

Home learning ideas

Services for young children - Issue 1

This is a guide to help and support you as parents and carers with providing your children with fun experiences in the home and garden.

We will aim to refresh this on a regular basis to help you keep young minds busy and bodies active.

While we will do our best to verify all the websites which we share, information is changing rapidly so please be aware that it is only accurate at the time of writing.



	Possible routine	Examples-see ideas below
When you wake up	Breakfast and family time	Talk through your day
	Get your bodies moving indoors or outdoors	Go for a walk, tune in to an on-line exercise activity
Morning	Time to go outside or be creative	Play a game/draw a picture
Lunchtime	Quiet time	Share a book or watch some TV/screen time
Afternoon	Time to go outside or be creative	Play a game/try an activity
Early evening	Evening meal and family time	Chat about the day and the plans for the next day
Bedtime	Follow your usual bedtime routine	Bath time, shared story

Points to consider when setting a routine.

- try to stick to it.
- limit and break up screen time
- try to get outside at least once in the morning and once in the afternoon
- mix up physical movement with sitting down
- consider snacks and the range across the day

Ideas for babies

Babies love sensory play...and water!

Keep it simple, using simple baby bath or sensitive soap that won't harm your baby's skin, fill a washing up bowl, or tub, with warm water. Find a range of different brushes you may have around the house from washing up to make up. Add in a range of different objects, they can be all the same or different. The image below suggests Duplo blocks. Don't forget to put a towel or cloth down underneath, and don't leave the baby unattended with water.



The idea is based in one from this website, take a look—<https://redtri.com/ideas-for-sensory-play-with-baby/slide/2>

Lie on your tummy along side your baby and look at a book, turn the pages and use words and noises to explain the pictures. Allow the baby to

touch and explore the book too.

Play with a ball, this may sound simple but a ball outside behaves very differently, have a selection of balls or things that roll, let the baby hold one and you roll the other around them, watch how they respond. How does the ball work on the grass or the harder surfaces? Use simple word to describe what you are doing e.g ball, roll, weeeee!

<https://www.thebump.com/a/outdoor-fun-with-baby>



Babies learn through watching and copying,

Sit with your baby looking into your face, mimic the noises they are making, or make your own noises and wait for them to mimic you. The same sound may need to be repeated several times but make sure you give the baby time to respond. Try this with older siblings they will pull much funnier faces than an adult and the noises will be more imaginative. The key to this is quiet around you so the baby focuses on the noise and faces.



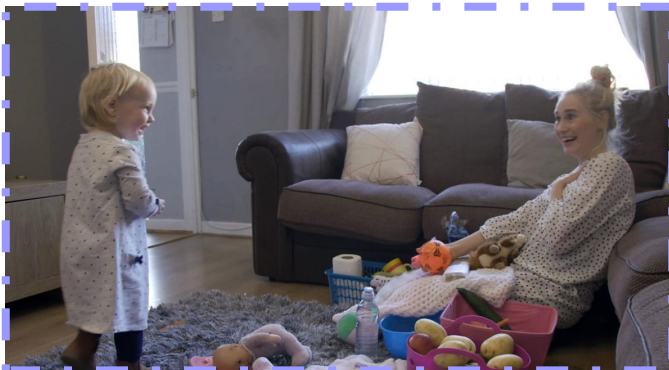
Depending on the age of your baby sit them near you as you cook and prepare food. If they are weaned, allow them to handle the food, hold it in their hands squidge it through their fingers, describe simply what they are feeling, 'its cold'...'a carrot'. Give them a utensil, for example a wooden spoon in one hand and spatula in the other. They can chew it, and bang it. All the time you can be chatting to them about what you are doing, ensuring to make occasional eye contact.

Ideas for toddlers

Outdoor colour hunt

Give your child a piece of paper with all colours on. You could make colour splats on the paper using crayons.

Go on a hunt outside drawing and sticking things to the paper that match the colours. Lots of talk afterwards about what they have found and shades etc. Then maybe move onto some colour mixing, can you mix natural colours?



<https://www.bbc.co.uk/tiny-happy-people/shopping-game-18-24/zbhyf4j>

Playing shops

You will need:

Store cupboard food items

Paper

Pencil/pen

Money or create paper money

Get some food and other items out of the cupboard and set up a shop in your living room. Together, you and your child can price each item using paper tags. You can take it in turns to buy items from the shop. Pay with either real money or make your own paper coins, or use buttons.

Put a wash on:

Colour sort the washing and count the items as you throw them in the machine.

Measure washing powder. What can we smell (conditioner and washing powder).

Set the machine and watch it whirl around, what else whirls around?

Hang out the washing, a pincer grip needs strong fingers.

Match together the socks. Learn to fold them, older children can help by counting in twos!



Here is a recipe to make salt dough:

1 cup of plain flour

Half cup of salt

Half a cup of water

Make whatever you want. Cook on lowest heat for 3 hours, on a baking sheet. Then paint, be creative! You could make food to sell in your family shop. You could use the colours you mixed earlier to paint them with as well!

Why not use the odd sock you always have to make a sock puppet and tell a favourite story.

Here is how... <https://www.bbc.co.uk/tiny-happy-people/puppet-play-18-24/zj2ht39>

Ideas for Pre-schoolers

Having fun with a cardboard box

Children can have all manner of fun with a cardboard box. Big or small the possibilities are endless. They can sit in them and draw inside, they can turn it into an enchanted castle or they can decorate it.

Ideas can be found online at [learning4kids cardboard creativity](http://learning4kids.com)



Indoor active – hacky sock

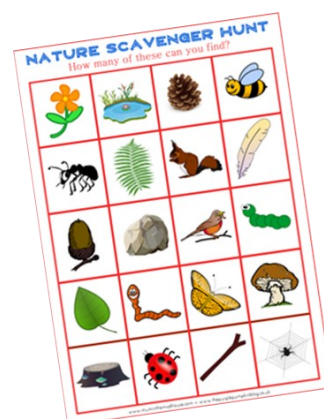
Children love to throw and kick, which isn't always great indoors. Using a rolled up pair of socks can prove less problematic to the best china and a good outlet for energy! See who can make the biggest hacky sock. You can also fill with rice.

<https://www.dltk-kids.com/crafts/miscellaneous/m-hacky-sack.htm>

Tissue box monsters

Tissue boxes offer a variety of opportunities. They can be turned into crazy little monsters that can then be used in children's play. Information on how to make these can be found on [The Best Ideas for Kids](http://TheBestIdeasforKids.com) website.

[Best ideas for kids.com](http://Bestideasforkids.com) Tissue Box Monsters



Pom-pom hockey

Keeping your children active is really important and sometimes it is not going to be possible to get outside. How about clearing a little bit of space and having an exciting game of pom-pom hockey!

[Learning4Kids](http://Learning4Kids.com) Pom-pom Hockey



Scavenger Hunt / Walk

Try to get out each day, perhaps for a walk. Whilst you are out and about you can look for specific things that interest the children, this could be types or colours of cars, birds or even numbers on doors. Children could even begin to record this by making a small mark on a piece of paper to help them keep count. If you have time you could even plan what you are going to look for.

Sheets can be printed off here - [Mum in the Mad House scavenger hunt](http://MumintheMadHouse.com)

Ideas for Year R

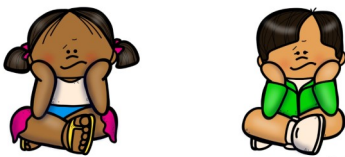
Here are a few ideas spread across the breadth of learning that your child would be experiencing if they were at school. In the Early Years Foundation Stage (EYFS) there are seven areas of learning. Here is a link to a document that will explain this.

[https://www.foundationyears.org.uk/files/2015/03/4Children ParentsGuide 2015 WEB.pdf](https://www.foundationyears.org.uk/files/2015/03/4Children%20ParentsGuide%202015%20WEB.pdf)



Schools are now closed and we have to stay at home.

Being at home a lot can be a bit boring. We are missing our friends. We aren't sure what to do? Our mum and dad might be working but from home. We have to occupy ourselves because our mum and dad are quite busy with their jobs.



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It is hard to explain what is happening for young children. Here is a social story that may help the children, as they know that you understand how they are feeling.

Here are links to two stories, one explaining the virus, and the other about being at home.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/We-are-at-home-right-now.pdf>

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>

Set up as long a space as you can to challenge the children to pencil roll down some grass, or in the living room/kitchen. This is really physically challenging to keep your arms out stretched and you legs flat too...try it. See if you can have race if you have enough space.



Something children sometimes find difficult is to consider how things were different in the past. Take a look at some old photos of either the children when they were younger or you as a child. Talk about how things were different, watching snooker on a black and white television was always interesting! Make a collage if you are able to print up pictures, you could consider how things will be different in the future when life returns to normal again. Talking about this with your child is the important part. Maybe make a video of your discussion, to watch back in the future, or a short presentation on the computer.



Go outside, making sure to adhere to the rules of social distancing. Collect a small collection of interesting objects and arrange them in a picture, or pattern. If you have an old picture frame you can put this around the collection to make it into a picture. Take a photo, and move the objects around to create a different picture.

Set up a snack shop. Give each item a price and then each child a budget, they exchange food for currency. This can be buttons, counters or coins. The idea is that you exchange a specific number of items for another item, this will provide lots of practice with counting, and a bit of problem solving if they don't have enough left to buy the snack they want.



Ideas for Year R

The best way to support your child's developing communication and language is to have a conversation with them, this could be about something you see on a walk or even an old photo they find on your smart phone. However, when this isn't practical it is useful to have some games and activities to fall back on. If you want to support them in their turn-taking, social interaction and also their attention and listening games such as a memory game using paper plates can be really beneficial.



Using a number of paper plates and marker pens you can create a game that will inspire your Year R child with their communication and language skills.

You can write a letter or draw an object (or if you are feeling creative stick a photo / picture on it). Your child can turn a plate and identify the letter or object. Which words can they think of to describe the picture, which things can they find that match the letter (this will help support phonic knowledge as well)?

There are a number of websites that will provide you with a range of communication and language activities including [Family: 10 simple communication and language activities](#) where simple activities are described for you.

Children will be at all different stages of their journey into writing but all will enjoy secret letters / spy letters games.

All you need is a white crayon, or a candle, some white paper and some water colour paints to create the most exciting spy kit ever! Start this game by drawing letters or short words in white crayon on the paper. If you don't have paints use watered down food colouring, but be careful to protect everywhere from staining.

Children then paint over the paper and will be amazed as the marks appear on the page.

They can then take a turn to write their own letters / words for you to discover.



For further activities and suggestions you can visit the [Family: 10 EYFS Literacy Activities to make Development More Fun](#) amongst many others.



Supporting your child with their phonic development can be fun and playful. You can find a wide variety of fun activities online as well including the [Letters and Sounds](#) website. Click on the Phase 1, 2, 3 and 4 and find a range of fun and interactive online games to play.

<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/> - Here is a playdoh recipe if you need one.

If you want something more practical how about a game of playdough words. Using cards with letters written on them and some homemade playdough children can build short words (either real or nonsense) and then create a model to show what that word says. If they are making nonsense words they can make the craziest of models to show what they think the word could mean.

