make up your own words to nursery rhyme tunes
- Make shakers with pasta or rice in pots
- Make your own paint with shaving foam or coloured ice
- Make props for your favourite story and act it out together
- Use chalk to do large scale drawings outside
- Draw or colour a picture



Remember to wash your hands Use this song to help...

(sung to Row, Row, Row the Boat)

Wash, wash, wash your hands

Make them nice and clean

On the bottom, on the top

And fingers in between

Sing this twice whilst washing your hands Don't forget your soap!



Giffards Primary School

Ideas for things to do
at home in
preparation for
starting school



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

You will be able to do these activities 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

- Make your bed and tidy your toys away together. Can you sweep a floor?
- Go for a walk, talk about what you see.
- Make bread together, make a sandwich.
- Chop the vegetables for dinner together.
- Sharing a family meal and talk about your day.
- Play a favourite board game.
- Do some Yoga together:



[Cosmic Kids Yoga videos](https://www.youtube.com/user/CosmicKidsYoga)

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Physical Development

- Thread pasta or cereal hoops on to wool or string
- Water play in the bath – scooping, pouring and measuring
- Design a treasure hunt around the house
- Junk modelling
- Make playdough together:
- <https://www.bbcgoodfood.com/recipes/how-to-guide/play-dough-recipe> This is how!
- Play Musical movement games – like musical statues.
- Lego and block play. Plan to build something and see if you can follow your plan.
- Make a sensory tray with shaving foam or soap or jelly or orange & lemon slices etc Paint with water and different brushes & rollers in the garden.
- Singing and dancing with Boom Shake the Building dens and tunnels with blankets and boxes under the kitchen table. Watch episodes of 'Come Outside' on YouTube.
- Walk, hop, jump, skip, crawl, roll, move around in lots of different ways.



Communication and Language

- Storytelling with homemade puppets – use old socks, lolly stick and straws
- Singing nursery rhymes and action songs, such as Simon Says
- Make music with saucepans and pots
- Play guessing games – such as 'I spy' and 'Think of an Animal' and model giving clues to help your child guess the animal
- Play board games



Maths

- Help to sort the socks, match the pairs.
- Put some uncooked rice in a large bowl add spoons, cups & jugs for filling and emptying.
- Play Snakes and Ladders / Ludo.
- Bigger and Smaller games and stories – describing the 3 Billy Goats Gruff or using Goldilocks.
- Add numbers to pegs and the help your child to order them. Begin to recognize numerals 1-5.
- Measure ingredients to cook / bake / help make dinner.
- Sing number songs, such as 5 currant buns or the Everybody Get Up counting song:
- Sort toys by colour or shape.
- Sorting and counting coins, set up and play shops.
- 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

- Share story books and talk about what is happening on each page.
- Play lotto games – matching pictures.
- Sing nursery rhymes and songs
- Hide an object in a 'mystery bag' and give clues to what might be inside. To recognize own name and begin to write some letters from name.



Useful websites:

[cbeebies games](https://www.bbc.co.uk/cbeebies/games)

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

[sesame street.](https://www.sesamestreet.org/)

<https://www.sesamestreet.org/>

[phonics play.](https://new.phonicsplay.co.uk/)

<https://new.phonicsplay.co.uk/>

This has a free password at the moment, click on parents