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By Casey Lynchey @KCLynchey 2021

Personal, Social & Emotional Development	Communication & Language	Physical Development	Literacy	Mathematics	Understanding the World	Expressive Arts & Design
<p><b><u>Breathing exercises</u></b></p> <p>Learn some simple techniques to help regulate breathing.</p> <p><b><u>Balloon breaths</u></b> Place your hands near your lips, as if you are going to blow up a balloon. Inhale deeply and on the exhale (through your mouth) expand your hands outwards, as if you are blowing up a giant balloon. You can find more exercises here: <a href="http://www.copingskillsforkids.com">www.copingskillsforkids.com</a></p>	<p><b><u>Sound Walk</u></b></p> <p>Go for a walk or sit in the garden. What different things can you hear? Can you write a list (words or pictures) of all the different things you can hear? What makes the noise? Discuss this.</p> 	<p><b><u>Our Healthy Year</u></b></p>  <p>Visit Change 4 Life and access their 'Healthy Year Calendar' packed with activities to inspire children to eat well and move more! <a href="file:///C:/Users/Home/Downloads/Our_Healthy_Year_Calendar_Reception_and_KS1.pdf">file:///C:/Users/Home/Downloads/Our_Healthy_Year_Calendar_Reception_and_KS1.pdf</a></p>	<p><b><u>Treasure Map</u></b></p> <p>Create a treasure map using paper and felt tip pens. Rip the edges to make it look authentic. Can you draw different items, places or landmarks on your map? Then have a go at labelling them.</p> 	<p><b><u>Measuring sticks</u></b></p> <p>Go into the garden, to the park or for a walk and collect a range of sticks of different sizes. Can you order them according to their size?</p> <p>How many sticks did you collect altogether? Can you count them all? Lay them out in a row to help you.</p> <p>Then choose one stick and use it to measure the different members of your family.</p>	<p><b><u>Push the button</u></b></p> <p>Learn how to use different technology (old and new) around the house, with the help of a grown-up.</p> <p>Can you use a...</p> <ul style="list-style-type: none"> <li>• Remote Control</li> <li>• Music player (CD, Radio)</li> <li>• Alexa</li> <li>• Torch</li> <li>• Video game</li> <li>• Microwave</li> <li>• iPad</li> </ul>	<p><b><u>Cardboard castle</u></b></p> <p>Collect different sized boxes, tubes and containers. Can you make a really impressive castle, village or design of your own?</p> 
<p><b><u>Tidy the garden</u></b></p>  <p>Help to rake or brush up any leaves from the grassed or patio areas of your garden. Use a damp cloth and soapy water to clean any window sills or garden ornaments. Pull up any weeds or help to trim back plants or bushes with parental supervision.</p>	<p><b><u>What am I?</u></b></p> <p>Draw pictures of animals and different people (e.g. pirate, baby, queen, policeman) on small pieces of card. Take turns to pick a card and have a go at acting it out for others to guess what or who you are.</p> <p>Try to do it with no words or noises to begin with, but if nobody can guess correctly – add in some verbal clues.</p>	<p><b><u>Ribbon dancing</u></b></p> <p>Use some ribbons or cut old material into strips. Twirl them as you move and dance around to music! Make sure you combine different movements. Twist and turn. Jump and leap. Crouch down low and stretch up high.</p> 	<p><b><u>Active words</u></b></p> <p>Write some letters on the path or patio with chalk or alternatively on pieces of paper and place them on your floor in a room with some space. Can you jump, hop or skip to each letter whilst shouting it out? Try to make some 3 letter words by moving between them in the correct order, as you say each sound and then blend them together to make a word. Is it a real word or not?</p>	<p><b><u>Baking</u></b></p> <p>Help to make a healthy snack such as flapjacks or a sweet treat such as scones. Make sure you help with weighing and measuring the ingredients. Read the numbers and units on jugs, scales and measuring spoons.</p> <p>Some simple kids baking recipes can be found here: <a href="https://www.bbc.co.uk/food/collections/baking_with_children">https://www.bbc.co.uk/food/collections/baking_with_children</a></p>	<p><b><u>Grow a rainbow</u></b></p> <p>Fold a piece of kitchen roll in half. Using washable felt pens, colour both ends in blocks (symmetrically). Next get 2 cups of water and submerge each end into the cups. Watch your rainbow grow!</p> 	<p><b><u>Hokey Cokey</u></b></p> <p>Learn how to do the 'Hokey Cokey'. Listen to the different movement instructions in the song and join in when you can.</p> <p>There are lots of other songs with gross motor actions such as the Macarena, Cha Cha Slide, YMCA or the Birdy Song. Learn as many as you can whilst keeping fit.</p> <p>Perhaps you could create your own action song!</p>
<p><b><u>You are special</u></b></p>  <p>Draw a picture of yourself and then ask everyone you know to write words or sentences to describe what makes you marvellous! What are your best qualities? What are you good at? What makes you special?</p>	<p><b><u>Tongue twisters</u></b></p> <p>Have a go at reciting some well-known tongue twisters. How fast can you do them correctly? For example:</p> <p>Red lorry, yellow lorry...</p> <p>Peter Piper...</p> <p>She sells sea shells...</p> <p>I scream, you scream...</p>	<p><b><u>Cotton bud colours</u></b></p> <p>Use cotton buds and different coloured paints to create a painting. You could make a dotted picture (pointillism)! You will need to really concentrate and take your time to make small dots. Once you have created your masterpiece, experiment with different techniques – drag or slide the cotton bud or try splattering the paint on to paper. Make a messy picture if you want!</p>	<p><b><u>Now Press Play</u></b></p>  <p>This is an exciting interactive story session, used by many schools. You can access a free home learning experience of Jack and the Beanstalk. Grab your earphones and listen along here... <a href="http://www.nowpressplay.co.uk/at-home-free/#Jack_and_the_beanstalk">www.nowpressplay.co.uk/at-home-free/#Jack_and_the_beanstalk</a></p>	<p><b><u>What's my number?</u></b></p> <p>Knowing and being able to recall a parent's phone number is a really important skill. Try hard to learn it off by heart. Can you write it down? Break it down into chunks to make it easier.</p> 	<p><b><u>When I grow up</u></b></p> <p>Speak to lots of different relatives and family friends about their jobs. Find out where your grandparents or great grandparents worked.</p> <p>Listen to the story 'When I grow up' By Tim Minchin (Inspired by his song from Matilda the Musical). <a href="https://www.youtube.com/watch?v=uNQQzY_nPFM">https://www.youtube.com/watch?v=uNQQzY_nPFM</a></p> <p>What do you want to be when you grow up??</p>	<p><b><u>Pet portraits</u></b></p>  <p>Get your coloured pencil, pens or paints and have a go at painting a portrait of your pet! If you don't have a pet, you could paint a soft toy instead.</p>

# Home Learning Ideas for Early Years (4)

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<p><b><u>FaceTime a friend</u></b></p>  <p>Keep in touch with loved ones by surprising them with a face-to-face video call.</p>	<p><b><u>Mirror mirror on the wall</u></b></p> <p>Make different sounds and noises and talk about the different shapes your mouth makes as you do these.</p> <p>Talk about your different features as you look in the mirror. What is the same and different between children and their siblings, parents, etc.?</p>	<p><b><u>Jungle Ballet</u></b></p> <p>Take part in dance with a difference and develop balance and coordination at <a href="https://www.dancelikeamother.com/class-links">https://www.dancelikeamother.com/class-links</a></p> <p>Other free ballet and yoga classes are available.</p> 	<p><b><u>Wet Words</u></b></p> <p>Get a cup of water and a paintbrush. Go outside and paint words and letter on the wall outside. Or if you have a chalkboard – it will work well on there too.</p> 	<p><b><u>Pick a penny</u></b></p> <p>Ask family members for loose change or foreign coins for these activities.</p> <p>Can you sort the coins in different ways? How much is each coin worth? Or perhaps sort them by shape or colour. Count how many are in each pile. Which do you have the most of? And least?</p> <p>Place paper over some of your coins and use a crayon to lightly rub. You will get a great effect!</p>	<p><b><u>Sow some seeds</u></b></p> <p>Whilst it's too cold to sow most seeds directly outside in February, here are some that you could plant inside and place on a windowsill.</p> <ul style="list-style-type: none"> <li>• Sweet peas</li> <li>• Cosmos</li> <li>• Tomatoes</li> <li>• Marigold</li> <li>• Kale</li> </ul>	<p><b><u>Flour handprints</u></b></p> <p>For this activity you will need to go outside with a sieve, some flour and some natural items for decoration (such as petals or leaves).</p> <p>Place your hand on the grass and ask an adult to sieve some flour over your hand whilst you keep it still. When you remove your hand you will have a lovely print on the ground. Use your items to decorate it and then take a picture of it.</p>
<p><b><u>My feelings</u></b></p> <p>Write different feelings words on cards (happy, nervous, excited, tired, hungry, upset, poorly, etc.). Take turns to pick one. Can you make the face to show that feeling?</p> <p><b>How do you feel?</b></p> 	<p><b><u>Shopping!</u></b></p> <p>Make a pretend shop at home using real tins, fruit &amp; vegetables or anything else you have at home. Talk lots about the different kinds of food these are. Make price labels for small amounts, using stickers or pieces of paper. Use real money to role play – taking orders and serving from the shop or being the customer. Model asking and answering questions about the food.</p>	<p><b><u>Twist and turn</u></b></p> <p>Find different things around the house that you can screw and unscrew to keep your finger muscles strong. Use jars, bottle lids, nuts and bolts or anything else you can find!</p> 	<p><b><u>Stick Man</u></b></p> <p>Read the Julia Donaldson book, Stick Man or you could watch it read by, Axel Scheffler, the illustrator here: <a href="https://www.youtube.com/watch?v=OFhJrLVu3T0">https://www.youtube.com/watch?v=OFhJrLVu3T0</a></p> <p>Collect some sticks and lay them out to make your own Stick Man. Cut a piece of paper into a large speech bubble and write a sentence. What is your Stick Man saying?</p>	<p><b><u>Dominoes</u></b></p> <p>Learn how to play dominoes. Then have a go at creating your own game with the dominoes. Finally set up a domino rally.</p> 	<p><b><u>Home sweet home</u></b></p> <p>Draw a picture of your house. How many windows and/or doors can you see from the outside? Draw them.</p> <p>Where do you live? Find out the name of your street, town and county. Do you know the name of the country you live in? Can you write your address down and learn it?</p> <p>Design your own home flag.</p>	<p><b><u>Clap clap</u></b></p> <p>Learn some classic clapping games such as pat-a-cake, pat-a-cake. Can you remember the different clapping actions to accompany the song?</p> <p>Think of some of your favourite nursery rhymes or songs. Can you make up a clapping song to go with it and develop your rhythm and coordination?</p>
<p><b><u>Online Safety</u></b></p> <p>Talk about the dangers of the online world using the Smartie the Penguin resources for EYFS: <a href="https://www.childnet.com/resources/smartie-the-penguin">https://www.childnet.com/resources/smartie-the-penguin</a></p> 	<p><b><u>Bear Hunt</u></b></p> <p>Read the classic picture book (you can find this on YouTube if you don't have a copy). Then go out into the garden or local park and act it out. Go through the long wavy grass and thick oozy mud etc.</p> 	<p><b><u>Obstacle Course</u></b></p> <p>Set up an obstacle course in your garden or a room with some space. Use everyday items such as:</p> <ul style="list-style-type: none"> <li>• Pillows to jump over.</li> <li>• Chairs to crawl under.</li> <li>• A book to balance on your head whilst quick walking.</li> <li>• Large clothes to put on.</li> <li>• A hoop to jump in and out of (use string if you don't have a hoop).</li> </ul>	<p><b><u>Bottle lid letters</u></b></p> <p>Collect different milk and water bottle lids. Use a permanent marker pen to write some letters on to them.</p> <p>Can you spell different words?</p> <p>Can you match upper and lower case letters?</p> <p>Can you place the letters in alphabetical order?</p>	<p><b><u>Numberblocks</u></b></p> <p>Numberblocks is a firm favourite in many EYFS classrooms and helps children develop a deep understanding and sense of number.</p> <p>Watch a few of your favourite episodes and complete some of the activities here: <a href="https://www.bbc.co.uk/cbeebies/shows/numberblocks">https://www.bbc.co.uk/cbeebies/shows/numberblocks</a></p> <p>Then create your own Numberblocks poster with your favourite characters and numbers.</p>	<p><b><u>Mini bug hotel</u></b></p> <p>Collect some old wood, bricks, logs, sticks, straw, woodchips, moss, dry leaves, pine cones, sand, soil or any other natural materials.</p> <p>Choose a level spot in your garden and arrange the items into a small structure.</p> <p>Wait to see what bugs (or even small animals!) you attract! Can you keep a diary or table of your findings?</p>	<p><b><u>Mud painting</u></b></p>  <p>Mix some soft mud, food colouring and water together. Use this on thick card to create your muddy artwork.</p>