

Home learning ideas

Services for Young Children - Issue 9

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.



Here is a link to the document Hampshire have put together to help families prepare for a child starting at school for the first time - [Ready Steady School!](#)



Ten top things to enjoy before your child starts school

Colour in the smiley face each time you enjoy one of these activities.

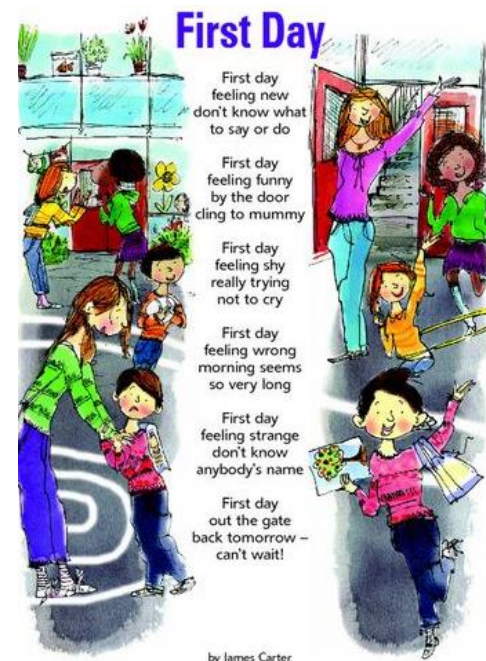
Learn a new song or nursery rhyme each week	☺
Enjoy sharing a book together every day	☺
Visit the library regularly and choose books to take home	☺
Play with empty boxes – Where does your imagination take you?	☺
Draw pictures of things you have enjoyed doing together	☺
Go on a nature walk – What can you see, hear, touch and smell?	☺
Visit your local park – What will you discover together?	☺
Play I spy – What colours, numbers and letters can you see?	☺
Enjoy play dates with old friends and new	☺
Collect objects in a bag or a jar and make time to count them again and again	☺

What else do you like to do together?

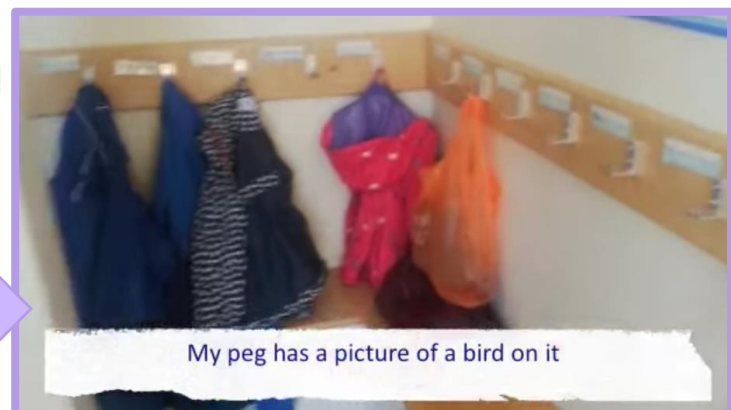
Your child does not need to be able to read, write or do sums before starting school. Children start school with a range of experiences and their teacher will be skilled at helping them to progress from their individual starting points.

See how many of this list from the leaflet you can achieve by the end of the summer break.

Research has shown that there are three aspects that will help a child be ready for school. They are the child, the family and the school working together. In this leaflet we will suggest some ideas that can support with the child and family aspects.



Your child may have been sent a video of their classroom from school. If not there is a virtual tour of a classroom here [Starting school together](#) Talk to your child as you watch it together.



Play ideas for a 'ready child'



WEEK 1	WEEK 2	WEEK 3
<p>WEEK STARTING: April 20 May 11 June 8 July 29 September 14 October 5</p> <p>MONDAY CHOOSE FROM: Pak sausage with roasted potato and prury Mince on toast with onion and potato ON THE SIDE: Seasonal vegetables and bread roll TO FINISH: Ice cream, fruit smoothie or hot lolly</p> <p>TUESDAY CHOOSE FROM: Chicken curry with brown and white rice Tomato pasta ON THE SIDE: Seasonal vegetables and flatbread TO FINISH: Caramel cake</p> <p>WEDNESDAY CHOOSE FROM: Pork and chicken Mushrooms pizza ON THE SIDE: Children's sausages, baked beans or vegetable of the day and garlic bread TO FINISH: Fruit smoothie Freshly baked bread</p> <p>THURSDAY CHOOSE FROM: Roast chicken and Yorkshire pudding Vegetable Wellington ON THE SIDE: Seasonal vegetables, roast potatoes, gravy and bread roll TO FINISH: Apple loaf bun</p> <p>FRIDAY CHOOSE FROM: Baked fish fingers and chips Onions in a sauce, hot and splash sauce ON THE SIDE: Seasonal vegetables, roast potatoes, gravy and bread roll TO FINISH: A choice of cold desserts</p>	<p>WEEK STARTING: April 27 May 18 June 15 July 6 August 21 September 21 October 12</p> <p>MONDAY CHOOSE FROM: Pak sausage roll with bread potatoes Mince on toast with onion and potato ON THE SIDE: Seasonal vegetables and bread roll TO FINISH: Ice cream, fruit smoothie or hot lolly</p> <p>TUESDAY CHOOSE FROM: Lamb chops and potatoes Chicken and potatoes ON THE SIDE: Seasonal vegetables and garlic bread TO FINISH: Chocolate brownie</p> <p>WEDNESDAY CHOOSE FROM: Pork and chicken Mushrooms pizza ON THE SIDE: Children's sausages, baked beans or vegetable of the day and garlic bread TO FINISH: Fruit smoothie Freshly baked bread</p> <p>THURSDAY CHOOSE FROM: Roast chicken and Yorkshire pudding Vegetable Wellington ON THE SIDE: Seasonal vegetables, roast potatoes, gravy and bread roll TO FINISH: Butterworth tart</p> <p>FRIDAY CHOOSE FROM: Baked fish fingers and chips Onions in a sauce and beef curry with brown and white rice ON THE SIDE: Seasonal vegetables, roast potatoes, gravy and bread roll TO FINISH: A choice of cold desserts</p>	<p>WEEK STARTING: May 4 June 1 June 22 July 13 August 7 September 28 October 19</p> <p>MONDAY CHOOSE FROM: Chicken gnocchi Free range mince ON THE SIDE: Children's sausages, baked beans or vegetable of the day and bread roll TO FINISH: Ice cream, fruit smoothie or hot lolly</p> <p>TUESDAY CHOOSE FROM: Roast chicken and potatoes Mushrooms pizza ON THE SIDE: Seasonal vegetables and flatbread TO FINISH: Caramel cake</p> <p>WEDNESDAY CHOOSE FROM: Pork and chicken Mushrooms pizza ON THE SIDE: Children's sausages, baked beans or vegetable of the day and garlic bread TO FINISH: Fruit smoothie Freshly baked bread</p> <p>FRIDAY CHOOSE FROM: Baked fish fingers and chips Onions in a sauce and beef curry with brown and white rice ON THE SIDE: Seasonal vegetables, roast potatoes, gravy and bread roll TO FINISH: A choice of cold desserts</p>

Mealtimes

Try to eat together with your child at least once a week without any distractions or background noise. Here is a link to some conversation starters [20 questions to ask children](#)

Ask your child to collect items needed for a meal and get the correct number of knives and forks. This will help prepare them for school meals.



Preparing for lunch at school

Start packing up a lunch box or make a picnic and encourage your child to carry their own bag when out and about.

When having a picnic try to encourage your child to open their lunch box and unwrap their food by themselves, can they open the yoghurt without it spurting on them?

If your child will be having school meals then take a look at the HC3S website - [Hampshire school meals](#). You can see the menus and start to talk about the food they will eat, maybe cook some to try at home.



To make it easier try Snap or Pairs



[My first day at school game](#) – The BBC have an interactive game to help your child think about starting school.



Family Games

Play turn-taking games, such as, simple board games, or even dominoes. Emphasise the need to take turns and talk about how they feel when winning or losing a game.

[Homemade dominoes](#)

Play ideas for a 'ready child'.

Listening skills

When at school, your child will need to listen to and follow instructions. Playing listening games with your child will help. These games are explained further in this link - [Listening games](#)

Traffic lights.

Your child carries out and action in response to a specific action.



Make it easier by showing your child the actions.

Mrs Brown's Shopping Game

Start by saying "Mrs Brown went shopping and she bought..." Say an item. The next person repeats the sentence and adds a new item to the list. You need to try and remember all the items.



Social Distancing Stories

If you need to find an alternative to hugging somebody watch this story for some other ideas.



[watch social distancing story here](#)

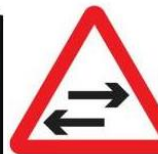


Make it easier by using real objects and shorter sentences

Play "schools" at home with a class of soft toys or play characters! Your child can be the teacher and explore feelings about starting school.



Take some photos or draw interesting things on your route – a post-box, a road sign, a purple front door, the school gates, the playground, or the school sign. Look at the photos when you get home and talk about the walk and what you



While out talk about what you see, what you hear, any familiar places or signs.

Top Tip – practise the walk to your new school.

You could help your child to start making simple choices by offering a couple of different snacks for them to pick from. If your child finds it difficult to make choices provide them with a choice of only two things and build this up. Try to ensure your child likes some of the options. Follow this link for some ideas - [healthy snacks](#)

Phone one of your family or a friend and encourage your child to describe what they saw on the walk to school. What can they remember?

Make a collection of objects found on the walk such as pebbles or sticks. Have a go at counting what you find by moving the objects as you count. Make comparisons – do you have more sticks or more pebbles?



Play ideas for a 'ready family'.

It is good for children to try new experiences over the summer. The National Trust have a list of [50 things to do activity sheet](#).



Here is a link to songs and rhymes with Makaton signing - [Mr Tumble nursery rhymes](#)

Tips for technology

Technology, the internet and digital devices are part of everyday life. As a parent, you might be worried about your young child's technology usage. Here are some recommendations based on current research: <http://www.wordsforlife.org.uk/tips-technology-with-3-5-year-olds>



[Joe Wicks - Five-minute move with Betsy](#)

Take the lead from your child, allow them to do the movements in their own way. If they need to move for less time shorten the time for each exercise? The important thing is to have fun and be active.



Looking for your child's next favourite book?

Bookfinder will help you discover the very best children's books. Simply choose an age range, pick as many topics as you want to search through. Get reading! Click on this link [Bookfinder](#).

Use this link for the Book Trust's guidance on [Dual language books](#)

Or why not try the Summer Reading Challenge – you can do it online this year. [Summer reading challenge](#)

Singing songs and rhymes

The beat, rhythm and repeating words are really good for children to experience as they help them learn important language skills. Singing rhymes with your child is also a great way of bonding with them.

Here are the words and actions to some popular songs and nursery rhymes, with some mp3s to listen and sing along to as well.

<http://www.wordsforlife.org.uk/songs>



Dingle, Dangle Scarecrow -

When all the cows are sleeping
And the farmer's gone to bed
Up jumps the scarecrow
And this is what he says!

I'm a Dingle Dangle Scarecrow
With a floppy floppy hat
I can shake my hands like this
I can shake my feet like that.



Support your child to explore paint with a range of different paintbrushes. Use pegs and a variety of materials.



Play ideas for a 'ready family'.

If you know any children that will be starting the same school as your child, and you are unable to meet up you could arrange a video call?

It is a good idea to prepare a short simple activity, (drawing or playing with Lego), that they can do together while they chat.

Parents could start to connect to a class WhatsApp or Facebook page to support each other during transition.



Why not share a book with your child and start to talk about the pictures and the book?

What can they see in the pictures? What might happen next?

If you could give the book another title, what would it be?

Which characters would you like to meet in real life?

What do you wish was different about the ending?

Would the book make a good film? Video game? TV show?

What is one thing you would ask the author if you could talk to him or her?

If you are not confident to read a book telling your own imaginative story also helps language development. These videos shows you how - [Hungry Little Minds make believe play](#) and [Sounds at Storytime](#).



TINY Happy PEOPLE
Your words build their world



Why not help your child to build up their independence and see if they can try to cut up their own food, wash their hands, get themselves dressed, manage to do up a zip or put on some shoes.

If your child struggles to put their coat on this may help.

[Video clip showing how to put coat on.](#)