

Home learning ideas

Services for Young Children - Issue 5

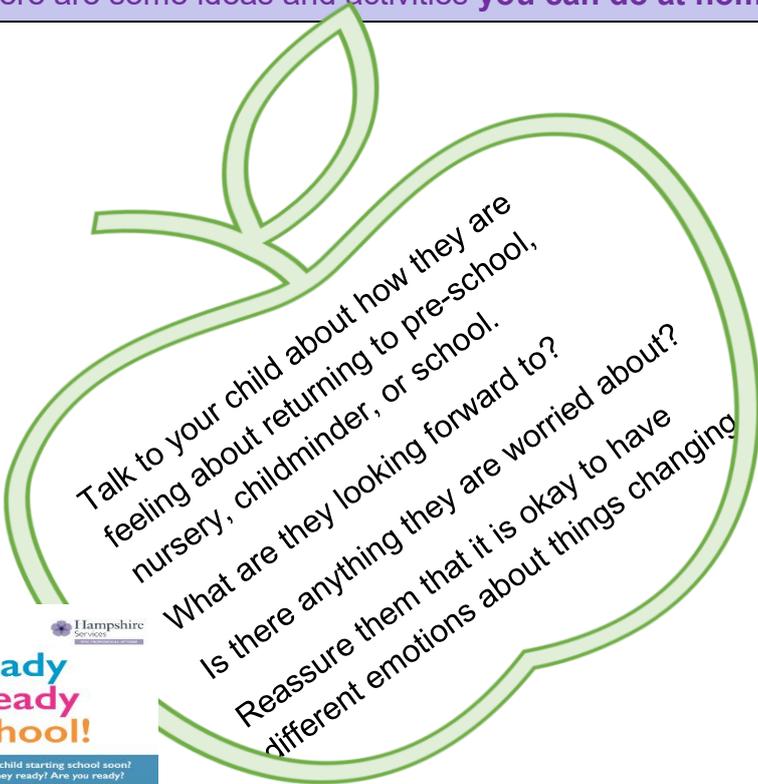
This is a guide to help and support you as parents and carers with providing your children with fun experiences in the home and garden.

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.



Transition tips for returning to pre-school, childminder, or school after a break
When your child is returning to pre-school, nursery, childminder or school or you will want to make sure they feel prepared, especially after they have been at home socially distancing.
Here are some ideas and activities **you can do at home** or outdoors, to help everyone get ready.



Talk to your child about how they are feeling about returning to pre-school, nursery, childminder, or school.
What are they looking forward to?
Is there anything they are worried about?
Reassure them that it is okay to have different emotions about things changing



Remember: your child will look to you to see how you react to this change. Be positive, excited, and interested and this will help them to feel that way.

BBC bitesize



[Click here: Talking to children about their feelings](#)

We have produced a leaflet to guide you through getting ready for school. It has been produced in [different languages](#).

[Click here - Ready Steady School](#)



Play ideas

for returning to school,
pre-school, childminder
or nursery

If your child has had a long break from school, it might take a little while to settle back into the old routine. Remember children learn best when they are enjoying themselves; short bursts of an activity could be the best way to move back into their routine.



Rise and shine on time...

Get used to getting up on time and getting dressed.

Set the alarm for the right time for a school day. Put a timer on your phone or just count and see how fast they can get dressed or put their uniform on! Can they do it faster tomorrow?

Start to have breakfast at a time similar to that needed to get to school or pre-school.



Follow the map...

Get back in the habit of getting to school, nursery, pre-school or childminder.

Talk about the route to get there. See if your child can remember things you pass on the way. How many things have they remembered?

If your child is old enough create a map of the route on a piece of card (or cereal box).

Diary days...

Start a diary with your child. This could be made in photos, pictures or written together on a computer or on paper. Remember to note the date every day and choose something special or memorable that happened that day! Take it to the setting when you go and share some of the most exciting things with the teacher or key person.

Will it help if your child takes a comforter or special cuddly toy with them? It may help them feel more settled. Discuss with the school, nursery, pre-school or childminder how this can be kept in a safe place and how to make this a safe thing to do.



Talk it out...

A good way to cope with any worries your child might have about returning, is to give them time to talk and for you to listen. Rather than just reassure, you can help them problem solve.

As your child plays and looks at books, try to make time to play and talk about going back without distractions. E.g. "How can we help the dinosaur make friends?"

"Do you think the caterpillar is scared about becoming a butterfly?"

"What do you think the teddy will do when he is sad?"



Top Tip

To help your child think about or "see" themselves back in school, childminder or pre-school have a look at photos. Can you **look at photos on the school or pre-school website, Facebook page or do they use Tapestry** to share photos? Have a look with your child and remind them of what it feels like to be there.

Back to basics...

To help prepare for the return to school and settings:

- sleep well**
- eat well**
- be active**

Chatty children...

Help children reconnect with friends and adults they haven't seen for a while.

You might want to talk about the child's teacher or key person, and any friends that will also be returning.

Set up a video call with a friend from their setting or make a phone call on loud speaker for ease. You might want to help the conversation if needed with suggestions of what to talk about. If it is a video call, it might be good to have something to do as they play alongside each other (such as Lego)

If these options are not possible, why not draw a picture for a friend or write a note. Your child can think about what's special about their friend and what they like to do together. This could then be posted.

Your child may receive a 'welcome back' post card from their school or setting so perhaps you could reply to it?



Play ideas for... outdoors!



Getting out and about is really important for your well-being and great for children of all ages! Children who are still learning to understand and say words will be fascinated by new sights and sounds all around them. This is a great time to talk to them about the things they focus on and look at while you are out and about. We learn best when we are enjoying ourselves!

A video about this:
Tiny Happy people out and about

Painting with cars - Why not try an alternative way to paint.

- Create a ramp - this can be with an old cardboard box, a bit of wood or if you are lucky enough to have a slide in the garden use this.

- Lay some paper down the ramp, put a blob, or small shallow dish of paint at the top of the ramp and then roll a car, or other vehicle through the paint and down the ramp, see what happens. If you use more than one colour, do the colours mix to make new colours? What else can you find that rolls? Try big things and little things. What happens if you make the ramp higher or lower?



Car wash – when you are washing the car, (or anything outside), you could get your child involved alongside you. It is good for their bodies to stretch up high, to reach and to lift a heavy sponge of water. It is also fun and a great time to chat. If you have a paintbrush, they can also make water patterns on surfaces around them. **Remember never leave children unattended around water.**



Go Bananas! When you are out and about you might take a healthy snack for your child. Play with a banana-phone and have fun with pretend play and language. Then when you are finished you can just eat the phone!

<https://www.bbc.co.uk/tiny-happy-people>

Play ideas for... outdoors!

Colour watch – when walking with your child it is a great time to spot things as part of a game. You could try colour-spotting, car-spotting, bird-spotting, bug-spotting or even number-spotting! Let your child decide. See if you can spot a new colour that you may not have seen, can you hear new bird song, can you smell any flowers or other new smells?

Make it more fun by seeing who is the first or who can see most. Or make it easier by shaking a home-made streamer when they spot something they like – these are also good for just waving to people you might see! Use whatever you have to hand – if you don't have old ribbons then strips of old wrapping paper or newspaper would work too!



Marching band – marching and singing are good for healthy bodies, having fun and feeling good! When you are going somewhere, why not have a marching band? Choose a family favourite song – maybe from school or preschool and sing as you march along.

Make it even more fun by taking instruments. Make and take a **home-made shaker**, then your child can follow the rhythm of the march or the song as you go along. Shake your **streamers** as you march! Remember when you create things for your band be creative and just recycle and use what you have around the house. Water bottles or milk cartons for shakers, cereal boxes or wrapping paper for hats!

<https://www.bbc.co.uk/tiny-happy-people/rainstick/zj39y9q>

Keep it simple – paper planes! Go back to basics by using up old drawings, newspaper or even make a new design for an aircraft. Folding paper is great to help strengthen hands and fingers. Children might need help to learn to make and fold these. Take them with you when you go for a walk, to test them out! Have a competition – whose plane flies the furthest?

<https://www.bbc.co.uk/tiny-happy-people/paper->

